



**Ask your doctor about
MEDICAL NUTRITION
THERAPY.**

What is Medical Nutrition Therapy?

Medical nutrition therapy (MNT) is nutrition counseling with a Registered Dietitian Nutritionist. MNT helps to treat and slow down chronic kidney disease (CKD).

An MNT session includes your health problems, lab tests, medicines, and personal food choices.

Some MNT goals are to:

- **improve blood pressure**
- **keep protein intake at a safe level**
- **help control blood sugar**

Dallas Nephrology Associates offers this service at many of our clinics. Your insurance may cover MNT. Ask your doctor about a referral.



DALLAS NEPHROLOGY ASSOCIATES
Comprehensive Kidney Care

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A Kidney-Friendly Menu for Outdoor Summer Fun!

- Grilled Chicken
- Corn on the Cob
- Summer Greens (with cabbage, carrots, radishes & homemade dressing)
- Bowtie Pasta Salad (with purple onion & diced bell pepper)
- Chilled Fresh Fruit Mix (with grapes & berries)
- Old-Fashioned Lemonade

When you prepare a meal for family and friends, you want it to be tasty and look great! But what if you are also trying to limit your salt intake?

Here are some ideas to make this hot weather menu sizzle without all the added salt!



Grilled Chicken: Try your own herb blend on the chicken, or choose a ready-made brand that does not have salt. Mrs. Dash® Chicken Grill flavor might be good. Add extra red or cayenne pepper if you like your summer meal even hotter!



Homemade Dressing: Whisk together a homemade low sodium salad dressing. Start with an empty jar. Mix 2/3 cup olive or canola oil and 1/3 cup vinegar (any flavor). Add herbs to taste like basil, oregano, garlic and onion powders.

Make the most of every meal as you slowly learn to enjoy new flavors – without the salt!



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