

Silver Award Project Utility

Facility: Dialysis Clinic, Inc--Kirksville

Silver Award User: Andrea Dothage

Project Status: Active

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1. Description of Project:

"Spice Up Your Life" project focused on improving patient understanding of sodium, provide tools and skills to make healthier food choices and support use various spices instead of salt to flavor foods. Activities throughout the month of March included: (see scanned originals)

Pre-Post Test completed and reviewed with patients. Staff assistance provided to individuals who were unable to complete independently.

Bulletin Board "Cut the Salt, Not the Taste.Savor the Flavor" displayed in the patient waiting room.

Various handouts provided and reviewed throughout the month and during bi-monthly nutrition rounds:

- o DCI: "Sodium a.k.a. Salt"
- o "High Sodium Choices vs Lower Sodium Choices" using a typical turkey and cheese sandwich to illustrate ways to lower sodium content. Handout also included a link to a YouTube video from the channel "Simple Cooking with Heart." demonstrating use, preparation and storage of herbs and spices.
- o Fundamental of Learning: word search "Instead of Salt, Flavor food with these."
- o "Spice up your Life.Without adding salt"
- o FDA: "Sodium"
- o QSource, ESRD Network 10: "Tips to Help Control Thirst:"

Goody bag provided to each patient at the end of the month. Bags included:

- o Trifold pamphlet with recipes for homemade seasoning blends and dishes using the various blends.
- o Sample bags of the Salt Free Italian Seasoning, Salt Free Ranch Seasoning, and Salt Free Everyday Seasoning. In addition bag included samples of Italian and Ranch flavored oyster crackers to try.

2. Outcomes Measured:

Pre and Post Test.

3. Summary of Outcomes/Results:

Pre and Post Test Scores: total of 11 questions

Pre-Test:

13 (34%) of hemodialysis patients completed

Average score of 64%, 7 out of 11 questions correct

Post-Test:

21 (54%) of hemodialysis patients completed.

Average score of 74.5%, 8 out of 11 question correct, only one patient receive a 100% score

Notes: this was a 10 percentage point improvement from the pre-test.

4. Impact on Patients:

Information and samples were well received; however limited feedback from patients regarding changes in food selections, dietary habits or use of recipes/seasoning blends available at this time.

Handouts/activities promoted conversations and identified additional education opportunities related to sodium/fluid and other topics during rounds and bi-monthly lab reviews.

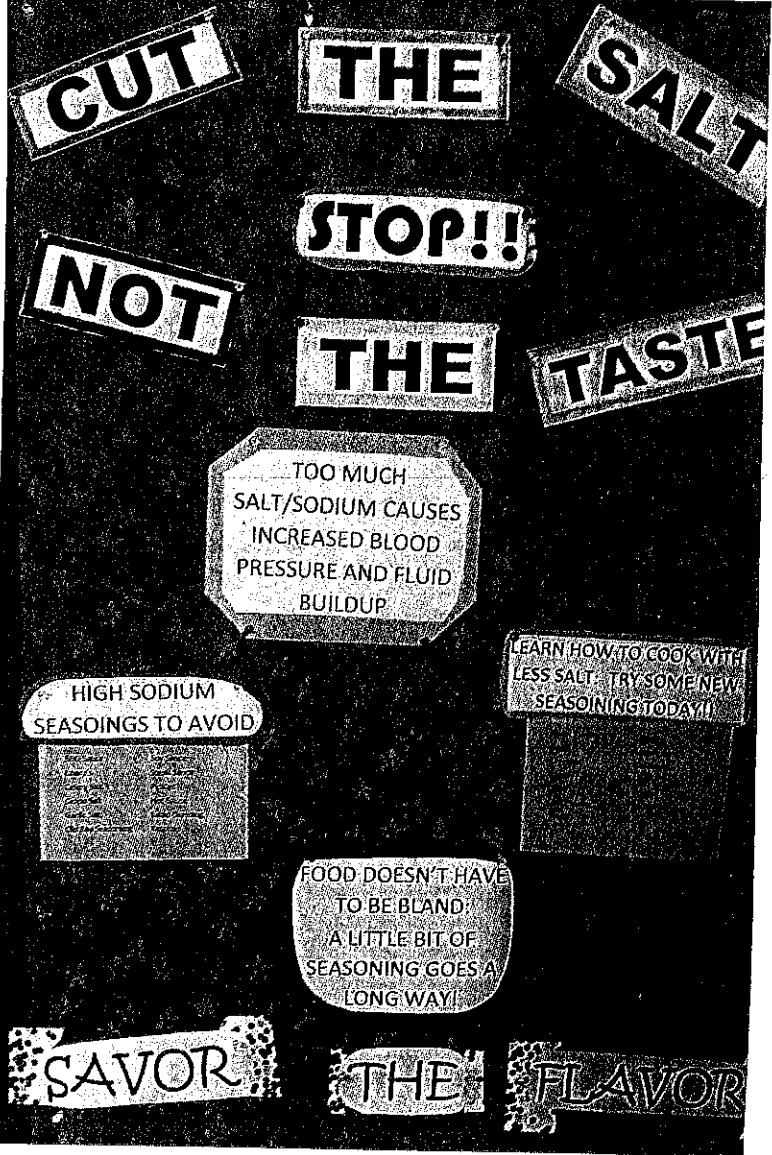
5. Lessons Learned:

