

Thanksgiving

- Thanksgiving is a time to be with loved ones and share what you are thankful for. It can feel hard when food is a big part of the day and you have kidney disease.
- Many holiday foods can be high in salt, potassium, and protein. The goal is to find a balance so you can care for your health and still enjoy the meal.
- This guide will help you with portion sizes and simple food choices so you can feel included and enjoy your day.

Food	Serving Size	Size Comparison
Oven Roasted Turkey	3 ounces: Deck of Cards	
Potatoes, Yams & Dinner Rolls	1/2 cup or 4 ounces: Tennis Ball	
Desserts	1/12 of a Pie (8 inches across) 1 Cookie (2 inches across)	

Food	Kidney-Friendly Substitution
Dark Turkey Meat with Skin higher in saturated fat 	White Turkey Meat without Skin lower in saturated fat 
Mashed Potatoes with Gravy higher in salt/saturated fat/potassium 	Double Boiled Mashed Potatoes with Plant-Butter, Chives & Black Pepper lower in salt/saturated fat/potassium 
Pumpkin Pie & Pecan Pie higher in potassium 	Apple Pie lower in potassium 



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.