



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	
<b>Renal Exchange:</b>	
1 Protein + 1 Dairy + 1 Starch	
+ ½ Lower-Potassium Fruit	
<b>Diabetic Exchange:</b>	
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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PREPARATION: 15 MINUTES | COOKING: 30 MINUTES | SERVINGS: 4

## NO-CRUST QUICHE WITH LEEKS

### INGREDIENTS

1 cup leeks

1 tablespoon olive oil

8 large eggs

½ cup all purpose flour

1 ½ cup unfortified rice beverage\*

¾ cup milk (1% milk fat)

½ teaspoon black pepper

2 tablespoons fresh basil

\* Because of phosphate additives in fortified rice beverage we are recommending the unfortified product.

### PREPARATION

- 1 Preheat oven to 400°F.
- 2 Cut the leeks lengthwise and rinse under running water. After washing, cut them in small slices.
- 3 In a non-stick frying pan, heat the oil over medium heat. Sauté the leeks for 4-5 minutes while stirring often, until leeks are wilted and tender.
- 4 In a large bowl, whisk the eggs. Add the flour, rice beverage, and milk. Add the sautéed leeks from step 3, and season with pepper.
- 5 Pour the mixture directly into a pie pan. Place the basil leaves on top.
- 6 Bake the quiche in the oven for 30-35 minutes. Test for doneness by inserting a knife near the center of the quiche. When the knife comes out clean the quiche is ready.



# NO-CRUST QUICHE WITH LEEKS



## Nutrient Analysis

PER SERVING  
¼ of recipe

**Renal Exchange:**  
1 Starch + 2 Protein  
+ 1 Low-Fat Dairy + 1 Fat

**Diabetic Exchange:**  
1 Starch + 2 Protein  
+ ½ Low-Fat Dairy + 1 Fat

Calories	300 Kcal
Protein	16 g
Total Carbohydrate	26 g
Fiber	1 g
Sugars	7 g
Fat	15 g
Saturated	4 g
Cholesterol	416 mg
Sodium	182 mg
Potassium	282 mg
Phosphorus	253 mg
Calcium	214 mg

## Diet Types

<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Including lower-potassium vegetables in the kidney diet

As part of the kidney diet, lower-potassium foods are often encouraged. With this goal in mind, there are many different vegetables that can be selected to provide a variety of vitamins, minerals, and flavor. Watching the portion size of each vegetable is important as different foods contain varying amounts of potassium. Even some vegetables that are higher in potassium can be consumed in smaller portions, less frequently so you can enjoy this 'taste' in your diet. Discuss options with a registered dietitian nutritionist.

Leeks are a strong-tasting vegetable that add a distinct sweet, onion flavor to meals. There are three parts to this vegetable with only the root end not able to be eaten. Once washed, leeks can be eaten raw or cooked, and make a great addition to a salad, main entrée, soup, or side dish.

A half-cup of leeks contain approximately 80 milligrams (mg) of potassium. In comparison, the same portion of chopped white onion provides roughly 117 mg of potassium. Using this lower-potassium vegetable also has other benefits, as leeks are a good source of magnesium and vitamins A and C.

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PREPARATION: 15 MINUTES | RESTING: 12 & 1 HOUR | COOKING: 20 MINUTES | SERVINGS: 4

## BASMATI SUMMER SALAD

### INGREDIENTS

*1 can (15.5 oz) chickpeas,  
**no salt added**, drained and rinsed*

*½ cup basmati rice, dry*

*1 cup cucumber, peeled and cubed*

*1 cup celery, chopped*

*1 cup mandarins\*, cut into small pieces*

*½ cup red onion, minced*

*¼ cup fresh coriander, chopped*

*1 tablespoon olive oil*

*1 tablespoon lime juice*

*1 teaspoon lime zest*

*½ cup walnuts, crushed*

*black pepper to taste*

*\* fresh or canned*

### PREPARATION

- 1** In a large bowl, soak the chickpeas in 4 quarts of water for 12 hours to reduce potassium content. Drain the chickpeas and rinse them with water one more time. Set them aside.
- 2** In a saucepan, cook the rice according to the instructions on the package. Let the rice cool in the uncovered pan.
- 3** While the rice is cooking, in a big bowl, combine the ingredients for the salad: chickpeas, cucumber, celery, mandarins, onion, and coriander. Add the rice and mix gently.
- 4** In a small bowl, whisk together the ingredients for the dressing: olive oil, lime juice, and zest. Pour the dressing over the salad, add some pepper to taste, and gently mix. Garnish with walnuts.
- 5** Refrigerate for 1 hour before serving.

