



Lets Talk Potatoes!!

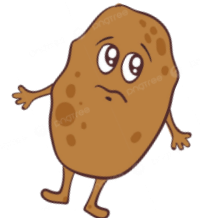
National Potato Day is August 19th this year, a time to celebrate one of the world’s most versatile and beloved vegetables. Potatoes, the underground tubers of the Solanum tuberosum plant, are a staple food in many households due to their nutritional value and culinary versatility. Here are some of the key health benefits of potatoes:

- **Packed with Nutrients:** Potatoes are an excellent source of many vitamins and minerals. Potatoes provide significant amounts of vitamin C, B6, and potassium. They also contain other beneficial nutrients like manganese, magnesium, niacin, and folate.
- **Rich in Antioxidants:** Potatoes are rich in compounds like flavonoids, carotenoids, and phenolic acids. These compounds are antioxidants in the body, neutralizing potentially harmful molecules known as free radicals. This can reduce the risk of chronic diseases like heart disease, diabetes, and certain cancers.
- **Promote Satiety and Digestive Health:** Potatoes are a decent source of fiber, which can help you feel full longer. This can be beneficial for weight management as it may help reduce overall calorie intake.

Dialysis patients need to be conscious of the amount of potassium in their diet due to the inability to get rid of excess potassium. The potassium content varies among different types of potatoes and potato products:

1. **Raw Potatoes:** There are 425 mg of potassium in 100 grams of raw potatoes.
2. **Baked Potatoes:** A medium, skin-on baked potato contains more than 900 mg of potassium.
3. **Sweet Potatoes:** One medium sweet potato contains 540 mg of potassium.
4. **Yams:** Although not a potato, yams closely resemble sweet potatoes and contain 911 mg of potassium per cup.
5. **Canned potatoes:** Canned potatoes can be bought ready to go with only around 120mg of potassium per serving.

This makes most regular potato products a HIGH potassium food.



Use These Methods to Reduce the Amount of Potassium in Your Potatoes!

Leaching is a method used to reduce the potassium content in potatoes. Here are two methods:

1. **Soaking Method:** Soak peeled or chopped potatoes in cold water overnight. Most of the excess minerals wash away. Afterward, drain off all the liquid and rinse again with fresh water.
2. **Double Boiling Method:** Peel the potatoes and slice them into small quarter-inch pieces. Rinse the vegetables thoroughly. Fill a pot with water and add potatoes (2:1 ratio/water: potatoes). Bring the pot of water to a boil, then drain the water off and rinse the potatoes again. Fill the pot again with water (2:1 ratio), and boil until soft but integrity is retained. This can reduce the potassium by up to 50%.

In conclusion, potatoes are a nutritious and versatile root vegetable that can benefit your health in various ways. They contain antioxidants, resistant starch, vitamins, and minerals, and may improve blood sugar control, digestive health, and promote feelings of fullness. So, this National Potato Day, let’s celebrate the humble potato and its many health benefits! Please talk to your Registered Dietitian with any questions on how to best add potatoes safely to your Renal Diet.





POTATO SKINS

WORD SEARCH PUZZLE

- APPETIZER
- ASSEMBLE
- BACON
- BAKED
- BASIL
- BROIL
- BUTTER
- CHEDDAR
- CHEESE
- CHIVES
- CREAM
- FLAVORS
- GOLDEN
- HAM
- HOLLOW
- LOADED
- PARTY
- PEELED
- PEPPERS
- SALSA
- SPICY
- STUFFED
- TENDER
- TOMATOES
- TOPPINGS

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D R C M V B B A W O L L O H R
E H U D A R B A S I L V L A A
F Y J K O N T P T L N Y D S S
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The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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Potato Fun Facts

- * Potatoes were the first vegetable grown in space in 1995
- * Potato is the 4th most important crop worldwide
- * At one time in back in the 1890s potatoes were so valuable that they were traded for gold

Garlic Mashed Potatoes

Ingredients

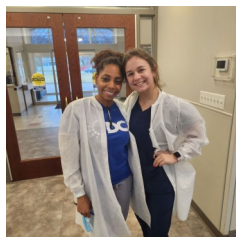
- 2 medium potatoes
- 2 garlic cloves
- 1/4 cup butter
- 1/4 cup 1% low fat milk

Preparation

- Peel and slice the potatoes into small pieces. Double-boil to reduce potassium if you are on a low potassium diet.
- Boil potatoes and garlic over medium heat until soft.
- Drain off cooking water.
- Whip potatoes and garlic with beater, slowly adding butter and milk until whipped smooth.

