



PREPARATION: 5 MINUTES | SERVINGS: 2

BERRY SMOOTHIE DELIGHT

INGREDIENTS

6 oz soft or silken tofu

1 cup strawberries (fresh or frozen)

1 cup raspberries (fresh or frozen)

1 cup unsweetened soy beverage

1 tablespoon fresh mint

1 tablespoon honey

1 teaspoon vanilla extract

PREPARATION

Add all ingredients to a blender and mix.

If you are using fresh fruits, refrigerate for 1 hour before drinking. You can also add some ice cubes before mixing.

There is no need to refrigerate if using frozen fruit and the texture will be creamier.

BERRY SMOOTHIE DELIGHT



Nutrient Analysis

PER SERVING
½ of recipe

Renal/Diabetic Exchanges:
1 Meat + ½ Dairy
+ 1 ½ Higher-Potassium Fruit

Calories	224 Kcal
Protein	9 g
Total Carbohydrate	26 g
Fiber	6 g
Sugars	17 g
Fat	5 g
Saturated	1 g
Cholesterol	0 mg
Sodium	47 mg
Potassium	544 mg
Phosphorus	167 mg
Calcium	176 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

PHOSPHORUS CHECK ✓

Milk alternatives and phosphorus content

Dairy foods offer several beneficial nutrients including protein, calcium and vitamin D. Dairy or milk-based foods are also natural sources of potassium and phosphorus. They can be part of a kidney-friendly diet but the portion size matters. Too much of these foods can contribute to high phosphorus intake, which should be avoided. While a general recommendation for dairy products is a half-cup serving per day, this amount can vary depending on individual needs.

Many different recipes include dairy products as an ingredient, so finding lower-phosphorus substitutions is important. Milk alternatives can replace cow's milk. Soy, rice and almond beverages offer a lower phosphorus choice. Being plant-based, phosphorus absorption of these alternatives is also lower versus animal-based dairy products. A half-cup of skim milk contains 124 milligrams of phosphorus. In comparison, a half-cup of soy beverage has 110 milligrams of phosphorus, a half-cup of rice beverage includes 75 milligrams of phosphorus, and a half-cup of almond beverage is lowest in phosphorus with 10 milligrams. Each adds a different flavor, so read labels carefully and experiment with recipes to find a preferred milk alternative.

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