



PREPARATION: 5 MINUTES | RESTING: 8 HOURS | SERVINGS: 1

# OVERNIGHT OATS

## INGREDIENTS

*½ cup quick oats*

*½ cup unsweetened vanilla soy beverage*

*⅛ teaspoon cinnamon*

*½ cup blueberries, fresh or frozen*

*1 tablespoon peanuts, chopped, unsalted*

## PREPARATION

- 1 In a glass or plastic container, combine all ingredients. Cover with a lid or plastic wrap and place in the fridge for a minimum of 2 hours or overnight.

## SUGGESTION

- ✓ *Overnight oats should remain in the refrigerator. It should be consumed within 3-4 days. We recommend you make a few servings to keep on-hand for a quick snack or breakfast.*



# OVERNIGHT OATS



## Nutrient Analysis

### PER SERVING

1 container

#### Renal Exchange:

1 Protein + 1 Dairy + 1 Starch  
+ ½ Lower-Potassium Fruit

#### Diabetic Exchange:

1 Protein + ½ Dairy + 1 Starch  
+ ½ Lower-Potassium Fruit

Calories **223 Kcal**

Protein **10 g**

Total Carbohydrate **30 g**

Fiber **6 g**

Sugars **6 g**

Fat **8 g**

Saturated **1 g**

Cholesterol **0 mg**

Sodium **48 mg**

Potassium **342 mg**

Phosphorus **202 mg**

Calcium **178 mg**

## Diet Types

CKD Non-Dialysis  Dialysis/Diabetes

Dialysis  Transplant

## POTASSIUM CHECK ✓

# Ready to eat breakfast cereals — what to buy?

On a busy morning, it can be difficult to squeeze in time for breakfast, but one must do what they can to avoid skipping this very important meal. There are many quick and healthy options to consider when following a kidney-friendly diet. Ready to eat cereals such as puffed wheat, puffed rice, shredded wheat, corn flakes, crispy rice, and Special K™ are all great options.

Hot cereals such as oatmeal, cream of wheat, and cream of rice can be prepared in advance, placed in the refrigerator, and quickly reheated in the microwave when needed. Oats can also be used in a chilled recipe such as these overnight oats so that they are prepared and ready to eat.

Ready to eat cereals require milk, which is a rich source of potassium. If following a low-potassium diet, use limited amounts of milk to lower the amount of potassium added to your cereal or consider using a non-dairy option such as unenriched rice or almond beverage, which contains very little potassium. These non-dairy options are also lower in protein, which can be beneficial for those with chronic kidney disease not requiring dialysis.

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