



## *Living Well on Dialysis*



<i>Mustard powder</i>	meats, sauces, eggs, fish, vegetables
<i>Oregano</i>	meats, poultry, fish, vegetables, sauces
<i>Parsley</i>	beef, chicken, fish, salads, sauces
<i>Rosemary</i>	beef, lamb, chicken, turkey
<i>Sage</i>	meats, fish, stuffings, vegetables
<i>Savory</i>	egg dishes, meats, poultry, stuffings, rice, vegetables
<i>Tarragon</i>	chicken, fish, meats, egg dishes, sauces, , vegetables
<i>Thyme</i>	fish, meats, poultry, eggs, stuffings, vegetables

It is best to crush or rub leaf type herbs to release their full flavor. Remember, herbs and spices should not overpower the taste of your food, so add them in small amounts. However, without the salt which "enhances" or increases flavors, you may need slightly more of a spice than a STANDARD recipe calls for.

### ***One Final Word . . .***

The recipes in this book will help you cook tasty foods that are good for you. You may want to create new recipes of your own or collect favorite recipes to write in the back of this book. Your dietitian can help you determine the best ingredients and portion sizes for new or favorite recipes.

*Note:* Every attempt has been made to analyze all the recipes for both renal and renal diabetic exchanges. However, some recipes may not be suitable for those patients with diabetes. Those recipes are so indicated.