Utilizing the dialysis team to provide and support education was essential to improve patient understanding, engagement and outcomes.

In reviewing test results, it became clear that some of the questions may have been interpreted differently than expected and may not have accurately measured patients understanding. Sampling questions to obtain a patient's perspective before implementing may be beneficial.

In addition, no matter how long a patient has been on dialysis; there are always opportunities for education.

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CUT

THE

SALT

STOP!!

NOT

THE

TASTE

TOO MUCH
SALT/SODIUM CAUSES
INCREASED BLOOD
PRESSURE AND FLUID
BUILDUP

HIGH SODIUM
SEASONINGS TO AVOID

1. Soy Sauce
2. Worcestershire Sauce
3. Ketchup
4. Hot Sauce
5. Pickle Brine
6. Teriyaki Sauce
7. BBQ Sauce
8. Salad Dressing
9. Marinade
10. Pickled Vegetables

LEARN HOW TO COOK WITH
LESS SALT - TRY SOME NEW
SEASONING TODAY!!

1. Garlic
2. Onion
3. Lemon Juice
4. Vinegar
5. Herbs
6. Spices
7. Mustard
8. Mayonnaise
9. Olive Oil
10. Butter

FOOD DOESN'T HAVE
TO BE BLAND
A LITTLE BIT OF
SEASONING GOES A
LONG WAY!

SAVOR

THE

FLAVOR

For the month of March we will be focusing on Sodium/Salt. The clinic has been awarded the Hartman Education award, so will be having some activities throughout the month.

You will be given a quiz at the first of the month and the end of the month to test what you have learned. We hope you will participate in doing this.

The bulletin board will be all about Sodium/Salt, and we will have handouts!!

At the end of the month we will be handing out low sodium snacks, recipes and samples of homemade seasoning mixes that are salt free.

Let's have fun with this!!!!



Pre Test

Salt and sodium are the same.

NAME _____

A True

B False

The human body will crave a fixed amount of salt every day.

A True

B False

Most sodium in the American diet comes from...

A The cooking process

B The salt shaker on the dinner table

C Processed foods

D Natural salt content in foods

Foods that are marketed as low in sodium must meet which standard?

A Less than 50% of the daily value

B Less than 30% of the daily value

C Less than 10% of the daily value

D Less than 5% of the daily value

Foods can have high salt content and not even taste salty.

A True

B False

High-salt diets have been linked to which health problems?

- A High blood pressure
- B Depression
- C Stubbed Toe
- D All of the above

What is the daily recommended amount of sodium for adults?

- A About 1 teaspoon
- B About 1 tablespoon

If you are _____, 1,500 mg per day should be your sodium limit.

- A Over 50 years old
- B Have High Blood Pressure
- C Diabetic
- D Any of the above

Which has higher sodium?

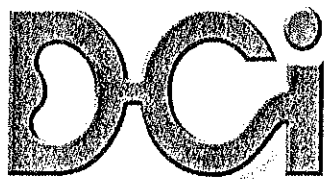
- A 8 ounces of tomato juice
- B 8 ounces of tomato soup

Which has higher sodium?

