



Nutrition Tips

Catch That Popsicle Truck!

Popsicles!

The familiar sound of the popsicle truck driving through your neighborhood is a great reminder of summers past. It is also a nice reminder of a refreshing way to enjoy your fluid allowance during the long hot days of summer!

A frosty popsicle can make you feel cool on a hot day. It takes much longer to eat a popsicle than it would to drink the same amount of liquid. And you can easily keep track of the fluid in each popsicle.

Store bought popsicles or ice pops are an inexpensive way to treat yourself to something cool and help you keep your fluid intake under control.

For even more summer fun, make your own popsicles!

Do It Yourself Popsicles

To make your own popsicles, you can buy popsicle molds or make your own molds by using paper cups. The 3-ounce Dixie cup size is just right. Cover the filled cups with foil and poke a plastic spoon or wooden stick through to hold it in place.

Or just fill up your ice cube tray. Count one ice cube as one ounce of fluid. Freeze your homemade popsicles for at least 3 to 4 hours. They will keep in the freezer up to 2 weeks.

For the popsicle, use something as simple as Tang, Kool-Aid (regular or sugar-free) or Crystal Lite. For extra flavor, use less water than the directions call for. Add a splash of carbonated water for a fizzy flavor.

Sour flavors like lemonade or limeade are especially good thirst quenchers. Cranberry or grape juice are other low-potassium juices to try.





Keeping Cool — Beat the Summer Heat

It is normal to get thirsty on hot summer days. Breathing warm air dries out your mouth and nose. You may lose some extra fluid through sweating. Are you at risk for dehydration? Probably not! If you drink more fluid than you urinate, your body will carry extra fluid. No matter what the weather is doing, remember your fluid guideline is 3 cups plus the amount you urinate.

Drinking extra fluid to cool down is a sure way to gain too much fluid between dialysis runs. As the weather warms up, try to find other ways to stay cool:

- Wear a sun hat and loose clothing.
- Stay in the shade or sit near a fan.
- If you can't keep cool at home, try going somewhere that has air-conditioning like a movie theatre, church or the mall.
- Run cool water over your wrists.
- Put a wet facecloth or a cold gel-pack on the back of your neck.

Strawberry Cream Pops

2 cups strawberries, rinsed and hulled

1/2 cup light sour cream

2-3 tablespoons sugar

2 teaspoons lemon juice

In a blender, whirl the berries until smooth. Press the mixture through a fine strainer and throw away the seeds.

Return the berry puree into the blender and whirl in the sour cream, sugar and lemon juice.

Pour into molds and freeze.