***Tip: Drain and rinse canned items to reduce sodium.***

# BASMATI SUMMMER SALAD



Nutrient Analysis	
PER SERVING	
¼ of recipe	
Renal/Diabetic Exchanges:	
1 Protein + 2 Starch +	
1 Lower-Potassium Fruit + 2 Fat	
Calories	334 Kcal
Protein	9 g
Total Carbohydrate	43 g
Fiber	7 g
Sugars	9 g
Fat	15 g
Saturated	2 g
Cholesterol	0 mg
Sodium	181 mg
Potassium	397 mg*
Phosphorus	165 mg
Calcium	86 mg

\*Can be lower with soaking

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Vegetable-based proteins

There are many things to consider with a kidney-friendly diet. One area of concern is the amount and type of protein. In general, people with earlier stage chronic kidney disease (CKD) should consume less protein to decrease the workload on the kidneys. A good way to lower protein intake is to add more plant-based or vegetable proteins to your diet. These foods tend to provide a fair volume of calories with a much lower protein content compared to protein from animal sources. Eating plant-based proteins can also help to protect the kidneys and slow the decline in kidney function.

Chickpeas, also known as garbanzo beans, are a great source of plant-based protein and fiber. They are also rich in vitamins and minerals such as folate and iron. They are typically affordable and available in both canned and dry varieties. When buying them canned, look for those that are labeled “no salt added” or “low in sodium”. Chickpeas can be added to a variety of dishes such as salads, soups, stews, chilies, burgers, and tacos. They can also be mashed to make hummus and roasted in the oven to make a crunchy snack. When cooking them, add onions, garlic, herbs, and spices for extra flavor.

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PREPARATION: 20 MINUTES | SOAKING: 12 HOURS | COOKING: 30 MINUTES | SERVINGS: 4

# ZESTY CHICKPEA STEW

## INGREDIENTS

*1 can chickpeas (15.5 oz), **no salt added**,  
drained, and rinsed*

*1 tablespoon canola oil*

*1 teaspoon turmeric*

*1 teaspoon garlic powder*

*1 cup yellow onion, cut in quarters*

*1 tablespoon brown sugar*

*1 tablespoon lime juice*

*½ jalapeno pepper, seeds removed,  
diced*

*¼ cup white rice, dry*

*4 cups chicken broth, **no salt added**\**

*1 cup cooked chicken, cubed*

*¼ cup vanilla yogurt*

*1 ½ cups raw baby spinach*

*½ cup fresh Italian parsley, chopped*

\* Look for low- or reduced sodium broth containing 200 mg or less sodium per 1 cup serving. Avoid low-sodium broth that contains potassium chloride.

## PREPARATION

- 1 In a large bowl, let the chickpeas soak in 4 quarts of water for 12 hours to reduce potassium content. Drain, rinse and dry them on a kitchen towel.
- 2 In a large non-stick frying pan or heavy-bottom pot, heat oil over medium heat. Add the chickpeas, turmeric, and garlic powder. Cook for 7-8 minutes, stirring occasionally until the chickpeas are slightly browned. Add additional oil if necessary. Remove them from the pan and set aside.
- 3 Add onions and sugar to the pan. Cook for 5 minutes, stirring occasionally until slightly browned. Crush half of the chickpeas and add them to the pan. Add lime juice, jalapeno, rice, and chicken broth. Bring to a boil, then reduce temperature to low and let simmer for 15 minutes. Add the chicken to heat through.
- 4 Take the pan off the stove and add the yogurt, spinach, and parsley. Stir to combine.
- 5 Distribute into 4 bowls and garnish with the remaining chickpeas and parsley. Add pepper to taste.

***Note: If you like it spicy, do not remove the seeds from the jalapeno pepper.***



# ZESTY CHICKPEA STEW



## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b> 2 Starch + 2 Lean Protein + 1 Lower-Potassium Vegetable	
Calories	282 Kcal
Protein	20 g
Total Carbohydrate	35 g
Fiber	6 g
Sugars	10 g
Fat	7 g
Saturated	1 g
Cholesterol	31 mg
Sodium	253 mg
Potassium	438 mg*
Phosphorus	209 mg
Calcium	119 mg

\*Can be lower with soaking

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Reducing potassium content in legumes (beans)

Dietary protein can come from plants or animals with each offering different health benefits. The daily amount needed depends on how well your kidneys are functioning. Too much dietary protein puts extra stress on the kidneys while too little prevents the building of muscle mass and may not be enough for your body’s everyday needs. Working with a registered dietitian nutritionist can help you figure out the amount of protein you need based on your stage of kidney disease, and any other health issues you are managing.

