

## Ideas for turkey leftovers:

- Sliced turkey sandwiches
- Turkey and veggie stir-fry
- Homemade turkey pot-pie
- Turkey and rice casserole
- Turkey and dumpling

(view recipes online at:  
[www.Davita.com/Recipes](http://www.Davita.com/Recipes))

## How to Leach Potatoes and Yams:

1. Peel skin and cut potato into small pieces.



2. Place pieces into a large pot of water, soak for 4 hours.  
(Removes potassium)



3. Drain water, rinse, and prepare potatoes.



## Don't forget:

- Gravies and Jello count as fluid.
- Remember to take your phosphate binder with all meals.

## Healthy Holiday Eating Tips for Dialysis



## Protein foods:

- Avoid battered or fried meat.
- Try oven roasting your turkey, beef or pork.
- Oven bake your fish.



## Side Dishes:

- Choose white stuffing and white dinner rolls for low phosphorus.
- With pasta, choose white noodles for low phosphorus.
- Leach potatoes and yams to lower potassium.  
(on back)

## Vegetables:

- Low potassium fruit and vegetables:

Carrots

Green Beans

Broccoli

Cranberries

Zucchini

Squash

Spinach

Cabbage

Apples

Pineapples

Cherries



## Desserts:

- Use nondairy whipped cream (low phosphorus) instead of ice cream on desserts.
- Pumpkin and Pecan pie are high in potassium.
- Choose low potassium desserts:

Cherry pie

Angel food cake

Pound cake

Carrot cake

Peach Cobbler

Snickerdoodles