



# Healthy (Eating) Tricks and Tasty Treats - Transplant Style

A Living Well Before & After Transplant Program

Tuesday, October 29  
6 - 7pm

A presentation by Jennifer Bazzanella, RDN, CD  
& Kelsey Ford, RDN, CD

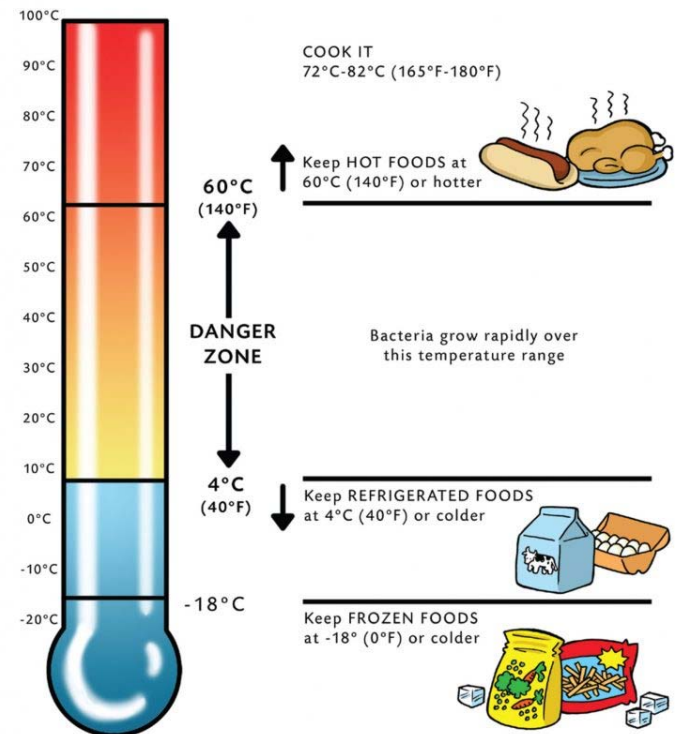
- Food Temperature Checks
- Hand Washing
- Proper Food Storage

## Food Temperature Guide <sup>°F</sup>

CATEGORY	FOOD	TEMP (°F)	REST TIME
Ground Meat & Meat Mixtures 	beef, pork, veal, lamb	160°	none
	turkey, chicken	165°	none
Fresh Beef, Veal, Lamb 	steaks, roasts, chops	145°	3 min
Poultry 	chicken & turkey, whole poultry breasts, roasts, poultry thighs, legs, wings, duck, & goose stuffing (cooked alone or in bird)	165°	none
Pork & Ham 	fresh pork & fresh ham (raw)	145°	3 min
	precooked ham (to reheat)	140°	none
Eggs & Egg Dishes 	eggs	cook until yolk and white are firm	none
	egg dishes	160°	none
Leftovers & Casseroles 	leftovers & casseroles	165°	none
Seafood 	fin fish	145° or cook until flesh is opaque and separates easily with a fork	none
	shrimp, lobster, & crabs	cook until flesh is pearly and opaque	none
	clams, oysters, & mussels	cook until shells open during cooking	none
	scallops	cook until flesh is milky white or opaque and firm	none

# Food Safety

## Temperature Danger Zone





# General Tips Post-Transplant

- Label Reading
  - Healthy Fats
  - Continuing with low sodium if needed
  - Carbohydrate Counting

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 230		Calories from Fat 72	
		% Daily Value*	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# General Tips Post-Transplant

- Planning Ahead
  - Read through ingredients lists in recipes
  - Prep meals and snacks beforehand to make healthy eating easy
  - Avoid unpasteurized dairy and raw and smoked meats



# Homemade is Usually Best

- Avoiding pre-made and processed foods helps to limit elements of food that progress or contribute to diseases or disease development
  - Sodium
  - Trans Fats
  - Added Sugars
  - Artificial Additives



# Healthy Cooking Can Be Fun!

- Planning meals that are nutrient dense can help you feel fuller & have more energy
  - Be enjoyable making in the process
- Timesaving tips
  - Crockpots or Pressure Cookers
  - Cooking in bulk & freezing for future use
  - Stock your pantry