Legumes (beans) are a great source of protein but also contain some potassium. Consuming the right portion size, on average half a cup, can limit how much potassium you are eating. With the correct preparation and cooking method, the potassium content of legumes can also be lowered. Consider the following tips when including legumes in a low-potassium diet.

1. Soak (leech) raw or canned legumes overnight (~12 hours) in a large pot of water.
2. After soaking, drain, add fresh water, and simmer or boil the legumes for at least 30 minutes. If using a pressure cooker, legumes should be cooked for at least 15 minutes. This step is only necessary when using raw legumes.

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PREPARATION: 30 MINUTES | RESTING: 15 MINUTES | COOKING: 25 MINUTES | SERVINGS: 4

# HAMBURGER NEW STYLE

## INGREDIENTS

8 oz firm tofu (½ block), drained

8 oz lean ground beef (90%/10%)

1 tablespoon olive oil

1 teaspoon garlic, minced

2 tablespoons onion, chopped

½ teaspoon cayenne pepper

½ teaspoon black pepper

2 eggs

1 teaspoon olive oil

1 cup onion, cut into strips

1 cup red bell pepper,  
cut into strips

1 tablespoon balsamic vinegar

1 teaspoon honey

4 hamburger buns (2 oz each)

4 lettuce leaves

## PREPARATION

- 1** In a bowl, shred the tofu with a fork. Add the ground beef, 1 tablespoon olive oil, garlic, onions, cayenne pepper, black pepper, and eggs. Mix all ingredients with a fork and set aside for 15 minutes.
- 2** Turn on the grill and heat to medium-high.
- 3** In a non-stick frying pan, heat 1 teaspoon olive oil over medium heat. Add the onions and red bell peppers and fry for 2 minutes.
- 4** Add the vinegar to the onion and pepper mixture, turn the heat down to medium-low, and cook for another 10 minutes, stirring occasionally until vegetables are tender.
- 5** Add the honey to the vegetables in the last minute of cooking. Turn off the heat and set aside.
- 6** Form four patties with the meat/tofu mixture and place the hamburgers on the grill. Reduce heat to medium and cook patties for 5 minutes on one side. Turn them and cook for another 5-7 minutes. To ensure doneness, use a meat thermometer. The internal temperature should reach 160°F and the meat should have lost its pink color.
- 7** During the last 2-3 minutes of cooking, place the hamburger buns on the grill to toast them.
- 8** Once the buns are toasted and burgers are done, assemble the hamburgers, placing a patty on a bun and top with vegetable mixture and lettuce.



# HAMBURGER NEW STYLE



Nutrient Analysis	
PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
3 Protein + 2 Starch	
+ 1 Lower-Potassium Vegetable	
Calories	401 Kcal
Protein	25 g
Total Carbohydrate	37 g
Fiber	3 g
Sugars	10 g
Fat	17 g
Saturated	5 g
Cholesterol	130 mg
Sodium	343 mg
Potassium	544 mg
Phosphorus	255 mg
Calcium	182 mg

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types	
<input type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input type="checkbox"/> Transplant

For CKD and Transplant: make six slider-sized burgers with slider-sized buns.

## POTASSIUM CHECK ✓

### How to transition to using more plant-based protein

Whether you are in the earlier stages of chronic kidney disease or needing dialysis, plant-based proteins can be a healthy option. Eating more plant-based proteins compared to animal proteins will produce less acid in your body which can slow the progression of kidney disease, and if you require dialysis, this will help to protect your bones and muscles.

It can be hard to make big changes in your eating habits overnight, especially if meat has always been a part of your diet. One way to achieve the goal of eating more plant-based proteins is to transition your diet over time by eating less animal protein and building in more plant-based proteins. This can be accomplished by adjusting your daily menus or one recipe at a time. This recipe is a classic example of adding a plant-based protein such as tofu to beef to make a more healthful hamburger. The resulting hamburger is lower in fat, saturated fat, and cholesterol and more kidney-friendly as it is lower in protein, potassium, and phosphorus.