- A Canned green beans
- B Frozen green beans

People with diabetes, kidney disease, and heart disease should use salt substitutes.

- A True
- B False



*Empowering
Patients*

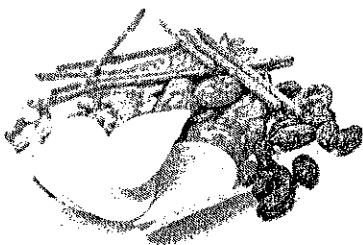
SODIUM

a.k.a. Salt



Most people on dialysis do not need to add salt to their foods and they need to avoid or limit the foods pictured below. Speak with your dietitian about how to eat less salt.

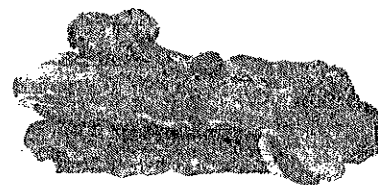
Limit or Avoid These HIGH Sodium Foods



Snacks like French Fries,
Popcorn, Chips, & Pretzels
(look for unsalted versions)



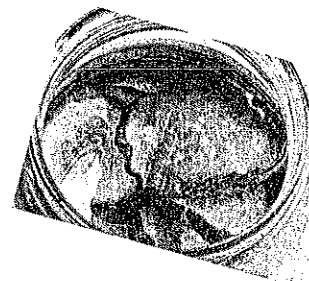
Canned Products



Bacon, Sausage, Hot Dogs,
Ham, Processed meats/cheeses,
Sardines



Fast Food



Pickles, Relish,
and Olives

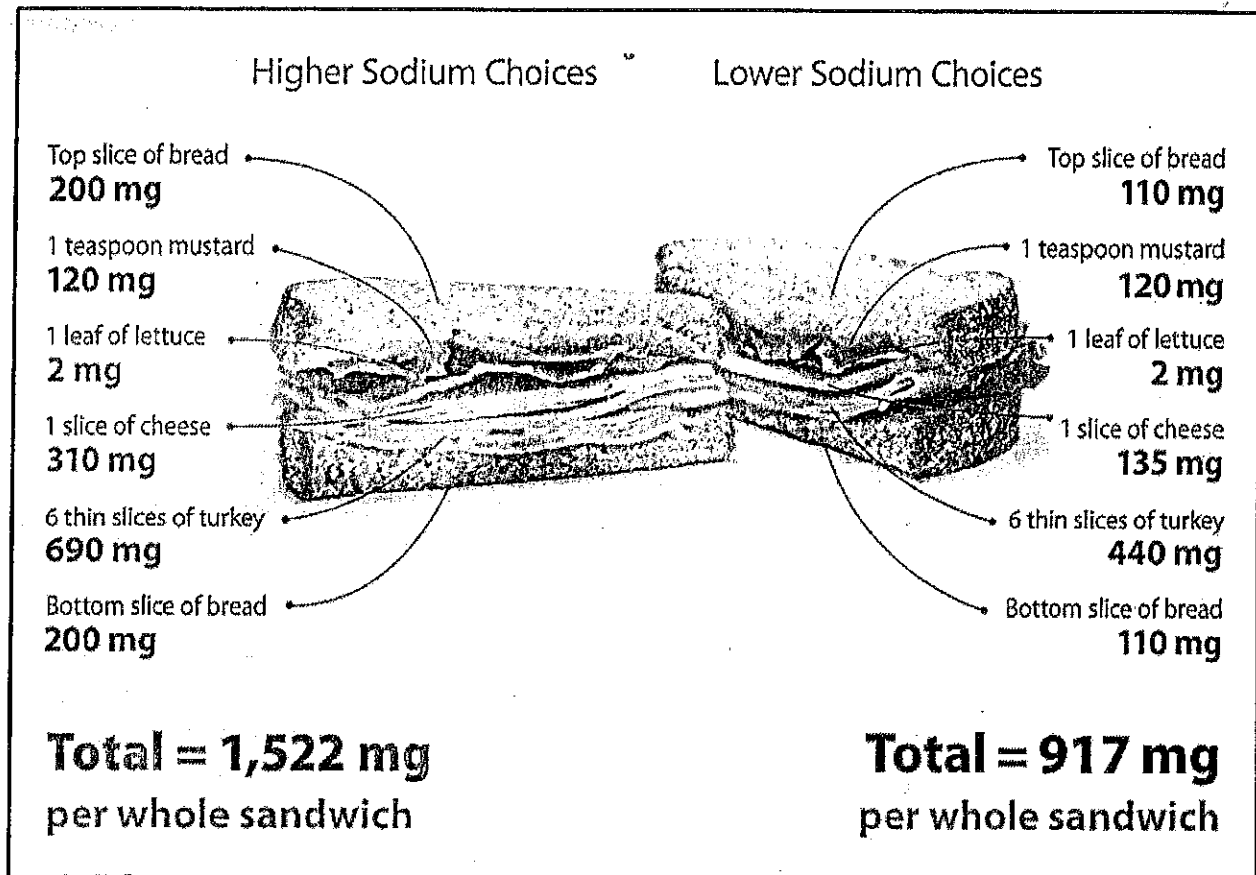
Limit or avoid these foods:

