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Coffee Consumption & Kidney Disease

Most people begin their day with a morning cup of coffee. It gives you just the boost you need to get moving. There is good news for you coffee lovers! Even if you have kidney disease, you can enjoy the benefits of coffee! Just be sure to follow the guidelines below before you indulge:

1. Recommended Daily Amount

One eight-ounce cup of coffee contains 116 mg of potassium, making it a low potassium beverage. However, the more cups you consume, the higher your potassium intake. If you have kidney disease and are on a low potassium diet, you should limit yourself to two cups of coffee per day. For everyone else, there is more good news for you. Accord-

ing to the National Kidney Foundation, studies have found that drinking three to four cups of coffee a day does not cause or worsen kidney disease.

2. Be Cautious of Your Blood Pressure

Due to its caffeine level, coffee can cause small increases in your blood pressure. If you have high blood pressure, you should limit your intake of coffee to two or three cups each day. This also applies to caffeinated beverages such as tea, soda and other caffeinated drinks because they too can cause a blood pressure spike. Monitor your blood pressure after you have a cup of coffee. If you notice that your blood pressure increases, you may have to limit your caffeine intake completely.

3. All the Extras

Black is best. While coffee itself may not cause any harm to those who have kidney disease, it is still important to be mindful of the additives that many people add to their coffee. When having your morning beverage, be watchful of flavored creamers, sugar and syrups. Coffee creamers have chemical phosphates that can be easily absorbed by the body and should be limited for those with kidney disease. Lastly, adding sugar or cream can make obesity and diabetes much more difficult to manage.

4. Fluid Intake

If you have to limit your fluid intake due to heart or kidney disease, be sure you include coffee into your daily calculations.

You can use these tips as a guideline when deciding how much coffee to drink, but be sure to speak with your doctor about your specific diet and restrictions. They will be able to give you a definitive answer regarding how many cups of coffee you can consume.





BAKED APPLES WITH SUNFLOWER BUTTER + GRANOLA

Ingredients:

- 2 apples
- 1 cinnamon stick
- 1/2 cup spiced cider
- 1 tbsp. butter or butter substitute
- 2 tbsp. (per whole apple) sunflower butter low added sugar (or your favorite low sugar nut butter)
- 2 tbsp. (per whole apple) low sugar granola
- 1 tsp. (per whole apple) brown sugar
- Ground cinnamon
- Ground nutmeg
- Greek yogurt (optional)

Directions:

1. Preheat oven to 350° F
2. Halve and core apples (a melon baller works great!)
3. Pour 1/4 cup apple cider or water, a cinnamon stick and butter or butter substitute in the bottom of a 8x8 glass baking dish
4. Place apples in the dish
5. Sprinkle the apples and liquid with cinnamon
6. Mix the brown sugar, sunflower butter and granola in a bowl
7. Spoon 1-2 tbsp. of mixture into each apple
8. Cover with a few grains of granola
9. Sprinkle with just a touch of nutmeg
10. Bake for 25-30 minutes uncovered; cover and cook another 10 minutes until the apples are nice and soft
11. Serve warm with Greek yogurt

**For a low phosphorous version leave off the sunflower butter.*

**For an even lower sugar version, use water instead of spiced cider under the apples and add 1 tsp. of vanilla. Also use brown sugar substitute and rolled oats instead of granola.*

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Kidney Walk

WALK TALK

March 10, 2018
Furman University

Join us for the nation's largest walk to fight kidney disease! This year's walk is going to take place on **March 10th** at **Furman University**. Registration will open at 9:00am and the walk will begin at 10:30am. Visit the link below to register today!

<http://bit.ly/2EPf0uF>



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**
110 Chalmers Road
Suite B
Greenville, SC 29605

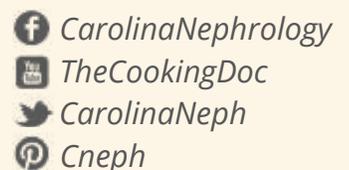
STAFF SPOTLIGHT

Donna Reeves

Donna Reeves has been with Carolina Nephrology for almost seven years now as a Medical Assistant. She graduated from ECPI University and has worked in the medical field for over 20 years. Donna has her fair share of experience within this field and loves what she does here at Carolina Nephrology. Outside of work you can find Donna spending time with her family and friends. Her most recent addition, granddaughter, Lilly Mae, was born on December 19, 2017 and has stolen her heart.

CONTACT INFO

203 Mills Avenue
Greenville, SC 29605
Phone: (864) 271.1844
Toll Free: (877) 283.7821
Fax: (864) 271.2147



CarolinaNephrology.com