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PREPARATION: 15 MINUTES | COOKING: 20 MINUTES | SERVINGS: 4

## PINEAPPLE BEEF STIR-FRY

### INGREDIENTS

*¾ cup basmati rice, dry*

*3 tablespoons rice vinegar*

*3 tablespoons water*

*2 teaspoons corn starch*

*1 tablespoon sugar*

*1 tablespoon garlic,  
finely chopped*

*1 tablespoon fresh ginger, grated*

*1 tablespoon canola oil*

*11 oz beef tenderloin, cut into  
strips*

*1 ½ cups red pepper, cut into strips*

*½ cup celery, cut into pieces on an  
angle*

*1 cup pineapple\*, cut into chunks*

*⅓ teaspoon red pepper flakes*

*black pepper to taste*

### PREPARATION

- 1** Cook the rice following the instructions on the package.
- 2** While the rice is cooking, in a small bowl, combine the rice vinegar, water, cornstarch, sugar, garlic and ginger. Set aside.
- 3** In a non-stick frying pan, heat the oil over medium heat. Stir-fry the beef until it turns brown and is thoroughly cooked (4-5 minutes). You may want to sauté the beef in two batches so as not to overload the pan. Set the cooked beef aside.
- 4** In the same pan, stir-fry the red peppers and the celery for 2 minutes. When vegetables are tender, add the pineapple chunks, red pepper flakes, and the cooked beef.
- 5** Pour in the cornstarch mixture from step 2 and stir until the sauce has thickened. Season with extra black pepper, if desired.
- 6** Serve the pineapple beef with the cooked rice and enjoy!

\* fresh, frozen or canned (drained)



# PINEAPPLE BEEF STIR-FRY



## Nutrient Analysis

### PER SERVING

¼ of recipe

### Renal/Dietetic Exchanges:

1 Starch + 3 Lean Protein  
+ 1 Lower-Potassium Fruit  
+ 1 Lower-Potassium Vegetable

Calories	319 Kcal
Protein	24 g
Total Carbohydrate	34 g
Fiber	2 g
Sugars	10 g
Fat	10 g
Saturated	3 g
Cholesterol	65 mg
Sodium	224 mg
Potassium	506 mg
Phosphorus	251 mg
Calcium	38 mg

## Diet Types

- ☐ CKD Non-Dialysis
 ☒ Dialysis/Diabetes
 ☒ Dialysis
 ☒ Transplant

For individuals with CKD not on dialysis, reduce the amount of protein by reducing the amount of beef.

## POTASSIUM CHECK ✓

## Adding low-potassium flavor and seasoning to meals

When following a kidney-friendly diet, some common seasonings should be limited. Avoid salt and salt substitutes that replace sodium chloride with potassium chloride when you are on a low-potassium diet. The good news is that you can use plenty of flavorful seasonings without adding unwanted potassium to meals.

- **Fresh herbs** including basil, cilantro, sage, and parsley can be added to dishes to create a variety of flavors. Select fresh over more concentrated dried herbs for low-potassium seasonings.
- **Spices** can enrich the taste and smell of food items. Cinnamon, paprika, turmeric, and ginger add different tastes to meats, vegetables, or other kidney-friendly foods.
- **Pepper** is a low-potassium choice which comes in several different types. Red, black, and white pepper will each add a different kick of flavor to your meal. Looking for more heat and spice? Try cayenne pepper!
- **Garlic:** Fresh, cooked, or roasted garlic can enhance the natural flavor of foods. Mix it with herbs or spices to create more flavors without adding too much potassium.

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PREPARATION: 10 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

## GARLIC SHRIMP LINGUINI

### INGREDIENTS

7 oz linguini pasta, dry

1 tablespoon unsalted butter

1 tablespoon olive oil

2 tablespoons garlic, minced

½ cup red pepper, diced

2 cups broccoli florets

12 oz shrimp, raw and peeled

½ cup pasta water

⅛ teaspoon ground black pepper

¼ teaspoon chili flakes

2 teaspoons dried oregano

### PREPARATION

- 1** In a large pot, cook pasta according to instructions. Reserve ½ cup of water before draining the pasta.
- 2** In a large skillet, over medium heat, melt butter with olive oil. Sauté garlic, red pepper, and broccoli.
- 3** Add shrimp, pasta water, pepper, and chili flakes. Simmer until the shrimp are cooked and turn pink.
- 4** Add the cooked linguine and oregano to the skillet. Toss to combine. Serve immediately.

