



HOW TO MAKE A “LEKKER” BRAAI

SNACKS

Pita bread spread thinly with margarine
 Unsalted popcorn
 Cucumber & bread stick with a cottage cheese dip

MEAT

- Lamb chops
- Chicken
- Chicken kebabs with onion and green pepper
- Steak

Aim for a serving the size of the palm of your hand and the thickness of your little finger. This will provide your body with the protein that it needs.

Unfortunately all mixed spices or braai mixes contain a lot of salt. Use fresh or dried herbs for seasoning. Paprika and Cayenne Pepper can help add a little zing.

Sausage is very salty so either choose from the meat choices above or eat only a small piece to prevent you from becoming too thirsty.

SALADS

Potato Salad (5 servings of ½ cup)

Ingredients	Method
2 ¼ cups diced potato 2 Tbsp celery finely chopped 3 Tbsp onion finely chopped 3 Tbsp chopped green pepper 1 chopped hard boiled egg ¼ cup mayonnaise 2 tsp vinegar 1 pinch of paprika 1 pinch of fresh chopped parsley 1 pinch of pepper	1. Soak diced potato as per renal guidelines and then boil. Allow to cool. 2. Add the vegetables and egg to the potatoes. 3. Combine the mayo, vinegar and pepper. 4. Pour seasoned mayo over the potato mixture. 5. Stir slightly and garnish with parsley and paprika

Tossed Salad (serves 4)

Ingredients	Method
1 cup shredded lettuce ½ cucumber sliced 1 red/yellow pepper sliced	1. Combine the ingredients to make a tossed salad and use the dressing dressing recipe below

2 thick slices of mozzarella cheese diced	
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Italian Salad Dressing (1 cup or 15 servings)

Ingredients	Method
20ml Canola Oil 4 tsp vinegar 1 Tbsp lemon juice ½ tsp sugar 1 clove garlic crushed 1 pinch of basil 1 pinch oregano 1 pinch thyme	<ol style="list-style-type: none"> 1. Mix all the ingredients well with a beater. 2. Keep in the fridge. 3. Shake well before use.

Coleslaw (serves 4)

Ingredients	Method
1 cup shredded cabbage 2 Tbsp chopped green pepper ¼ cup chopped onion ¼ cup shredded carrots ¼ cup mayonnaise 2 Tbsp vinegar 1 Tbsp sugar ½ tsp pepper	<ol style="list-style-type: none"> 1. Combine the vegetables. 2. Blend the mayo, vinegar, sugar and seasoning in a small bowl and pour over the vegetables and mix

Pasta Salad (serves 6)

Ingredients	Method
2 cups cooked bow-tie pasta 2 Tbsp each red and yellow pepper chopped 3 Tbsp shredded carrot 3 Tbsp chopped onion 3 Tbsp chopped cucumber Pepper to taste ½ cup mayonnaise ½ tsp sugar 1 Tbsp lemon juice	<ol style="list-style-type: none"> 1. Add the chopped vegetables to the cooked pasta. 2. Combine the pepper, mayo, sugar and lemon juice in a small bowl and pour over the pasta mixture. 3. Mix well and chill for at least 1 hour before serving.

Crunchy Couscous Salad (serves 6)

Ingredients	Method
½ cup dry couscous ¾ cup water 1 cup sliced & quartered cucumber ½ cup chopped red pepper ¼ cup chopped onion 2 Tbsp black olives chopped ¼ cup chopped parsley Dressing 4 tsp olive oil 1 Tbsp vinegar 1 tsp basil 1 pinch pepper	<ol style="list-style-type: none"> 1. Cook the couscous and allow to cool. 2. Add the chopped vegetables 3. Combine the dressing ingredients and mix with the couscous salad. 4. Chill for 1 hour before serving

2 slices of garlic bread will make a nice accompaniment.

These recipes are also great for people who aren't on dialysis, so invite some friends and have a "lekker" braai.

DESSERT

Well the easiest option is ice cream; so replace your dairy serving for the day with 2 scoops of ice cream for dessert.

If your doctor has prescribed phosphate binders, please remember to take them with your meal.

You are likely to drink more if you are braaing, especially if you have some friends round, so save up some fluid for the occasion to prevent fluid overload.

