



Happy Holidays

IN THIS ISSUE

- I.** Tips on Eating Healthy During the Holidays
- II.** Chicken Scampi by The Cooking Doc
- III.** Holiday Events Calendar

Tips on Eating Healthy During the Holidays

With the holiday festivities quickly approaching, it is important to plan ahead and start thinking about your diet.

First, let's start with these quick and easy tips for sticking to a healthy diet at home over the holidays.

- Eat a healthy breakfast - that will set a healthy eating tone for the day
- Watch your proportions - try using a smaller plate
- Do not eat every snack you are offered- pick your favorite treat
- Wait ten minutes before going back for a second helping of food

When it comes to dining out, preparation is just as important. Research the restaurant menu beforehand and develop a game plan for sticking to

the healthy choices. Do not be afraid to call and ask questions, as most restaurants are able to adjust food items to fit specific dietary needs.

When choosing your restaurant, also remember that different styles of food have different danger zones. For example, at American restaurants, portion sizes tend to be larger. When eating there, consider splitting your entrée with your dining partner. Italian and Asian restaurants tend to have high sodium sauces, so follow the tip #4 below to help you limit the sodium load.

If you are unsure how to eat out healthily, speak with your doctor for specific advice.

A Go-To Guide for Dining Out:

Tip 1 - Appetizers:

When dining out, consider skipping appetizers unless you are using them as a substitute for an entrée. If you do decide to order one, try to avoid the fried dishes and those that are heavy in carbohydrates such as chips and salsa or potato wedges. Fresh vegetables are always a good option. In addition, if you are on a low potassium diet, be mindful of the potassium content of the dishes.

Tip 2 - Cocktails and Beverages:

If you are on a restricted fluid diet, be aware of your fluid intake when dining out. Waiters often refill your water glass every two minutes even if you do not want them to. If you find yourself thirsty, order lemon wedges or a few pieces of ice. If you plan to order a cocktail, have the bartender mix it with club soda and try to avoid mixers with high sugar content. Of course, you should only order one.

Tip 3 - Salads and Salad Bar:

By ordering a salad with your meal, you can obtain good vitamins and fiber while adding more color to your diet. Be aware, however, of the dressing you use because dressings are often high sodium and high fat. Consider using olive oil and balsamic vinegar or ordering the dressing on the side so you can use only a small amount. When building your own salad try to pick carrots, green peppers, celery, beets, green peas, and cottage cheese. Also, be mindful of your specific diet when choosing vegetables. If you are on a low potassium diet, carry a sheet to give you tips on which vegetables to avoid. If you are on a low sodium diet, avoid olives, pickles and other pickled vegetables.

Tip 4 - Entrees:

Many entrees come with large amounts of sodium and seasonings. Request that your meal is made to order and ask them to place the seasonings on the side. If you choose to order seafood, you can add flavor by using a fresh lemon. It is best to order a protein that you can control the sodium intake. Avoid casseroles, sauces, heavily battered (and buttered) items, and high sodium meats such as deli slices.

Tip 5 - Side dishes:

For your side dish, it is important to be aware of preparation techniques. Boiled, broiled, sautéed and baked are often better than fried or hashed. If you need to monitor your potassium, some excellent choices include green beans, corn, cabbage and eggplant.

Tip 6 - Desserts:

It is the holiday season and you are celebrating, so go ahead and join the crowd by having a small post-dinner treat. If you have diabetes, consult with your physician about which desserts you should choose. The Cooking Doc has some easy and healthy dessert options at www.thecookingdoc.co.

Finally, don't forget to keep up your exercise routine during the busy holiday season.