# GARLIC SHRIMP LINGUINI



## Nutrient Analysis

PER SERVING  
¼ of recipe

Renal/Diabetic Exchanges:  
3 Lean Protein + 2 ½ Starch  
+ 1 Lower-Potassium Vegetable

Calories	342 Kcal
Protein	25 g
Total Carbohydrate	44 g
Fiber	4 g
Sugars	3 g
Fat	8 g
Saturated	2 g
Cholesterol	144 mg
Sodium	121 mg
Potassium	548 mg
Phosphorus	320 mg
Calcium	105 mg

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

## Diet Types

- ☐ CKD Non-Dialysis
- ☒ Dialysis/Diabetes
- ☒ Dialysis
- ☒ Transplant

For individuals with CKD not on dialysis, reduce the amount of protein by reducing the amount of shrimp.

## POTASSIUM CHECK ✓

### Shellfish in the kidney diet

Shellfish like shrimp, crab, and lobster can be a good source of protein in a kidney-friendly diet. Smoked and canned versions should be avoided, as they can be high in sodium. Eating raw shellfish is not recommended due to the risk of food poisoning, so cooking it properly is the safest way to eat it. When compared to fish and other types of shellfish, shrimp is lower in potassium and can be included in a low-potassium diet. Some are worried about the cholesterol content of shrimp compared to other types of seafood. Even though shrimp has more cholesterol, the amount is still reasonable for a kidney-friendly diet.

Most shrimp is frozen soon after it is caught so the freshest shrimp you can buy is typically in the freezer aisle. Look for shrimp that is free from added phosphates or salt. Shrimp is easy to prepare via sautéing, broiling, grilling, or boiling. Use the same spices you use to season fish to season shellfish. Flavors that pair best with shrimp include lemon, garlic, dill, crushed red pepper flakes, basil, and cilantro. Serve prepared shrimp over rice or pasta, with kidney-friendly roasted vegetables, on a bed of salad greens, and as a main ingredient for tacos.

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PREPARATION: 10 MINUTES | MARINATE: 12 HOURS | COOKING: 30 MINUTES | SERVINGS: 4

# SUMMER CHICKEN BREAST

## INGREDIENTS

*Four (4) 3 oz chicken breasts*

### MARINADE

*2 tablespoons olive oil*

*2 tablespoons white wine vinegar*

*1 garlic clove, minced*

*¼ cup fresh basil, finely chopped*

*¼ cup mint, finely chopped*

### DRESSING

*¼ cup olive oil*

*2 tablespoons white wine vinegar*

*1 garlic clove, minced*

*¼ cup fresh basil, finely chopped*

*¼ cup mint, finely chopped*

## PREPARATION

- 1 Combine the ingredients for the marinade in a sealable plastic bag or a container with a cover. Add the chicken breasts to the marinade mixture, making sure they are well covered with the marinade. Place in the fridge for 12 hours or overnight.
- 2 When ready to cook the marinated chicken breasts, heat the grill on high.
- 3 Take the chicken breasts out of the marinade and brush off the herbs (herbs remaining on the chicken breast during the grilling process may burn). Discard the marinade.
- 4 Reduce grill temperature to medium, brush the grill with oil and place the chicken breasts on the grill. Cover and grill for 7-8 minutes. Flip the chicken breasts, cover and grill another 7-8 minutes or until the internal temperature reads 165°F.
- 5 Transfer the grilled chicken breasts to a plate, cover with aluminum foil and let rest for 10 minutes to lock in the natural juices.
- 6 While the chicken is resting, mix the ingredients for the dressing in a small bowl.
- 7 Slice the chicken breasts, place them on a serving plate, and pour the dressing over the sliced chicken.

**Oven/stove method:** Don't have a grill, no worries! Preheat oven to 350°F. Place the chicken breasts on a baking sheet that is lined with parchment paper or aluminum foil. Bake for 10 minutes, turn the chicken then bake for an additional 10 minutes or until an internal temperature of 165°F has been reached. You can also use a grill pan on the stove.



# SUMMER CHICKEN BREAST



## Nutrient Analysis

PER SERVING	
¾ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
4 Lean Protein	
Calories	265 Kcal
Protein	28 g
Total Carbohydrate	1 g
Fiber	0 g
Sugars	0 g
Fat	16 g
Saturated	3 g
Cholesterol	101 mg
Sodium	42 mg
Potassium	316 mg
Phosphorus	212 mg
Calcium	14 mg

## Diet Types

- ☐ CKD Non-Dialysis
 ☒ Dialysis/Diabetes
 ☒ Dialysis
 ☒ Transplant

For individuals with CKD not on dialysis, reduce the amount of protein by reducing the chicken portion

## POTASSIUM CHECK ✓

### Understanding potassium on food labels

The **Nutrition Facts** on a food label inform us about the nutrients in packaged foods. As an example, sodium, protein and potassium are important nutrients for people with kidney disease to keep track of, and are now listed on every label.

