

PINEAPPLE CRANBERRY LOAF

INGREDIENTS

2 large eggs

1 cup white sugar

½ cup canola oil

½ teaspoon vanilla extract

1 ½ cups all-purpose flour

1 teaspoon baking soda

¼ teaspoon ground ginger

¼ teaspoon ground cinnamon

½ cup crushed pineapple,
water-pack, canned

1 cup frozen cranberries

PREPARATION

- 1** Preheat oven to 350°F. Spray loaf pan with non-stick cooking spray.
- 2** In a mixing bowl, add eggs, sugar, oil and vanilla. Whisk together to combine.
- 3** In a separate mixing bowl, sift together the flour, baking soda, ginger and cinnamon.
- 4** Add the dry ingredients to the egg mixture. Mix well.
- 5** Add crushed pineapple and frozen cranberries and mix to combine.
- 6** Pour pineapple mixture into loaf pan (4"×8").
- 7** Bake an hour and 15 minutes or until a tooth pick inserted in the center of the loaf comes out clean. Remove from oven and cool.
- 8** Cover and store at room temperature.



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Nutrient Analysis

PER SERVING	
½ of recipe	
Renal/Diabetic exchanges:	
2 Starch + 2 Fat	
Calories	222Kcal
Protein	3g
Total Carbohydrate	31g
Fiber	1g
Sugars	18g
Fat	10g
Saturated	1g
Cholesterol	31mg
Sodium	118mg
Potassium	50mg
Phosphorus	35mg
Calcium	10mg
Iron	0mg
Magnesium	7mg
Vitamin C	2mg

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 ✓

Incorporating pineapple into your kidney diet

Choosing foods with a variety of flavors and textures is important to keeping your kidney diet interesting. Fruit offers a choice of flavors, fiber, and vitamins and is a nutrient-dense food. Recent studies have shown that diets higher in fruits and vegetables may be good for the health of kidneys, but more research is needed for specific recommendations.

Pineapple is an excellent lower-potassium food for your kidney diet. A one-cup portion of fresh pineapple chunks contains less than 200mg of potassium and minimal amounts of sodium and phosphorus.¹

Pineapple can be incorporated in many different dishes. Use pineapple as a breakfast topping or as part of a low-potassium fruit cup. Top sandwiches with pineapple to create a different flavor and texture in place of high-potassium tomatoes. Or add pineapple to stir-fry dishes or meals in the slow cooker to make your meals more interesting. Desserts like muffins or smoothies are another great way to add fresh pineapple flavor.

1. United States Department of Agriculture: National Nutrient Database for Standard Reference Release 28. Available at: <https://ndb.nal.usda.gov/ndb/search/list>. Accessed May 20, 2017.

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