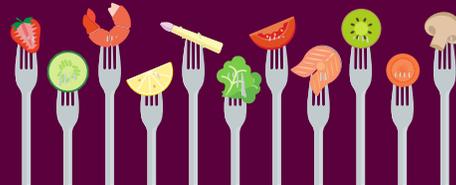


FOOD IS MEDICINE

How we eat can heal the body!



HOW CAN FOOD BE MEDICINE?

Food can influence our health and help to manage or prevent certain chronic health conditions. Many foods contain vitamins, minerals, antioxidants, and phytochemicals which have healing properties and other effects that we are still uncovering!



Diabetes Diet

An eating pattern which balances portion sizes and fiber rich carbs to manage your blood sugar. Opt for whole grains over refined grains, and incorporate foods high in fiber and lower in added sugars.



Kidney Diet

An eating pattern which balances the amount of protein, sodium, potassium, phosphorous, and calcium you eat. Limit certain foods high in these nutrients like dairy, animal protein, dark colas, and produce like bananas, potatoes and tomatoes.



Heart Healthy Diet

An eating pattern that is lower in saturated fats, animal proteins and high in fruits and vegetables and heart healthy fats. Cook with plant-based oils and increase your intake of nuts, seeds, fish oils and avocados.



Mechanical Soft Diet

An eating pattern with smoother textures that are easier to chew and swallow. Meals are cooked and chopped or blended to achieve the right textures. Softer foods like dairy items, soups, smoothies, eggs, and cooked fruits and vegetables are emphasized.

How to Get Started

- Ask your provider detailed questions
- Talk to a registered dietitian
- Take group classes to learn more



- Get family and friends involved for support
- Use trusted resources to find information



Recipe inspired by: <https://thekidneyexperts.com/kidney-friendly-mushroom-soup/>

Yields: 6 servings

Mushroom Soup

A kidney friendly recipe!

INGREDIENTS

- 3 tablespoons coconut oil
- ½ teaspoon ground black pepper
- 3 medium shallots, finely diced
- 2 stalks celery, chopped
- 1 clove garlic, finely diced
- 12-ounces button or cremini mushrooms, sliced
- 5 tablespoons flour
- 4 cups low sodium vegetable stock, divided
- 3 sprigs fresh thyme
- 2 bay leaves
- ½ cup yogurt

DIRECTIONS

- Heat coconut oil in a large pot or Dutch oven.
- Add ground pepper, shallots, and celery. Sauté over medium-high heat. Stir constantly and cook until golden and fragrant, for 2 minutes.
- Reduce heat to medium. Add garlic and sauté for 2 more minutes.
- Add sliced mushrooms. Sauté for 10 minutes, stirring occasionally, and allow mushrooms to release liquid.
- Sprinkle flour over the sautéed ingredients. Stir and toast over medium heat for 1-2 minutes.
- Add one cup of hot stock, thyme sprigs, and bay leaves. Stir and add second cup of stock to mushroom soup. Stir to combine thoroughly.
- Add the remaining 2 cups of stock. Simmer for 15 minutes or until mushroom soup has thickened.
- Remove thyme sprigs and bay leaves.
- Transfer liquid to a blender. Puree until the mixture is smooth.
- Return the mushroom soup to the pot. Add yogurt and blend well.
- Heat to a simmer and cook for 4 more minutes.



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APPROVED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

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