Here are some general tips for managing your fluid:

DIETARY GUIDELINES FOR FLUID RESTRICTION

When you have renal failure, your kidneys are unable to get rid of excess fluid. Fluid management is important in order to prevent excessive fluid retention in the body; therefore you need to watch how much you drink. Even if you are on dialysis, your kidneys may still be able to remove some fluid, *or* may not remove any fluid at all. ***That is why every patient has a different daily allowance for fluid.***

HOW MUCH FLUID ARE YOU ALLOWED PER DAY?

Your fluid allowance is usually calculated as replacing the urine passed in the previous 24 hours and then adding 1000 ml for everyday e.g.
you passed 200ml as urine + 1000 ml = 1200ml each day.

Check the volume of urine passed every so often or when you think you are passing more or less urine.

HOW DO YOU MEASURE YOUR 24-HOUR URINARY OUTPUT?

- Record the starting time of collection.
- One method is to use the laboratory bottle issued to you, to collect all your urine for a period of 24 hours. You can take the bottle back to the laboratory / doctor. There are different volume bottles available, depending on the stage of your renal disease.
- The easier method is to use a dedicated measuring jug (in ml), for urination. Read the fluid measurement of the urine off from the measuring jug, record it on your sheet and discard the urine. At the end of the 24-hour period, you add up the various urine volumes to get the total urinary output for the day.
- Remember to record your fluid intake for the 24-hour period as well, in a separate column.

SOURCES OF FLUIDS

Fluid is found in all foods. Foods that are liquid at room temperature should be counted as part of your daily fluid intake e.g. water, tea, coffee, cold drink, alcohol, soup, gravy, sauces, custard, jelly, milk pudding, ice cream, ice, suckers, cream, yoghurt. Some fruit such as watermelon, oranges, grapes, apples and tomatoes also have a high fluid content.

HELPFUL HINTS FOR FLUID CONTROL

- Measure out the day's ration of fluid, so that you can see how much is left
- Distribute the intake over the whole day.
- Think before you drink – are you really thirsty? If you drink to be sociable, then cut back before and after the occasion.
- Measure ice allotment for the day and store in a special container in your freezer. Most people find ice more satisfying than the same amount of water. When making ice cubes, add some lemon juice or mint.
- Freeze allowed fruit juices in ice cube trays to reduce amount taken. They make nice treats.
- Drink cold liquids in place of hot liquids. Stay cool.
- Use very small cups and glasses for beverages and other liquids. *Sip, do not gulp.*
- Rinse your mouth with cold water, but do not swallow it.
- Keep a bottle of mouthwash in your refrigerator and instead of drinking something, rinse your mouth to feel refreshed.
- Brush your teeth regularly.
- Take medication with mealtime liquids if at all possible.
- Use sour hard candies (like lemon drops) and chewing gum to moisten your mouth. Suck on a lime or lemon.
- Try eating allowed fruits and vegetables ice cold between meals.
- When thirsty, try eating something like bread with margarine & jam, before taking liquids. Often the sense of thirst is really the sensation of having a dry mouth. Food may also alleviate the dry mouth instead of liquid.
- You may be less thirsty the day after dialysis. Try taking less fluid then and save some for the following day
- Try to keep yourself as active as possible. When you are idle, you may become preoccupied with a desire for liquids.
- If you are *diabetic*, high blood sugars will increase your desire for liquids. Once your urine volume has decreased, it will no longer give a true picture of your blood sugar.
- The less salt (sodium) you eat, the less thirsty you will be. See “low salt” guidelines for more tips.
- Restrict to ½ teaspoon of salt per day for cooking.
- If your doctor has approved alcohol (e.g. special occasions), avoid *high potassium* drinks e.g. wine, beer and cocktails such as Bloody Mary's, screwdriver & Pina coladas. Cocktails should rather be mixed with club soda, ginger ale, tonic or cola free soft drinks.
- When eating out, order a small beverage and remember to count it as part of the fluid allowance. Push your glass or cup away from your plate when you are finished to avoid refills.
- Beverages that are high in sugar and caffeine can make you extremely thirsty and lead to excess fluid intake. Don't have more than 1 cup of coffee daily and rather have sodas low in calories and caffeine e.g. diet Sprite.

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