



*Delicious!*

PREPARATION: 5 MINUTES | COOKING: 5 MINUTES | SERVINGS: 1

# EGG WHITE OMELET

## INGREDIENTS

*Cooking spray*

*½ cup egg whites (or 4 egg whites)*

*1 tablespoon green onion, chopped*

*1 tablespoon red peppers, chopped*

*1 tablespoon green peppers,  
chopped*

*pinch of ground black pepper to taste*

*1 tablespoon cheddar cheese,  
shredded*

## PREPARATION

- 1 Spray small non-stick skillet with cooking spray and heat over medium heat.
- 2 Whisk egg whites and pour whisked egg whites into heated pan.
- 3 Sprinkle green onion and peppers on top of egg whites. Add ground black pepper. Cover and cook for approximately 3–4 minutes.
- 4 Add cheese, put the cover back on and continue cooking for 30 seconds until the cheese is melted.
- 5 Fold in half, slide onto plate and enjoy!

## SUGGESTIONS

- ✓ *Egg white is a source of protein that is low in phosphorus, fat and sodium. You can also try this recipe with other lower-potassium vegetables.*
- ✓ *Instead of using whole eggs, you can use egg whites for most recipes. You will find the conversion information on the package. For example, 1 large whole egg can be replaced with 3 tablespoons of egg whites.*



# EGG WHITE OMELET



## Nutrient Analysis

<b>PER SERVING</b>	
1 omelet	
<b>Renal/Diabetic Exchanges:</b>	
2 Meat + 1 Lower-Potassium Vegetable	
Calories	<b>100</b>
Protein	<b>15g</b>
Total Carbohydrate	<b>3g</b>
Fiber	<b>1g</b>
Sugars	<b>2g</b>
Fat	<b>3g</b>
Saturated	<b>1g</b>
Cholesterol	<b>7mg</b>
Sodium	<b>251mg</b>
Potassium	<b>258mg</b>
Phosphorus	<b>57mg</b>
Calcium	<b>67mg</b>
Iron	<b>0mg</b>
Magnesium	<b>18mg</b>
Vitamin C	<b>21mg</b>

## 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 ✓

### The importance of managing potassium in kidney disease

Healthy kidneys are able to maintain potassium levels in the goal range of 3.6 to 5.2 millimoles per liter. When you have chronic kidney disease, your doctor checks the potassium level in your blood on a regular basis. This is very important because when kidney function decreases, you may be eating more potassium than your kidneys are able to remove every day. When this occurs, potassium starts building up in your blood and you will be asked to decrease the amount of potassium in your diet. When your blood potassium level is too high, the condition is called hyperkalemia.

Hyperkalemia can cause muscle weakness and changes in your heart rhythm. If the potassium level in your blood continues to climb, you could reach a dangerously high level where your heart can stop beating. It is important to keep all your scheduled medical appointments and have your blood tested at the recommended times. This way your doctor will know when to instruct you to make changes to your diet to help avoid complications.

When it becomes necessary to reduce potassium in your diet, talk to your dietitian. They will help you make changes to keep good blood levels.

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