

Dialysis and Food Bank Shopping

Food bank basics and scratch cooking

People on dialysis need to follow a special diet to help them stay healthy. This can be hard to do if you use a food bank. Sticking with the “basics” can help you eat less sodium and phosphorus. When you can, choose the “basic” foods instead of “processed” foods. These are great food bank basics:

Proteins

All unsalted meats and eggs
Canned tuna and salmon
Dried or canned beans

Fruits and vegetables

Applesauce
Berries (fresh or frozen)
Grapes
Lemons/limes
Canned peaches/pears

Sweet condiments

Honey
Jam
Maple syrup

Grains

Bagels
Bread
English muffins
Hot cereals (unflavored oatmeal, cream of rice/wheat)
Macaroni, other plain pasta or noodles
Pita bread
Rice
Tortillas

Fats

Unsalted butter
Cream cheese
Mayonnaise
Salad dressing
Olive oil
Canola oil

Unsalted Seasonings and Spices

Allspice, Basil, Cinnamon, Cumin, Mrs. Dash, Nutmeg, Oregano, Rosemary, Sage, Thyme, Turmeric, etc

Processed foods contain too much phosphorus and sodium. The best way to limit processed foods is to cook from scratch. For example, instead of buying pizza from a restaurant, make a pizza at home with pita bread or an English muffin. Instead of boxed macaroni and cheese, make a tasty homemade veggie pasta.

Bow tie Pasta and Veggies

- 2 cups frozen, mixed green beans, carrots and squash
- 1 teaspoon Mrs. Dash lemon pepper herb seasoning
- 1 tablespoon margarine
- 1 ½ cups hot cooked bow-tie pasta (or other pasta)
- 1/8 teaspoon salt

Cook vegetables without salt according to package instructions. Add Mrs. Dash herb seasoning and margarine. Mix with salt and hot pasta and serve with roasted chicken, fish or tofu.

Pita Pizza

- 5 oz lean ground pork, ground beef or chicken
- ¼ teaspoon red pepper flakes
- ½ teaspoon fennel seeds
- 2 cloves minced garlic
- ¼ cup chopped onion
- ¼ cup chopped bell peppers
- 1 pita bread
- 2 tablespoons chunky tomato sauce
- 1/3 cup mozzarella cheese

Combine ground meat, pepper flakes, fennel, garlic, onion and bell pepper in a non-stick frying pan. Sauté until cooked. Spray a baking sheet with cooking spray and place pita on it. Sprinkle with cooked meat and vegetables. Put 2 tablespoons tomato sauce on top of pita. Sprinkle lightly with cheese. Bake at 400 degrees for 5-8 minutes.

Recipes from Cooking for David by Sara Colman, RD, CDE and Dorothy Gordon, RN