

The Kidney Korner™

for people on dialysis from the makers of **Nepro®** with Carb Steady™

The *Kidney Korner* is a free newsletter especially for people on dialysis, their caregivers, family members and friends. We offer nutritional information, health tips, positive reinforcement and hope. The focus for this issue is summertime and your renal diet.

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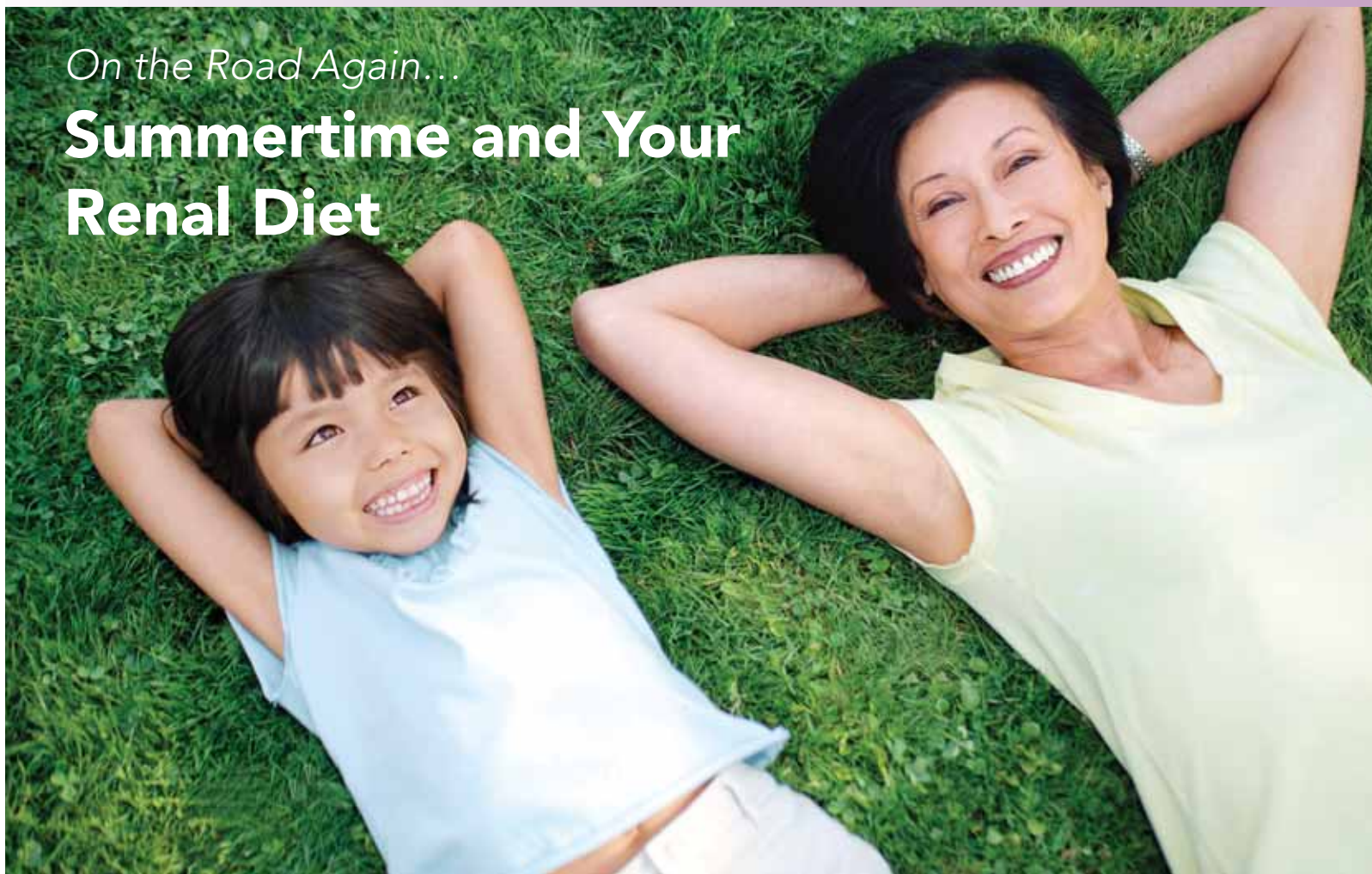
Award for Best Taste

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On the Road Again...

Summertime and Your Renal Diet



Summer is here, and for many of us that means enjoying time with family and friends at summer get-togethers, while traveling or on vacations. Most dialysis patients can fit these fun summertime activities into their life with just a little planning.

You don't have to avoid summer fun just because you're on dialysis. You can plan short trips around your dialysis days or even arrange dialysis at a center in your destination city for longer trips (often called transient dialysis). This takes some planning, but it might be well worth it so you can truly enjoy a longer vacation. Schedule transient dialysis as soon as possible and be sure to check with your insurance company about coverage during your trip.

Also, ask your current dialysis center for referrals and help with planning your transient dialysis.

If you're apprehensive about traveling because you think you won't be able to stick to your diet, don't worry! By planning ahead, you can follow your meal plan and enjoy yourself at the same time. Using good judgment and the tips from the following articles, you can enjoy summertime activities with confidence.

