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# Spring Cleaning for Your Kidney Health

**Amidst the closets, kitchens and cars** that may be on your spring-cleaning list, a kidney cleanse probably is not. March is National Kidney Month and it is important to press reset as we come out of our winter lull and into a new season. Spring weather should motivate us to get outside, eat seasonal foods and get back on track in preparation for summertime. Taking care of your body and managing your kidney disease is critical to ensuring optimal health.

Below are a few recommendations to optimize your health as you take on a new season. Remember to discuss any changes to your routine with your physician.

## 1. Eat Fresh, Unprocessed Food

Choosing fresh fruit over chips is a timeless tip that can help limit sodium and pave the way for healthier decisions. Fresh, unprocessed foods from the grocery store

or local farmer's market typically do not have additives or preservatives. This allows you to have more control of what is being put into your body. When late afternoon cravings hit, snack smart by reaching for fresh fruits and vegetables alongside small servings of lean meat, such as homemade chicken breast or unsalted tuna. These foods are sure to boost your energy and keep you full until dinner.

## 2. Keep the Sodium Low and the Portions Manageable

Frozen dinners, cured meats such as ham, bacon and sausage, as well as brined foods such as pickles and olives, are all important to avoid when seeking a low sodium diet. So is eating out at restaurants and fast food. It's nearly impossible to stick to a low sodium diet when you are eating out multiple times a week. It's also second nature for many of us to salt our food

before taking the first bite. Instead of using salt to season your food, try reaching for alternatives, such as ground pepper or fresh herbs.

Finally, be inquisitive about exactly what is being put into your food. Always ask for sauces and dressings to be served on the side and request that your meal be prepared with no salt. For bigger meals, practice portion control and ask for a to-go box to take half of your meal home.

### 3. Get Your Heartrate Up

Whether it is a leisurely bike ride or a brisk walk, make it a priority to get your heartrate up at least once a day. Exercise helps you to maintain a healthy weight, control blood pressure and cholesterol levels, sleep better and prevent injuries. Professionals recommend that beginners start with 10 to 15 minutes of mild exercise per day, working up to 30 to 60 minutes, five days a week. Try some cardio exercises one day and then strength training exercises the next. If you're feeling really energetic, try short bursts of high intensity training, making sure to check with your doctor before starting this type of routine.

Don't worry about which exercise routine is getting the most media attention or which one claims to be the best. Pick a few exercises that you enjoy and that you can stay consistent with, and slowly move yourself to better health.

### 4. Stay Informed and Ask Questions

Being aware of your current state of health is a must to achieve your goals. Don't be afraid to ask your physician questions as they arise. They are here to help you reach your goals and stay healthy!

Meet with your physician or dietitian before making any changes to your daily routine. For example, while herbal supplements can be very beneficial for some people, supplements may react differently with your medications and/or alter your blood test levels. Check with your doctor to see how your diet and/or herbal supplements may be interacting with your medications. Staying on top of your medications and establishing a consistent routine is essential to ensuring optimal health.

## Upcoming Spring Events

With spring finally arriving, it brings with it so many opportunities to get outside and explore our beautiful city. Mark your calendars so you don't miss the fun!

### Greenville Heritage Main Street Fridays

Begins Friday, March 22  
[www.visitgreenvillesc.com](http://www.visitgreenvillesc.com)

### Upstate Run & Roll

Saturday, March 30

### Bunny Hop 5k

Saturday, April 13

[www.book-events.com/events/bunnyhop5k2018/](http://www.book-events.com/events/bunnyhop5k2018/)

### Swamp Rabbit 5k

Friday, May 3

[www.ghs.org/community/swamprabbit5k](http://www.ghs.org/community/swamprabbit5k)

### Pelham Medical Center Greer Family Fest

May 3 - 4

[www.greerchamber.com/events/greer-family-fest](http://www.greerchamber.com/events/greer-family-fest)

### Greenville Greek Festival

May 16 - 19

[www.greekforaday.com](http://www.greekforaday.com)

### Take Flight 5k

Saturday, May 25

[www.greenvilledowntownairport.com/RunOnTheRunway.html](http://www.greenvilledowntownairport.com/RunOnTheRunway.html)

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## WHEAT BRAN MUFFINS WITH CRANBERRIES + RASPBERRIES

### Who doesn't love a muffin?

This muffin recipe should quickly become one of your "Go-To" recipes. It is simple, delicious, full of fresh berries (which can be switched out depending on what is in season) and it will freeze great too. Great breakfast for kids and adults.

**A BIG THANKS to the American Association of Kidney Patients for the recipe!**

### Ingredients:

- 1 egg
- 1/2 cup white sugar
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup rice milk (unfortified)
- 1 1/2 cups all-purpose flour
- 1/2 cup wheat bran
- 1 1/2 teaspoons baking soda
- 1 cup cranberries (fresh or frozen)
- 1/2 cup raspberries (fresh or frozen)

### Directions:

1. Preheat conventional oven to 350°F. Line the muffin tins with paper cups.
2. In a mixing bowl, whisk the egg, sugar, oil and vanilla together. Add the rice beverage and mix to combine.
3. In a separate bowl, sift together the flour, wheat bran and baking soda.
4. Add the dry ingredients to the wet ingredients and mix thoroughly.
5. Fold the berries into the muffin mixture.
6. Divide the batter among the muffin cups and bake for approximately 20 minutes or until the tops of the muffins spring back upon touch.

### Nutrition Profile:

**Recipe yields 12 muffins**  
**Analysis based on 1 Muffin**  
**Serving Size: One Muffin**

Calories (kcal).....	108.53
Protein (g).....	2.51
Carbohydrates (g).....	22.83
Total Dietary Fiber (g).....	2.19
Total Sugars (g).....	7.34
Added Sugar (g).....	5.63
Fat (g).....	0.77
Saturated Fat (g).....	0.14
Cholesterol (mg).....	15.54
Calcium (mg).....	31.45
Magnesium (mg).....	4.32
Phosphorus (mg).....	20.98
Potassium (mg).....	25.78
Sodium (mg).....	170.72

*\*Low Phosphorus & Low Potassium*

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# U.S. RENAL CARE® New Simpsonville Location Now Open

This beautiful, state-of-the-art facility is located in Simpsonville overlooking a golf course, with peaceful views and abundant natural light creating a relaxing atmosphere.

This location serves both hemodialysis and peritoneal dialysis patients and has an excellent staff led by Dr. Ward.

*For more information call the dialysis unit or speak with your medical team.*

#### Address & Phone:

U.S. Renal Care - Holly Tree  
1328 SC-14  
Simpsonville, SC 29681  
(864) 881-4015



## STAFF SPOTLIGHT - Meet Our Newest Medical Assistant and Receptionist!



### Hannah Garland

**Hannah Garland** joined Carolina Nephrology in November of 2018 and is a Medical Assistant and Receptionist. She graduated from Wren High School in 2015 and is currently getting her Associates Degree in Health Information Management from Greenville Technical College. She plans to continue her education at USC Upstate to obtain her Bachelors Degree in Health Information Management. Between school and work, she is usually studying or catching up on school work during her free time.

**Thanks for all you do, Hannah!**

CAROLINA  
NEPHROLOGY, PA  
Excellence in Kidney Care

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

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