Instant cereals, sauerkraut, salted crackers,
gravies, and salt substitutes.

Adding salt and salty foods (high sodium foods) to your diet can:

- Increase your thirst
- Cause you to swell (edema)
- Lead to shortness of breath

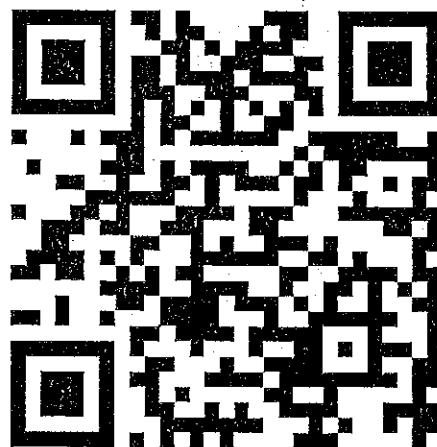
Speak with your dietitian about your individual needs



How to Add Flavor with Herbs and Spices

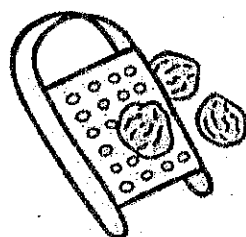
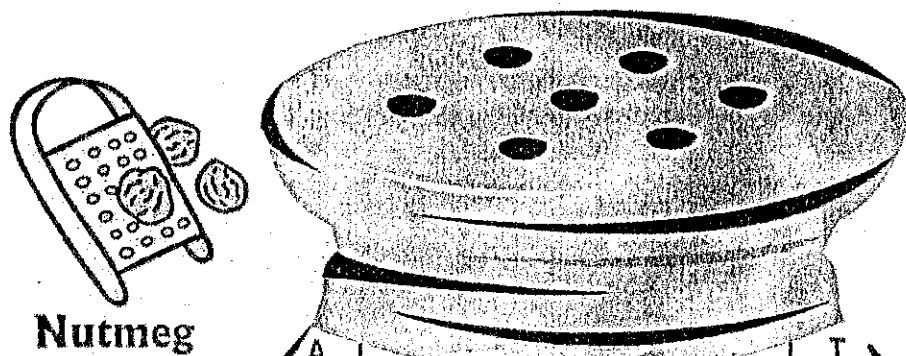
This is an 8 minute YouTube video from the channel *Simple Cooking with Heart*
(simplecookingrecipes)

Discover a world of flavor that exists outside the salt shaker. Fresh herbs, spices, vinegars and other flavorings can really jazz up any food



Instead of Salt

Flavor foods with these:



Nutmeg



Sage

Ginger

Basil



Thyme

Allspice

Oregano



Rosemary

Cinnamon

Cayenne

Mint

Lemon



Lime



Chives

Pepper



Scallions

Cumin

Cilantro

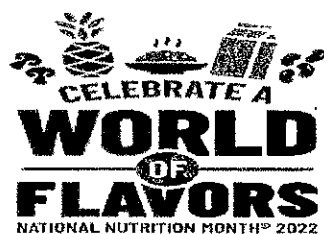


Flavored Vinegar

Horseradish

Garlic





Spice up your life...Without adding salt



What's Shakin' & Flakin' with Sea Salt?