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PRACTICING GRATITUDE FOR BETTER HEALTH AND WELL-BEING

Is it true that you can become healthier and happier by practicing gratitude? The short answer is yes. Research suggests that gratitude can make people happier, improve relationships, and potentially even counteract depression and suicidal thoughts. Gratitude can also boost self-esteem.

The long answer is supported by well-studied research. "Expressing gratitude can positively change your brain," says Kristin Francis, MD, a psychiatrist at Huntsman Mental Health Institute. "It boosts dopamine and serotonin, the neurotransmitters in the brain that improve your mood immediately, giving you those positive feelings of pleasure, happiness, and well-being."

Each day, as we practice gratitude, we can help these neural pathways in our brain strengthen and ultimately create a permanent grateful, positive nature within ourselves.

GRATITUDE MAKES YOU HAPPY



Gratitude is associated with happiness. Expressing feelings of appreciation to others and ourselves creates positive emotions and feelings of pleasure and contentment.

Research shows that people who express gratitude are more likely to share with others freely, offer emotional support and assistance, and forgive more willingly. Being grateful is easy and has an impact on the people around us. When showing someone you appreciate them, you are encouraging them to respond in nice ways towards others—creating a chain reaction of positivity.

"Have you ever noticed how it makes you feel when you buy someone a gift or compliment them?" Francis says. "This feeling is supported by science—when you are nice to others and think kind things towards them, your emotional mood becomes more positive. Researchers have found that those who experience more positive moods have less anxiety and tend to view situations more optimistically."

GRATITUDE LESSENS STRESS, ANXIETY AND DEPRESSION

In a study on gratitude and appreciation, participants who felt grateful showed a reduction in the level of cortisol, the stress hormone. They had stronger cardiac functioning and were more resilient to emotional setbacks and negative experiences. Over the years, studies have established that practicing gratitude allows us to handle stress better.

"When we acknowledge the small things in life, we can rewire our brain to deal with the present with more awareness and broader perception," Francis says. "By reducing stress, gratitude reduces depression and anxiety. Keeping a gratitude journal or consistently verbalizing gratitude can help manage negative emotions like guilt and shame."

GRATITUDE IMPROVES YOUR PHYSICAL HEALTH

Grateful people are healthy people. Practicing gratitude slows the effects of neurodegeneration and leads to decreased inflammation and lower blood pressure. Researchers have shown when we practice appreciation, our bodies release the oxytocin hormone, which expands blood vessels, reduces blood pressure, and protects your heart. Oxytocin deepens our relationships and helps us feel more connected to others. It also supports us in building a network of family and friends, which results in a longer and healthier life.

Studies have also shown that grateful people eat healthy, move their bodies more, and are less likely to abuse alcohol or other drugs.

"Expressing gratitude can positively change your brain." *Kristin Francis, MD*



TIPS FOR CULTIVATING HAPPINESS AND HEALTH WITH GRATITUDE

There are simple, easy things you can do to start a daily gratitude practice:

1. **Self-appreciation:** Daily, practice saying five good things about yourself. It may be awkward or difficult at first, but over time it will become easier.
2. **Journaling:** You don't need a diary with a lock to begin a journaling practice. Use a notebook, your daily planner, or even sticky notes and write down a few things you are grateful for each day.
3. **Make someone feel special:** If you have a person in your life that you feel you "owe" some happiness or success to, visit them in person and tell them how much they mean to you. Or, if you have a friend or coworker that has influenced your life, make them feel special by thanking them and telling them how much you appreciate them.
4. **Find a gratitude buddy:** Find someone to share your daily practice with—your spouse, your child, or a friend. Set aside a few minutes a few times a week to share what you are grateful for.