To understand the potassium content of the food you like to eat:

1. Try to avoid foods with potassium additives. These are foods that have the word “potassium” in combination with another word listed under **ingredients** (e.g. potassium chloride).
2. Determine the **serving size**. Many times, consuming only a single serving can allow certain lower- to moderate-potassium foods to fit within your diet.
3. Next, find potassium with minerals and vitamins mentioned on the bottom of **Nutrition Facts**. The amount of potassium is listed by serving size in milligrams and with a percent (%) Daily Value (DV).
  - Note that the % DV is based off a total of 4,700 milligrams of potassium. This is the amount of potassium the average adult should consume in a day. However, it is much higher than the amount many people with chronic kidney disease should consume. Therefore, if you are on a low-potassium diet, the % DV does not apply to you and may be much higher. Work with your healthcare team or a registered dietitian nutritionist that specializes in kidney disease to find out what amount is safe for you.
  - As a general rule, aim to select foods with less than 5% DV of potassium. Use the % DV for potassium to compare similar products side by side.

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PREPARATION: 15 MINUTES | COOKING: 25 MINUTES | SERVINGS: 4

## FINE FISH STEW

### INGREDIENTS

*2 tablespoons olive oil*

*½ cup leeks, washed and chopped*

*2 cloves garlic, minced*

*¾ cup zucchini, diced*

*½ cup frozen corn niblets*

*3 cups chicken broth, **no salt added\****

*1 cup dry orzo*

*2 tablespoons lemon zest*

*2 teaspoons dry basil*

*¼ teaspoon ground black pepper*

*12 oz frozen haddock, thawed*

*¼ cup fresh parsley, chopped*

\* Look for low- or reduced sodium broth containing 200 mg or less sodium per 1 cup serving. Avoid low-sodium broth that contains potassium chloride.

### PREPARATION

- 1** In a large skillet, heat olive oil over medium heat. Add leeks and garlic and sauté until the leeks begin to soften. Add zucchini and corn and continue to sauté.
- 2** Once the vegetables have begun to soften, add the chicken broth and increase the heat so that the mixture comes to a boil.
- 3** Stir the dry orzo, lemon zest, basil, and pepper into the boiling mixture.
- 4** Add the fish on top and reduce the heat. Simmer the fish stew, uncovered, for approximately 12 to 15 minutes or until the fish and orzo are cooked completely and the majority of the liquid is absorbed.
- 5** Turn off the heat. Place the fish on dinner plates. Add the fresh parsley to the orzo mixture, divide in portions and serve immediately.



# FINE FISH STEW



## Nutrient Analysis

<b>PER SERVING</b> ¼ of recipe	
<b>Renal/Diabetic Exchanges:</b> 2 ½ Lean Protein + 3 Starch + 1 Lower-Potassium Vegetable	
Calories	354 Kcal
Protein	23 g
Total Carbohydrate	49 g
Fiber	3 g
Sugars	3 g
Fat	8 g
Saturated	1 g
Cholesterol	47 mg
Sodium	218 mg
Potassium	525 mg
Phosphorus	226 mg
Calcium	53 mg

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

## Diet Types

<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Different methods for preparing fish

Eating the right amount of protein is critical to maintain healthy muscles and support many functions of the body. Fish is a good source of protein and a great alternative to eating red meat as it provides a wide range of health benefits for those with chronic kidney disease. Fish containing omega-3 fatty acids is especially healthful. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish, however, is rich in potassium and thus portion size is important to avoid eating too much potassium when following a low-potassium diet. Working with a registered dietitian nutritionist is a great way to find out which type and how much fish can be safely included in your diet.

There are dozens of varieties of fish available with many flavors and cooking styles that can suit any taste. You can buy fish either fresh or frozen. Frozen fish often costs less than fresh fish and may be the freshest fish for you to buy as it is frozen immediately when caught. Fish is easy to prepare and can be microwaved, baked, broiled, steamed, or pan-fried. Pepper, lemon, or a sprinkle of herbs adds good flavor without adding a lot of potassium. Serve prepared fish with a side of rice or pasta, on a bed of salad greens, or as a filler for tacos.