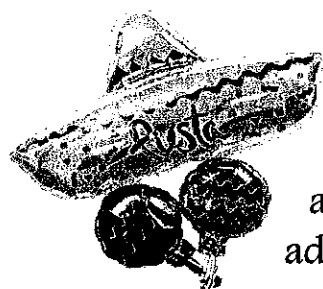
- Salt is Salt! Sodium Chloride NaCl
- Sea Salt may have a slightly different taste but it is still salt...still sodium containing!
- Flaked salt and kosher salt may affect taste perception by dissolving more easily.
- Sea salt, kosher salt, flake salt...all contain about 2400 mg sodium per gram, so limit its use!

Bring Out Your Inner Bavarian

Rub pork or chicken with brown mustard, garlic, rosemary, thyme, bay leaf & sage. Roast in the oven. Serve with noodles, rice, pasta or “dialyzed” potatoes and a low-potassium vegetable.



Mexican Fiesta Flavors!



Savory spices include cumin, garlic, onion, Mexican oregano, chili powder, paprika, black pepper, cilantro and a variety of chilies. Don't forget lime juice always adds a little zip!

Skip the Salt...Reduce Your Thirst!



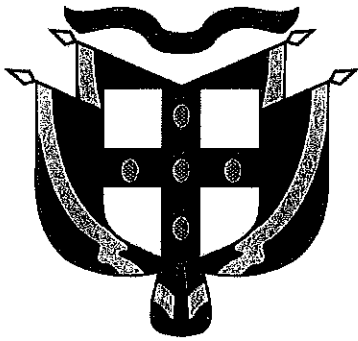
Take your taste buds on a trip to Italy!

Use garlic, basil, oregano, parsley and black pepper...Or simplify your life and choose a salt-free Italian or garlic and herb seasoning blend.

Skip the salt when cooking pasta!

Try it Thai-Style

Sweet pepper, garlic, ginger, black pepper, hot peppers, lemon grass, coconut milk, basil & cilantro, & lime.



The Flavors of Jamaica

Onion powder, Garlic powder, Ginger, Paprika, Cayenne, Chili powder, Cinnamon, Allspice, Thyme, Parsley

Sweet Spices & Herbs

Vanilla, cardamom, coriander, cloves, allspice, nutmeg, mace, cinnamon, citrus zest, ginger, mint and more.

Nutrition Facts

Serving Size 1 package (272g)

Servings Per Container 1

Amount Per Serving

Calories 300

Calories from Fat 45

% Daily Value*

Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	18%
Total Carbohydrate 55g	18%
Dietary Fiber 6g	24%
Sugars 23g	

Protein 14g

Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sodium can increase the risk of developing high blood pressure and cardiovascular disease.

Sodium is a nutrient to get less of.

Sodium

What It Is

The words "salt" and "sodium" are often used interchangeably, but they do not mean the same thing. Sodium is a **mineral** and one of the **chemical elements found in salt**. Salt (also known by its chemical name, *sodium chloride*) is a crystal-like compound that is abundant in nature and is used to flavor and preserve food.

Where It Is Found

About 75% of dietary sodium comes from eating **packaged and restaurant foods**, whereas only a small portion (11%) comes from salt added to food when cooking or eating.

More than 40% of the sodium consumed by Americans comes from the following 10 types of foods, many of which are commercially processed or prepared:

- Breads and rolls
- Cheese (natural and processed)
- Cold cuts and cured meats (such as deli and packaged ham and turkey)
- Mixed meat dishes (such as beef stew, chili, and meat loaf)
- Mixed pasta dishes (such as lasagna, pasta salad, and spaghetti with meat sauce)
- Pizza
- Poultry (fresh and processed)
- Sandwiches (such as hamburgers, hot dogs, and submarine sandwiches)
- Savory snacks (such as chips, crackers, popcorn, and pretzels)
- Soups

What It Does

- Sodium is an essential nutrient and is needed by the human body in *relatively small amounts* (provided that substantial sweating does not occur).
- Sodium is important for many body processes, such as fluid balance, muscle contraction, and nervous system function.
- As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavor (including the flavor of other ingredients), and as a preservative.



