

A photograph of a pumpkin in a field of green leaves. The pumpkin is orange and has a green stem. The leaves are large and green, with some showing signs of aging or damage. The background is slightly blurred, showing more of the field and some wooden stakes.

A Taste of Something New for the Holidays

**National Kidney Foundation of Wisconsin
Living (Life) Well After Transplant
Monica Ashery and Karen Isaacson**

Objectives

- **To share some kidney-friendly holiday recipes**
- **To highlight nutrition resources from the National Kidney Foundation**
- **To share our donation story**
- **To engage our audience in open discussion of the above**

Our story









11.19.17



Garden vegetables helped bring us together!



Kidney.org → Treatment & Support → Nutrition

- **Overview of diet by stage of kidney disease including transplant**
- **DASH diet**
- **Plant-based diet information**
- **Managing nutrients (phosphorus, potassium, protein, sodium)**
- **Recipes (with filter to meet individual needs)**





Cauliflower Au Gratin



Cauliflower Au Gratin





Pumpkin Pepper Hummus





Pumpkin Pepper Hummus

Balsamic Marinated Mushrooms



**Balsamic
Marinated
Mushrooms**



**Creamy Curry Rice
& Apple Salad**



A close-up photograph of a large quantity of cooked, long-grain rice, likely Tanzania Pilau. The rice is light brown and appears to be mixed with some pieces of meat or vegetables, though they are not clearly identifiable. The text "Tanzania Pilau" is overlaid in the center of the image.

Tanzania Pilau



**Tanzania
Kachumbari**



**Monica's
Pasta**

**Monica's
Pasta**





**Monica's
Pasta**



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Pomegranate Seeds

A photograph of a pumpkin in a garden. The pumpkin is orange and sits on the ground in the lower right corner. The background is filled with large, green, lobed leaves and a wooden trellis structure. The text "Your questions and comments?" is overlaid in the center in a bold, black font.

Your questions and comments?