

Appetite Matters!

Renal Friendly Guide to Herbs and Spices



Some Tips to Maintain or Improve Appetite:

Try cold foods such as egg or chicken salad as they may taste better than hot foods.

Eat smaller meals more often.

Food should taste good! Use herbs and spices to spice up the flavor. Refer to Herb and Spice Guide.


Ask your Doctor for suggestions on how to become more active.

If foods don't taste the way they should, ask your Dietitian about causes and what you can do.

Ask your Pharmacist about medications that might interfere with your appetite. Be sure to take your renal vitamin daily after dialysis.

Avoid fluids before and during a meal.

Try a kidney-friendly supplement as a snack between meals.



Allspice

Flavor: Similar to clove and cinnamon combo

Use: Cakes, cookies, stew, chicken, lamb

Comments: More complex flavor



Basil

Flavor: Sweet and sunny, Very versatile

Use: Green beans, peas, potatoes*, chicken dishes, and salads

Comments: Use at end of cooking to get the most flavor




Bay Leaves

Flavor: Pungent, mint-like

Use: Sauces, stews, gumbos

Comments: Dried leaves more widely available



Celery Seeds

Flavor: Stronger flavor than celery

Use: Salad dressings, potatoes*, vegetables, soups, beans, pork



Chili Powder

Flavor: Blend of peppers, paprika, cumin and black pepper

Use: Chili, Mexican dishes



Cinnamon

Flavor: Pungent, sweet, hot

Use: Fruit, desserts, cakes, cookies. Also try on pork, lamb, meat pies and curries



Dill

Flavor: Pungent, tangy

Use: Salmon, peas, eggplant, cabbage, cucumber-yogurt sauce, salads

Comments: Seeds have strong flavor; can use with parsley



Garlic

Flavor: Hot, pungent, subtle sweetness

Use: Chicken, pasta dishes, sauces, dips or marinades, mashed potatoes*



Ginger

Flavor: Pungent, spicy

Use: Chicken, squash, sesame noodles, applesauce, chutneys, marinades. Predominant in Asian recipes

Comments: More complex flavor




Mint

Flavor: Fresh, clean

Use: Carrots, lamb sauce, egg dishes, peas, mashed potatoes*, cold drinks, sauces, tea and desserts

Comments: Often grows wild



Mustard

Flavor: Hot, pungent

Use: Vegetables, stews, seafood, salad dressings

Comments: Seeds can be toasted to enhance flavor



Oregano

Flavor: Earthy

Use: Lamb, chicken, pork, seafood, eggplant

Comments: Excellent with lemon; retains flavor when dried.



Paprika

Flavor: Smoky

Use: Rice, sausage, goulash

Comments: Used for seasoning and color



Parsley

Flavor: Clean bright

Use: Almost all savory foods; all seafood, beef, chicken, potatoes*, sauces, soups and salads

Comments: Fresh is better than dried; can freshen breath



Rosemary

Flavor: Fresh, piney, pungent

Use: Chicken, turkey, beef, chicken, potatoes*, lamb, breads, fruit salads

Comments: Easily overpowers; Chop finely and use lightly



Sage

Flavor: Almost mintlike, slightly bitter

Use: Stems -soups, stews (remove when done) Chop leaves- Pork, veal, sausage, poultry, stuffing, sauces

Comments: Dried has a different flavor



* Refers to potatoes that have been soaked and drained to reduce potassium.