<http://www.fda.gov/nutritioneducation>

Health Facts

- Most Americans exceed the recommended limits for sodium in the diet. On average, Americans eat about 3,400 milligrams (mg) of sodium per day.
- Diets higher in sodium can **increase the risk of developing high blood pressure and cardiovascular disease**. High blood pressure (also known as **hypertension**) makes the heart work harder, and the high force of the blood flow can harm arteries and organs, such as the heart, kidneys, brain, and eyes. Hypertension can lead to heart attacks, heart failure, kidney disease, stroke, and blindness.
- Approximately 56% of adults in the U.S. (ages 18 years and older) have either hypertension or prehypertension (blood pressure that is higher than normal, but not high enough to be defined as hypertension). Additionally, approximately 10% of children in the U.S. (ages 8 to 17 years old) have either hypertension or prehypertension.
- The *Dietary Guidelines for Americans* recommends **limiting sodium intake to less than 2,300 mg per day** – that's equal to about 1 teaspoon of salt! Adults with hypertension and prehypertension should further reduce their sodium intake to **1,500 mg per day**, which can result in even greater blood pressure reduction. Adults who would benefit from blood pressure lowering should also combine lower sodium intake with the Dietary Approaches to Stop Hypertension (DASH) eating plan (see <http://www.nhlbi.nih.gov/health/health-topics/topics/dash>).

Food	Sodium Range (in milligrams)
1 slice white bread	80 - 230
3 oz turkey breast, deli or pre-packaged luncheon meat	450 - 1,050
4 oz slice frozen pizza, plain cheese, regular crust	370 - 730
4 oz slice restaurant pizza, plain cheese, regular crust	510 - 760
4 oz boneless, skinless chicken breast, fresh	40 - 330
3 oz chicken strips, restaurant, breaded	430 - 900
3 oz chicken nuggets, frozen, breaded	200 - 570
1 cup chicken noodle soup, canned prepared	100 - 940
1 corn dog, regular	350 - 620
1 cheeseburger, fast food restaurant	710 - 1,690
1 oz slice American cheese, processed (packaged or deli)	330 - 460
1 cup canned pasta with meat sauce	530 - 980
5 oz pork with barbecue sauce (packaged)	600 - 1,120
1 oz potato chips, plain	50 - 200

✓ Action Steps

For Reducing Sodium in Your Diet

Use the **Nutrition Facts Label** as your tool for reducing consumption of sodium. The Nutrition Facts Label on food and beverage packages shows the amount in milligrams (mg) and the Percent Daily Value (%DV) of sodium in **one serving** of the food.

The Daily Value for sodium is **less than 2,400 mg per day**.

- ☐ When comparing foods, choose foods with a lower %DV of sodium. The goal is to get less than 100% of the Daily Value for sodium each day. And remember:
 - 5% DV or less of sodium per serving is low
 - 20% DV or more of sodium per serving is high
- ☐ Look for sources of sodium on the ingredient list on a food package. Some examples of ingredients that contain sodium are: saline, sodium benzoate, sodium bicarbonate (baking soda), sodium chloride (salt), sodium nitrite, and monosodium glutamate (MSG).

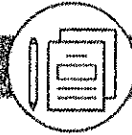
Tip: Ingredients are listed in descending order by weight — the closer an ingredient is to the beginning of the list, the more of that ingredient is in the food.
- ☐ Look for light, low sodium, reduced sodium, or no-salt-added versions of packaged foods, when available.
- ☐ Prepare your own food when you can and limit packaged sauces, mixes, and "instant" products (including flavored rice, instant noodles, and ready-made pasta).
- ☐ Limit the amount of salt you add to foods when cooking, baking, and eating. Instead, flavor foods with herbs and spices and no-salt seasoning blends.
- ☐ Choose fresh meats, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meats and poultry to see if salt water or saline has been added.
- ☐ Buy fresh, frozen (no sauce or seasoning), low sodium, or no-salt-added canned vegetables.
- ☐ Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating.
- ☐ Try light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.
- ☐ Choose low sodium or no-salt-added nuts, seeds, and savory snacks (such as chips, crackers, and pretzels) – or have carrot or celery sticks instead.
- ☐ Consume smaller portions of foods and beverages that are higher in sodium or consume them less often.
- ☐ When eating out, ask that your meal to be prepared without salt and request that sauces and salad dressings be served "on the side," then use less of them. You can also ask to see nutrition information (available in many chain restaurants), and then choose options that are lower in sodium.

