



PREPARATION: 10 MINUTES | SERVINGS: 5

SWEET AND SOUR COLESLAW

INGREDIENTS

12 oz coleslaw mix

¼ cup apple cider vinegar (or rice wine vinegar)

¼ cup white sugar

¼ cup canola oil

¾ teaspoon celery seed

PREPARATION

- 1** Place vinegar, sugar and oil in a small saucepan and bring to a boil. Stir well to ensure sugar is dissolved, remove from heat.
- 2** Let cool and whisk in celery seed. Pour over coleslaw, mix and refrigerate.

SWEET AND SOUR COLESLAW



Nutrient Analysis

PER SERVING
1/2 of recipe

Renal/Diabetic Exchanges:
1 Lower-Potassium Vegetable +
1/2 Starch + 2 Fat

Calories	156 Kcal
Protein	1 g
Total Carbohydrate	14 g
Fiber	2 g
Sugars	12 g
Fat	11 g
Saturated	1 g
Cholesterol	0 mg
Sodium	13 mg
Potassium	129 mg
Phosphorus	20 mg
Calcium	33 mg

Diet Types

- ✓ CKD Non-Dialysis
- ✓ Dialysis/Diabetes
- ✓ Dialysis
- ✓ Transplant

PHOSPHORUS CHECK ✓

The power of vegetables

Eating a variety of vegetables is key to a healthy diet for all, but is especially important for those who have diabetes, kidney or heart concerns. Vegetables are rich in antioxidants and phytochemicals that can decrease inflammation and strengthen the immune system. They are also a good source of fiber that promotes a healthy gut which is especially helpful for those with kidney concerns.

“Eat from the rainbow” to ensure that you eat a wide variety of vegetables. This expression reminds us to eat vegetables of all colors as each provides a different type of healthy nutrient.

Find ways to add color to your diet. Consider the following:

- Change up recipe ingredients—swap yellow peppers for green peppers, purple cabbage for green cabbage and red onions for white onions.
- Add sliced radishes to soup or salad for added crunch.
- Nibble on baby carrots, radishes, celery or pea pods for a snack.
- Add chopped red onions, peppers and mushrooms to eggs.
- Drizzle a mixture of carrots, onions, mushrooms, broccoli and colored peppers with olive oil, season with herbs and roast in the oven.
- Top your sandwich with spinach, onions, cucumbers, peppers, and grated carrots.
- Put a stir fry or grilled vegetable kebabs on the weekly menu.

Vegetables are low in sodium and phosphorus but can contain a fair amount of potassium. If you have been advised to limit the amount of potassium in your diet, ask your registered dietitian which vegetables are the best for you.

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