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*Delicious!*

PREPARATION: 30 MINUTES | COOKING: 40 MINUTES | SERVINGS: 12

# PEAR AND GINGER UPSIDE DOWN CAKE

## INGREDIENTS

### *Syrup*

**3 slices fresh ginger**

**½ cup granulated sugar**

**2 tablespoons lemon juice**

**2 tablespoons water**

### *Cake*

**1 can (15 oz) halved pears in juice, drained and sliced**

**1 ½ cup all purpose flour**

**1 teaspoon cream of tartar**

**½ teaspoon baking soda**

**½ cup unsalted butter, softened**

**½ cup granulated sugar**

**2 eggs**

**1 teaspoon vanilla**

**1 tablespoon lemon zest**

**1 tablespoon fresh ginger, grated**

**½ cup milk (1% milk fat)**

## PREPARATION

- 1 Preheat oven to 375°F.
- 2 In a microwave-safe deep bowl or measuring cup, prepare the syrup. Crush the ginger slices with a wooden spoon. This unleashes the flavor of the ginger. Add sugar, lemon juice, and water. Heat in the microwave for 2 minutes. Then stir to dissolve the sugar. Add more time in the microwave if the sugar is not completely dissolved. Pour the mixture into a 9-inch cake pan. Place the pear slices on top and set aside.
- 3 In a small bowl, mix the flour, cream of tartar, and baking soda. Set aside.
- 4 In a bigger bowl, with the help of an electric mixer, mix butter and sugar for about 2 minutes until smooth. Add the eggs and continue to mix for 2 minutes. Add vanilla, lemon zest and grated ginger.
- 5 With the help of a wooden spoon, slowly add the dry ingredients from step 3 and milk while alternating.
- 6 Pour the mixture into the cake pan over the pear slices. Use a spoon to gently distribute the mixture evenly. Bake in the oven for 40 minutes or until a toothpick inserted in the center comes out clean. Take out of the oven and let cool for 10 minutes.
- 7 Cut around the edge of the cake, place a large plate on top, and flip the cake upside down to release from the pan.

**Tip: Canned pears in place of fresh ones can lower the potassium in a recipe.**



# PEAR AND GINGER UPSIDE DOWN CAKE



## Nutrient Analysis

PER SERVING	
½ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
2 Starch + 1 Lower-Potassium Fruit + 1 Fat	
Calories	203 Kcal
Protein	3 g
Total Carbohydrate	41 g
Fiber	2 g
Sugars	17 g
Fat	9 g
Saturated	5 g
Cholesterol	55 mg
Sodium	69 mg
Potassium	174 mg
Phosphorus	46 mg
Calcium	30 mg

## Diet Types

<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Ginger and low-potassium desserts

Choosing a dessert that fits into a low-potassium diet for chronic kidney disease can be a challenge. It's important however to find a sweet treat you can enjoy. Many desserts contain potassium-rich ingredients such as chocolate, nuts, or dairy. Preparing a recipe from scratch allows you to maintain low-potassium ingredients. Portion size also makes a difference to limit the potassium you are eating. Sweetness can be maintained in desserts with lower-potassium fruits and spices.

Ginger is one spice that can enhance dessert taste. The rich flavor in ginger comes from compounds called ginerols. Ginger not only adds flavor to a low-potassium diet, but is also beneficial to blood pressure, blood cholesterol, and your body's immune system. When selecting fresh ginger, pick a piece that has smooth rather than wrinkled skin, which points to less freshness. Avoid peeling until just before use to optimize flavor. Ginger can be stored short-term on a countertop or more long-term wrapped in the freezer.

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PREPARATION: 10 MINUTES | COOKING: 20-30 MINUTES | SERVINGS: 4

# DUTCH APPLE SOUFFLÉ

## INGREDIENTS

4 egg whites

½ teaspoon cream of tartar

4 egg yolks

½ cup all purpose flour

1 cup unfortified rice beverage\*

1 tablespoon vanilla extract

½ cup apples, peeled,  
cored and thinly sliced

½ teaspoon cinnamon

2 teaspoons canola oil (or cooking spray)

½ tablespoon powdered sugar

\* Fortified rice beverage contains phosphate additives thus the unfortified product is recommended. You can find this product in the refrigerated section of your grocery store or the aisle that contains powdered or milk alternatives. Please be sure to refrigerate after opening.