* Watch for added potassium in "Reduced" or "Sodium / Salt-free" foods.



Tips to Help Control Fluid

Because dialysis helps remove the excess fluid from your body, it is important to limit how much fluid you have between treatments. The more fluid that needs to be removed, the harder it is on your body, especially your heart. Here are some tips to help you take control of your fluid intake.



Keep Track

- Measure fluid amounts
- Write down your fluid intake in a notebook
 - Include liquids with meals, snacks and medications
 - Include all fluids from foods and anything that melts to a liquid
- Use a water bottle that is marked with your daily goal
- Download an app on your phone that allows you to track fluid intake
 - My Food Coach (android/iphone)
Visit www.kidney.org/apps
 - H2Overload - track fluid/weight/BP, NKF (iphone)



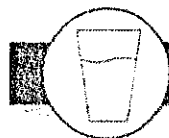
Set Fluid Goals

Talk to your doctor and dietitian about setting fluid goals.



Limit Sodium Intake

- Cook with herbs and spices instead of salt. Try: allspice, basil, bay leaf, caraway, cardamom, curry, dill, ginger, marjoram, rosemary, thyme, sage, tarragon.
- Avoid salt substitutes. Foods made with salt substitutes are high in potassium.
- Read food labels and choose low-sodium options.



Control Thirst

Being thirsty is a challenge for dialysis patients, because you have to limit your fluids. Keeping the amount of fluid you gain down between treatments is very important.

When you have too much fluid in your body ("Fluid Overload") it causes shortness of breath, swelling, high blood pressure and excessive weight gain.

Limiting your fluid will help you feel better and stay healthy before, during and after dialysis without cramping or blood pressure changes.

- Limit sugar
- Limit caffeine and alcohol
- Suck on ice chips, crushed ice or popsicles
- Suck on frozen fruits like blueberries and grapes (1/2 cup)
- Spread out what you drink throughout the day
- Sip, do not gulp
- Try mint or lemon flavored water
- For dry mouth
 - use spray bottle
 - swish and spit to moisten your mouth
 - brush your teeth
 - use moist swabs
- Chew gum or suck on hard candy (sugar free)
- Keep your mind busy
- Read a book
- Do a crossword or word-search puzzle
- Try crocheting or sewing
- Keep cool by:
 - staying in the shade or indoors
 - staying on the lowest floor out of the sunshine if air conditioning is not available
 - dressing in loose-fitting, lightweight and light-colored clothes
 - wearing a hat

For more information or to file a grievance, please contact:

ESRD Network 10 (IL)
911 E. 86th St., Suite 202
Indianapolis, IN 46240
Toll Free Patient Line (800) 456-6919
ESRDNetwork10@qsource.org

ESRD Network 12 (IA, KS, MO, NE)
920 Main, Suite 801
Kansas City, MO 64105
Toll Free Patient Line (800) 444-9965
ESRDNetwork12@qsource.org



ESRDNetwork10.org | ESRDNetwork12.org

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Italian Zucchini Coins

- 1 Tbsp Olive Oil
- 2 cups thinly sliced Yellow Zucchini
- 2 cups thinly sliced Green Zucchini
- 2 tsp Italian Seasoning Mix
- ½ medium onion, sliced
- 2 Tbsp Lemon Juice

In a large, nonstick skillet, heat the oil over medium heat. Add the zucchini slices and sauté until their colors intensify, about 5 minutes. Add the Italian seasoning mix, sliced onions and stir until evenly mixed. Sauté another 1-2 minutes. Sprinkle with lemon juice and serve immediately.

No-Salt Seasoning Mix

- 5 tsp Onion Powder
- 1 Tbsp garlic Powder
- 1 Tbsp Paprika
- 1 Tbsp Ground Mustard
- 1 tsp dried Thyme
- ½ tsp black pepper
- ½ tsp celery seed

Mix all together and store in an air tight container.