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CHICKEN SCAMPI

Ingredients:

- 1 pound boneless, skinless chicken cut into 1 inch cubes (Alternative 1 pack of extra firm tofu halved and cut into 1 inch cubes, then dried on a paper towel)
- Kosher salt
- 4 tablespoons extra-virgin olive oil, divided, plus more as needed
- 3 teaspoons minced garlic (about 3 medium cloves)
- ¼ teaspoon red pepper flakes
- ½ cup dry vermouth
- 2 tablespoons Earth Balance
- 1 tablespoon fresh juice
- 1 teaspoon grated zest from 1 lemon (more with the chicken)
- ¼ cup minced parsley
- Spirilized zucchini or ½ lb of angel hair pasta (cooked al dente—reserve 1 cup of pasta water)

Directions:

1. Sprinkle chicken/tofu with salt and let sit for 5 minutes.
2. In a large skillet, heat 3 tablespoons olive oil over high heat until shimmering. Add half of chicken or tofu, in an even layer and cook.
3. Using a slotted spoon transfer chicken/tofu to a plate.
4. Add remaining 1 tablespoon olive oil to skillet along with garlic and red pepper flakes and cook, stirring, until garlic is just starting to turn golden, about 1 minute; lower heat if necessary to prevent scorching.
5. Add vermouth (Can substitute chicken broth or dry white wine) and boil over high heat, stirring and scraping up any browned bits, until raw alcohol smell is mostly gone and vermouth has reduced by about half, about 3 minutes.
6. Add Earth Balance and cook, stirring and swirling pan rapidly as it melts to create a silky, emulsified sauce.
7. Remove from heat, add 3 tablespoons of lemon juice and season with salt.
8. Return to medium heat and bring to a simmer, stirring constantly. (If sauce breaks, whisk in a teaspoon or two of water until sauce emulsifies again.)
9. Return chicken/tofu to skillet, add herbs and lemon zest, and toss until all pieces are fully coated in sauce and warmed through.
10. If using pasta, add in the pasta while the shrimp is reheating along with a splash of the reserved pasta water and stir together while it all comes together.
11. If using zucchini spirals, then add them to the pot at the same time. You won't need extra water.
12. If using ½ pasta and ½ zucchini, you may still need a little water to pull it all together.

HOLIDAY EVENTS CALENDAR

We are blessed to live in a beautiful area and at this time of the year there are so many fun things to do with family and friends! We wanted to share some of our favorites below.

- **Ice on Main**
November 17, 2017 - January 7, 2018
- **Holiday Lights at Roper Mountain Science Center**
Thanksgiving - December 30, 2017
- **Holiday Lights Safari**
November 17 - December 31
- **Holiday Fair at the TD Convention Center**
November 30 - December 2
- **Poinsettia Christmas Parade in Downtown Greenville**
December 2 | 6pm - 7:30pm
- **Simpsonville Christmas Parade along Main Street**
December 3 | 3:00pm
- **Ft. Inn Christmas Parade**
December 6 | 5:00pm
- **Travelers Rest Christmas Parade**
December 9 | 10:00am
- **2017 Festival of Trees**
December 1 - 28, 2017

STAFF SPOTLIGHT

Kathryn Kohara

Kathryn graduated from Presbyterian College with a BS in Accounting. Upon graduation, she obtained her CPA license and worked in public accounting for almost 20 years as a tax accountant.

After many years in this industry, she decided to move to Carolina Nephrology in 2013 as the Controller where she couldn't be happier. Outside of work, Kathryn loves to travel. She spent two weeks in Scotland this past August. She also enjoys reading, spending time with her friends and family and a good home improvement project.

OUR LOCATIONS

Main Office
203 Mills Avenue
Greenville, SC 29605

Easley Office
121B Commerce Boulevard
Easley, SC 29642

Greer Office
108 W. Church Street
Greer, SC 29650

Laurens/Clinton Office
Plantation Plaza
100 Plaza Circle
Suite H
Clinton, SC 29325

Simpsonville Office
Hillcrest Medical Office Building
727 South East Main Street
Suite 180
Simpsonville, SC 29681

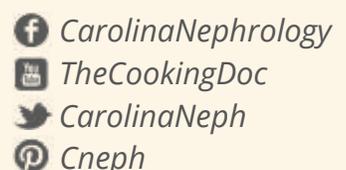
Spartanburg Office
1410 John B. White Sr. Boulevard
Spartanburg, SC 29306

DACC
(Dialysis Access Care Center)
110 Chalmers Road
Suite A
Greenville, SC 29605

**Carolina Nephrology
Kidney Wellness Center**
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