"Most important, let yourself be happy," Francis says. "Be proud of any small achievement or success, acknowledge your happiness, and be thankful for the moment. Accepting happiness makes us grateful for all that we have and, over time, makes us stronger. Praising our efforts prepares us for the difficulties we may have to manage in the future."

Practicing gratitude and compassion is always essential—this intentional behavior creates a trickle-down effect. If you are kind to yourself and grateful toward others, people start taking your lead, and before you know it, the *world is a more thoughtful and kind place.*

THE POWER OF GRATITUDE



HOW TO SHOW SOMEONE GRATITUDE



Help them without them asking you to



Hug them tightly



Celebrate both their big and small wins



Cook for them their favorite meals
! TheMindsJournal



Give them compliments just because



Say thank you and genuinely mean it



Post-traumatic Stress Disorder and Its Impact

Post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by experiencing or witnessing a life-threatening, traumatic event. The traumatic event may be war-related, physical assault, sexual or other violence experienced against oneself, including child abuse, being involved in a severe accident, or caught in a natural disaster. Healing from PTSD may take time. Weeks, months, or years may go by before a person feels free from PTSD symptoms. Some people may experience PTSD over their lifetime and other people may not experience PTSD at all after experiencing or witnessing a traumatic event.

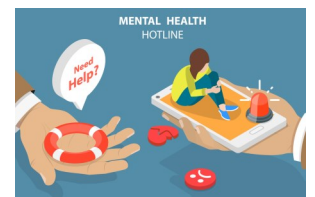
The onset of PTSD symptoms may not occur immediately. It may take weeks to years for the symptoms to set in. There are four types of PTSD symptoms and they include intrusive memories, avoidance, negative thinking and/or mood, and changes in physical and emotional reactions. Some examples of each PTSD symptom type are:

- **Intrusive memories**
 - ◊ Reliving the traumatic event by having flashbacks
 - ◊ Recurring dreams or nightmares about the traumatic event
- **Avoidance**
 - ◊ Avoiding conversations about the traumatic event or discussing it
 - ◊ Avoiding people, places, or activities that are reminders of the traumatic event
- **Negative thinking**
 - ◊ Feeling hopeless about the present and/or future
 - ◊ Lacking interest in activities once enjoyed; feeling emotionally numb
- **Changes in physical and emotional reactions**
 - ◊ Feeling the need to always be on guard and/or being easily startled
 - ◊ Experiencing trouble with sleeping and/or concentration