Ranch Oyster Crackers

- ¼ c Ranch Seasoning Mix
- ¼ vegetable oil
- 1 pkg oyster crackers

Preheat oven to 250 degrees. In large bowl, combine the 3 ingredients and mix well. Bake for 10 minutes and stir. Repeat this 1-2 more times. Crackers are done when they are dry to the touch. Store in air tight container.

Italian Oyster Crackers

- ¼ c Italian Seasoning Mix
- ¼ c Vegetable Oil
- 1 pkg Oyster Crackers

Preheat oven to 250 degrees. In large bowl, combine the 3 ingredients and mix well. Bake for 10 minutes and stir. Repeat this 1-2 more times. Crackers are done when they are dry to the touch. Store in air tight container.

Recipes using HOMEMADE Seasoning Mixes

Italian Seasoning

- 3 Tablespoons Oregano
- 1 Tbsp Marjoram
- 2 Tbsp Thyme
- 1 Tbsp Dried Basil
- 1 Tbsp Dried Sage

Mix all together and store in air tight container.

Yields 8 Tablespoons

To Make into Dressing:

Add 1-2 tsp seasoning mix to 3 Tbsp olive oil, 2 Tbsp Red Wine Vinegar, 1 tsp Dijon Mustard and 1 Tbsp lemon juice. Mix together well. Shake before using. Refrigerate unused dressing.

Ranch Seasoning

- 2 Tbsp Dried Parsley
- 2 tsp Dill Weed
- 2 Tbsp Garlic Powder
- 2 tsp Onion Powder
- 1 tsp Onion Flakes
- 1 tsp Black Pepper
- 1 tsp Oregano

Mix all together—Continued on next page.

To Make Dip: Add ¼ c seasoning mix to 1 c sour cream, can add more seasoning to your taste.

To Make Dressing: Add ¼ seasoning mix to ½ c sour cream and 1/3 c buttermilk. Mix well. Add more seasoning if needed for your taste. Refrigerate unused dip/dressing.

Italian Chicken & Vegetable Sheet Pan Meal

1 Boneless, Skinless Chicken Breast, diced into bite size pieces
¼ c diced zucchini
¼ c diced onion
4-6 Baby whole Carrots or 1/3 c sliced carrots
¼ c sliced Mushrooms
1/8 tsp garlic powder
½ tsp Italian Seasoning Mix

Heat oven to 350 degrees
Spray cookie sheet with no stick spray.

Combine all ingredients in large bowl and mix well. Spread out on cookie sheet.

Bake for 25-30 minutes or until chicken is completely done.

Lentil Barley Soup

½ cup lentils, red or green
3 stalks celery, chopped
1 cup pearly barley
6 cups vegetable stock, **low sodium**
2 cups water
½ teaspoon ground cumin
½ onion, chopped
1 tsp Italian Seasoning Mix
½ tsp No Salt Seasoning Mix
2 carrots, diced

Place all ingredients in slow cooker.
Cook on LOW for 8 to 10 hours until lentils, barley and vegetables are tender.

Veggie Quiche

PREP TIME: 15 MIN
COOK TIME: 45MIN
TOTAL TIME: 1 HR
SERVES: 8
YIELDS: 1 PIE

1 pre-made store bought pie crust
1 T. olive oil
3 handful of fresh baby spinach
1 small white onion diced
1 red bell pepper chopped
5 asparagus spears chopped
6 large eggs
3 T. all-purpose flour
¾ c. unsweetened rice or

almond milk
1/2 tsp. baking powder
1/2 tsp. sweet paprika
1 tsp Italian Seasoning Mix
½ tsp No Salt Seasoning Mix

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Place prepared pie crust in oven for 10 minutes.
3. Heat oil in large sauce pan over medium heat.
4. Add onions, red peppers, and asparagus, and sauté for 5 minutes or until the onions are translucent. Remove from heat.
5. In separate bowl, whisk together eggs, flour, baking powder, salt, paprika, thyme, black pepper, and rice/almond milk.
6. Stir in sautéed vegetables and fresh spinach and stir until well combined.
7. Pour eggs and vegetable mixture into the pastry crust, even out the top with a spoon.
8. Place in oven and cook for 45-50 minutes or until toothpick inserted comes out clean.
9. Remove from the oven and allow to set for at least 5 minutes.
10. Slice and serve immediately.