## PREPARATION

- 1** Preheat oven to 350°F.
- 2** In a medium bowl, with the help of an electric mixer, beat the egg whites and the cream of tartar until peaks form (approximately 3 minutes).
- 3** In a second bowl, combine the egg yolks, flour, rice beverage, and vanilla extract.
- 4** Sprinkle the apple slices with cinnamon. Gently fold the egg white mixture and apple slices into the mixture from step 3. The egg whites should not melt into the mixture but stay somewhat fluffy.
- 5** Oil a pie or an iron pan (or use cooking spray) and pour the egg mixture into it.
- 6** Bake in the oven for about 20-30 minutes or until the soufflé has risen and the color is slightly golden.
- 7** Garnish with powdered sugar before serving.

**Tip:** To enhance this recipe, consider garnishing the soufflé with additional kidney-friendly fruits, such as berries! Please note, the nutrient analysis does not include the addition of any garnish.



# DUTCH APPLE SOUFFLÉ



## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
1 Protein + 1 Starch	
+ ½ Lower-Potassium Fruit	
Calories	202 Kcal
Protein	8 g
Total Carbohydrate	23 g
Fiber	1 g
Sugars	6 g
Fat	8 g
Saturated	2 g
Cholesterol	186 mg
Sodium	96 mg
Potassium	174 mg
Phosphorus	118 mg
Calcium	40 mg

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

### Easy one-pot protein recipes — soufflés

Preparing one-pot or one-pan meals can help save time and effort in the kitchen while providing a kidney-friendly meal. One example of this type of cooking is the soufflé. A soufflé is a baked dish with a flavorful base added to beaten egg whites. It can be either savory or sweet. When baked, air bubbles that have been whipped into the egg whites expand, making it pop up over the top of the baking dish. For the best results, pull eggs out of the refrigerator an hour before making the soufflé to allow them to come to room temperature.

While most people shy away from making a soufflé, as it seems to be a complicated process, it is really quite easy and can be such a treat. Soufflés can be served as either the main entrée; alongside meats and vegetables; or with fruit for a healthy dessert. When following a low-potassium diet be sure to flavor or pair your soufflé with lower-potassium fruits and vegetables such as apples, berries, onions, leeks, asparagus, corn, mushrooms and peppers.

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PREPARATION: 10 MINUTES | SERVINGS: 2

# TROPICAL MOCKTAIL

## INGREDIENTS

*½ cup ripe pineapple, cut in ½ inch slices*

*½ cup mango, diced*

*1 tablespoon fresh lime juice*

*¼ teaspoon vanilla extract*

*½ cup crushed ice*

*2 tablespoons crushed ice*

*4 oz (½ cup) low sodium sparkling water*

*2 slices of lime for garnish*

## PREPARATION

- 1 Combine pineapple, mango, lime juice, vanilla extract and ½ cup crushed ice in a blender.
- 2 Puree until smooth.
- 3 Fill each glass with 1 tablespoon crushed ice, half of the fruit mix and add ¼ cup sparkling water. Stir and garnish with a slice of lime!



# TROPICAL MOCKTAIL



## Nutrient Analysis

PER SERVING	
1 Drink	
<b>Renal/Diabetic Exchanges:</b>	
1 Lower-Potassium Fruit	
Calories	49 Kcal
Protein	1 g
Total Carbohydrate	12 g
Fiber	1 g
Sugars	10 g
Fat	0 g
Saturated	0 g
Cholesterol	0 mg
Sodium	1 mg
Potassium	124 mg
Phosphorus	10 mg
Calcium	11 mg

## Diet Types

<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

## POTASSIUM CHECK ✓

# How to incorporate citrus in a low-potassium diet

A variety of fruit adds valuable vitamins, minerals, and fiber to any kidney diet. In earlier stages of chronic kidney disease, fruit plays an important part in a healthy diet, with research suggesting that these foods are beneficial to overall kidney health. As kidney disease progresses, the amount and type of fruit you choose may need to be adjusted as part of a low-potassium diet.

Depending on the kind, citrus fruit can contain different amounts of potassium. Working with a registered dietitian nutritionist is a great way to find out which citrus fruits can be safely included in your diet.

**Higher-potassium citrus fruit (1 whole fruit):** grapefruit, oranges, orange juice, pomelo

**Moderate- and lower-potassium citrus fruit:** clementine orange, kumquat, lemon, lime, canned mandarin oranges, pineapple, tangerine, ugli fruit

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