Summer Get-Togethers

Summer is often a time for picnics and barbecues with family and friends. While it is a great time to have fun outside with loved ones, it can often be a challenge with your renal diet. Many of these events involve high-sodium and high-potassium foods, such as hotdogs, baked beans, potato salad and chips. But you can enjoy yourself while still making wise food choices.

- Watch salty foods. Choose foods that are lower in sodium, like grilled chicken or hamburgers, instead of hot dogs or sausages. Steer clear of salty snacks, like chips and pretzels, and choose fresh fruits or vegetables and dip instead.
- Watch your fluid intake, which can be a challenge when it is hot outside. If you watch salty foods, this will help you control your fluid intake as well. Use a smaller cup or glass to help limit your intake. Hard candy or gum can also help keep your mouth moist without overloading on fluids.
- Limit high-potassium fruits and vegetables. Pay particular attention to fruit salads made with high-potassium fruits, like bananas and oranges. Luckily, there are many other low-potassium fruits you can enjoy in the summer, such as berries, cherries, grapes, peaches, pineapple and watermelon. Also watch for items made with high-potassium vegetables, like potato salad or tomato dishes, and choose items with corn, cucumbers, and mushrooms instead.
- Another great way to follow your diet, is to make a main entrée or side dish to bring to the party that follows your diet restrictions. That way you know there will definitely be something tasty and healthy for you to eat.



Traveling and Vacations

Many of us like to travel to beaches and tropical locations or take cruises during the summer. While these are great activities, there can be many food temptations awaiting us. Try to avoid common temptations like eating too much, eating lots of fried or salty foods, drinking too much alcohol and extra fluids, and enjoying too many desserts, especially if you have diabetes.

If you are in a fun, tropical location, you might also be tempted by tasty local fruits, which might be high in potassium. Be sure to limit intake of fruits such as avocados, kiwis, mangos, papayas and pomegranates.

Pack appropriate snacks for long car or plane rides. Many airlines now honor special meal requests, especially low-sodium meals. Be sure to check with your airline prior



to your trip so you can get an appropriate meal.

Try to find out as much as you can about the local cuisine before your trip, so you can plan ahead and know which foods are the best choices for you. It is also a good idea to review your meal plan and diet restrictions with your dietitian before your trip, so you can make the best and healthiest choices, while still enjoying your trip.



Our tips for the summer...

Pay Attention to How You Feel

Often times on vacations we tend to overdo it and tire ourselves out very easily with activities like sightseeing and being outdoors. Be sure to pay attention to how you are feeling and try to rest periodically. If you do feel sick or a little off, be sure to seek medical attention.

No one wants to end a vacation

Don't Tempt Yourself

Try to avoid or limit buffets, big dinners out and other situations where you might be tempted to overeat or not follow your diet plan. It is better to not put yourself in a tempting situation. However, it is important to have fun on vacation and allow yourself to enjoy an occasional treat and/or new food item.

One Last Tip-

Schedule some time to meet with your registered dietitian prior to any summer trips or vacations to review your diet and to get his/her recommendations and advice so you are well prepared.

Enjoy...

The Berries of Summer!

What better time to enjoy fresh berries than summertime? Most grocery stores have plenty of very colorful berries to choose from. Or you can even go to a local farmers market or pick your own, which can be a fun activity for the whole family. Summer is a great time to try a berry you have never tried before or to find new ways to enjoy your old favorites.

Berries are not only delicious, but also nutritious. Berries are naturally low in calories, fat-free, a good source of fiber and rich in antioxidants, like vitamin C. Scientists have analyzed the antioxidant levels in more than 100 different foods, including fruits. Each food was measured for antioxidant concentration as well as antioxidant capacity per serving size. Berries came out high on the list, with cranberries, blueberries and blackberries ranking highest among the fruits studied.

Adding Berries to Your Diet

Fresh summer berries can be a great way to get healthful fruits into your diet, and there are many low-potassium choices that work well in a renal diet.

Best choices include:

- Blackberries
- Cranberries
- Blueberries
- Raspberries
- Strawberries
- Gooseberries

Berries are also an easy fruit to enjoy. Whether you buy fresh or frozen berries, they contain the same great nutrition. For the best berries, find a local farmers market that picks them fresh or allows you to pick your own. When you buy fresh berries in a store, look for ripe, colorful, yet firm berries, with no sign of mold or mushy spots. Berries are also found in the frozen



section of the grocery store; but always buy the unsweetened varieties so you don't get any extra sugar with your berries.

The most popular berries, like strawberries, are naturally sweet and don't require much effort to make them into a tasty treat. Just rinse and serve them plain for a healthy, easy snack or dessert. Or you could try mixing berries with a little sugar-free whipped topping and granola for a special treat. Berries are also a great addition to cereal, whole-grain muffins, breads, waffles and pancakes.

They can also make a sweet addition to salads, especially sliced strawberries or whole cranberries.

Try the recipe included in this newsletter which uses berries with our new Mixed Berry Nepro® with Carb Steady™ for a new delicious and nutritious addition to your renal diet.

