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
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
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Pumpkin Pepper Hummus
Balsamic Marinated Mushrooms
Tanzania Pilau
Tanzania
Kachumbari
Monica's Pasta
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Healthy Green Bean Casserole
www.delish.com
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www.delish.com
Pomegranate Seeds
Your questions and comments?