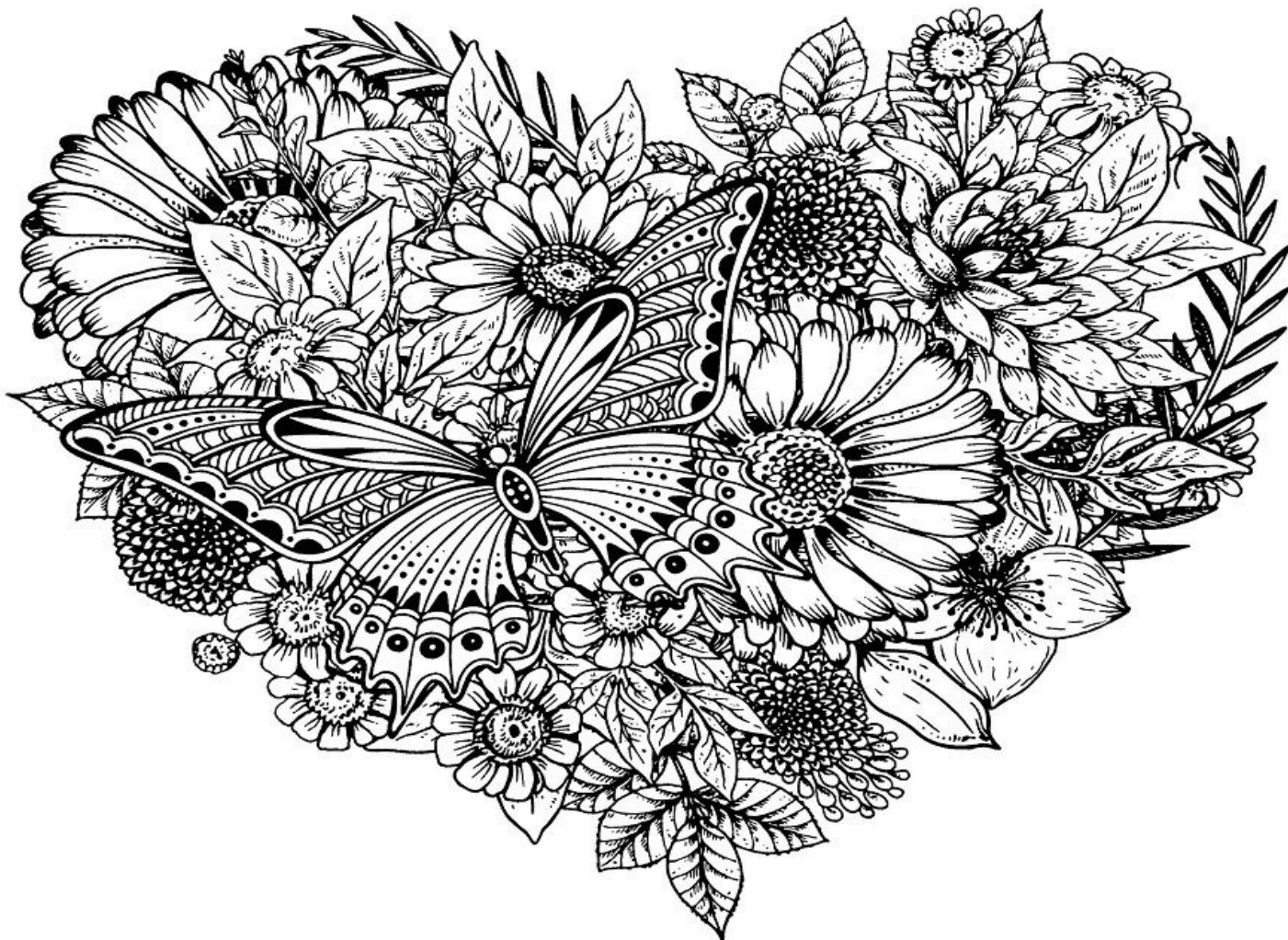
It is important to seek medical assistance when first experiencing PTSD symptoms. Doing so may help lessen the symptoms and promote a timelier return to usual functioning. A healthcare provider or mental health professional can provide support and care if disturbing thoughts and feelings about the traumatic event persist for a few weeks or longer. Seek help immediately if having thoughts of self-harm or suicide. There are many community resources available to provide their assistance:

- Call or text 988, or chat 988lifeline.org for free and confidential mental health support.
- Nebraska Family Helpline – Any question, any time, call (888) 866-8660.
- Contact your faith-based leader or your healthcare professional.
- Rural Response Hotline, call (800) 464-0258
- Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.
- National Domestic Violence Hotline, call 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline, call 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline, call 1-800-656-HOPE (4673)



PTSD can happen to anyone of any age at any time. Seeking mental health care for PTSD is nothing to be ashamed of, rather support can be provided to work through PTSD symptoms and negative feelings in a safe and caring environment. Seeking professional help for one's mental health is just as important as seeking professional help for one's physical health when not feeling well. Taking action to care for one's mental and physical health is a vital step toward achieving overall well-being.

YOU ARE LOVED!



STRESS RELIEVING ACTIVITIES:

- ◆ MEDITATION
- ◆ GO FOR a WALK
- ◆ READ a BOOK
- ◆ COLOR OR DRAW a PICTURE
- ◆ TAKE a NAP
- ◆ LAUGH

Fill your heart with LOVE! Write what you love....