Consider the big nutrition in these small berries:

- Blackberries (1/2 cup fresh) – 30 Calories, 0 grams of fat, 4 grams of fiber, 25% DV vitamin C
- Blueberries (1/2 cup fresh) – 40 Calories, 0 grams of fat, 2 grams of fiber, 10% DV vitamin C
- Raspberries (1/2 cup fresh) – 30 Calories, 0 grams of fat, 4 grams of fiber, 25% DV vitamin C
- Strawberries (1/2 cup fresh sliced) – 25 Calories, 0 grams of fat, 2 grams of fiber, 80% DV vitamin C



Do you have the energy to enjoy the good things in life?



Between your activities, family and dialysis, sometimes eating right gets lost in the shuffle. But proper nutrition is especially important when you're on dialysis. That's why there's Nepro® with Carb Steady™ from the makers of Ensure®.

Unlike general nutritional supplements like Boost®*, Nepro with Carb Steady is designed specially for renal diets. High in protein and calories, yet low in potassium, phosphorus and sodium, Nepro with Carb Steady provides the extra energy you need for the people you love. Ask your health care professional if Nepro with Carb Steady is right for you.

Compare Nepro® with Carb Steady™ to Boost®:

- Nepro with Carb Steady contains a slowly digested carbohydrate blend designed to help manage blood sugar levels
- ONE serving of Nepro with Carb Steady has about the same amount of protein as TWO servings of Boost in half the fluid
- Nepro with Carb Steady is lower in potassium than Boost
- Nepro with Carb Steady is designed specifically for dialysis patients—Boost is not

Now available at: 

With us, it's personal.

*Boost is not a registered trademark of Abbott Laboratories.



Use under medical supervision.

Did you know that Nepro with Carb Steady just received the ChefsBest™ Award for Best Taste?

What is ChefsBest?

- American Culinary ChefsBest (ChefsBest) is the independent judging organization dedicated to recognizing and honoring the best products in America.
- The judges on Chef panels have gone through rigorous training and are sensory-certified as Master Tasters™.
- They conduct taste and performance testing for consumer packaged goods and products.
- The ChefsBest Award for Best Taste can be found on over 1,500 products, amounting to billions of packages.
- A **winner is declared** only if there is a **statistically significant** difference between products.

† The ChefsBest™ Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs. Nepro with Carb Steady is a recipient of the 2007 ChefsBest Award for Best Taste.

People with kidney disease can now easily:

- Learn **essential facts** about kidney disease.
- Get smart **dietary tips** and **food substitutions**.
- Find **specialty products** for renal diets.
- Request a **free educational DVD**.

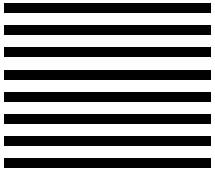


**The Online
Dietary Resource**
for People With
Kidney Disease

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If you would like to receive future copies of this newsletter, please complete this form and return it by mail. Recipe cards, special offers and other nutritional information will be sent as they become available. (Please print clearly.)

Name _____
 Address _____
 City _____ State _____ ZIP _____
 E-mail address (optional) _____
 Check here if you are a California resident.

The following survey is optional, but we would greatly appreciate your input.

How long have you been on dialysis? _____ years. Birth date ____ / ____ / ____ Male Female

What type of dialysis are you on? hemodialysis peritoneal dialysis

Have you tried nutritional supplements in the past? yes no

If you answered yes, which of the following products have you tried? Check all that apply.

Nepro® Ensure® Glucerna® Suplena® Other _____

Please share with us your thoughts on the Nepro Kidney Korner Newsletter. Please let us know if you have suggestions for future newsletter topics or would like to share a recipe.

Mixed Berry Frozen Bars

Serving Size: 1 bar, makes 8 servings

Ingredients:

- One 1 oz package raspberry-flavored sugar-free gelatin
- 1/4 cup hot water
- 2 Tbsp sugar-free strawberry syrup
- 1 cup (8 fl oz) Mixed Berry Nepro® with Carb Steady™
- 1 1/4 cups frozen raspberries, thawed and mashed (about 1/2 cup)
- 1/2 cup sugar-free non-dairy whipped topping
- Wooden/plastic sticks or plastic spoons

Directions:

In a small mixing bowl, combine the gelatin and hot water and whisk to dissolve. Stir in the strawberry syrup. In a large mixing bowl, whisk together the Nepro, gelatin mixture and mashed berries. Fold in the whipped topping. Spoon the mixture into frozen bar molds or 5-oz paper cups. Place a wooden/plastic stick or plastic spoon through the center of each mold or cup to create a handle. Transfer the cups to a tray if necessary and freeze until firm, about 4 to 5 hours. Release the bars from the molds or paper cups by dipping them into warm water for a few seconds. Serve immediately.

Per Serving (1 bar):

Calories	80	Cholesterol	<1 g
Protein	3 g	Iron	0.7 mg
Carbohydrate	10 g	Vitamin A	125 IU
Fat	3.5 g	Vitamin C	8 mg
Sodium	75 mg		
Potassium	60 mg		