# Ingredient Substitution

Ingredient / Serving Size	Calories	Protein (g)	Fat (g)	Carb (g)	Added Sugar (g)	Sodium (mg)
Sour Cream (light)	156	4	12.2 <i>(7.6g sat; 4.6g un)</i>	8.2	0	82
vs. Greek Yogurt 2%	85	11.4	2.3 <i>(1.7 sat)</i>	4.5	0	37
<b>1/2 cup ea</b>						
Olive Oil	120	0	14 <i>(2g sat; 14g un)</i>	0	0	0
vs. Butter (unsalted)	102	0.1	11.5 <i>(7.1g sat; 3.4 g un)</i>	< 0.1	0	2
<b>1 tbsp ea</b>						
Salsa	17	1	0.1 <i>(&lt; 0.1g sat &amp; un)</i>	4.1	1	389
vs. Queso	90	2	6 <i>(1g sat)</i>	6	0	420
<b>1/4 cup ea</b>						
Whole Grain Bread (provides extra fiber too!)	69	3.5	1.1 <i>(0.2g sat; 0.7g un)</i>	11.3	1.7	109
vs. White Bread	66	2.3	0.8 <i>(0.2g sat; 0.1g trans; 0.5 g un)</i>	12.3	1.3	123
<b>1 slice ea</b>						

# Other Healthful Substitutions

- Lean Cuts/Low-Fat Percentage
  - Poultry, Fish, Lean Beef versus full fat red meats
  - Sub bison, turkey or chicken for beef as able
    - Lower fat = less calories
- Low-Fat Dairy vs Whole Fat Dairy
  - Skim & 1% fat vs 2% or whole
- Whole Grains vs Refined
  - More fiber
- Whole Foods will be more nutrient dense without negative effects of processing or artificial additives





# Cooking Healthfully

- Methods of Healthy Cooking
  - Poaching
  - Baking
  - Grilling
  - Broiling
  - Steaming
  - Boiling



# Cooking Methods to Avoid

- Frying (limit pan frying, avoid deep fat frying when able)
- Utilization of unwashed produce
- Going out to eat often
- Adding too much Fat



# Portion It Out

- Use Label Serving Sizes for Guidance
- Measuring Cups & Spoons
- Scales

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	<b>Calories 230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 2g	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- 1) Count Calories. Look at serving size, the number of servings, the number of calories
- 2) Check these for heart health. Choose foods that are lower in saturated fat & sodium. Keep trans fat to 0.
- 3) Is it nutritionally valuable? Select foods that are nutrient dense & are a good source of fiber.
- 4) Tip...consider how added sugars fit into your daily budget



# Holiday Tips

- Include a variety of seasonal, colorful fruits & vegetables
- Eat healthful snacks before holiday parties to help with limiting portion size
- Take advantage of moments to be active
- Stick to calorie-free drinks
- Choose vegetables first & focus on socialization
- Avoid eating straight from packages; portion food out on a plate





# Let's Transform a Recipe Together

- Peppered Shrimp Alfredo
  - 12 ounces Penne Pasta
  - ¼ cup butter
  - 1 onion, diced
  - 2 cloves garlic, minced
  - 1 red bell pepper, diced
  - ½ lb Portobello mushrooms
  - 1 lb medium shrimp, peeled
  - 1 (15) oz jar alfredo sauce
  - ½ cup grated Romano cheese
  - ½ cup cream
  - 1 tsp cayenne pepper
  - Salt and pepper to taste
  - ¼ cup chopped parsley



**Servings: makes 6**

**Calories 707**

**Total Fat 45 g**

**Sodium 1034 mg**

**Total Carbs 50.6 g**

**Dietary Fiber 3.6 g**

**Protein 28.4 g**

# New and Improved

- Peppered Shrimp ~~Alfredo~~ **with marinara**
  - 12 ounces Penne Pasta
  - ¼ cup ~~butter~~ **olive oil**
  - 1 onion, diced
  - 2 cloves garlic, minced
  - 1 red bell pepper, diced
  - ½ lb Portobello mushrooms
  - 1 lb medium shrimp, peeled
  - 1 (15) oz jar ~~alfredo sauce~~ **marinara sauce**
  - ½ cup grated **low-fat** Romano cheese
  - ~~½ cup cream~~
  - 1 tsp cayenne pepper
  - Salt and pepper to taste
  - ¼ cup chopped parsley

# Healthful Eating Jeopardy!

- <https://www.playfactile.com/k2ajdiq9hc/play>

# Resources

- <https://www.kidney.org/atoz/content/foods-avoid-after-transplantation>
- <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/healthy-eating-handouts>
- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/holiday-healthy-eating-guide>