

TODAY'S KIDNEY DIET

Cooking for One or Two



Today's Kidney Diet



FEATURED DIETITIAN

Lynn Taylor, MS, RD

Lynn has been a DaVita dietitian since 2005. She loves trying new recipes as well as creating her own. In her free time, she enjoys gardening, biking and kayaking. Look for her recipe for Quick Microwaved Cinnamon Apples on page 18.

Dear Reader,

Calling party of one or two ... is that you? We realize that not everyone is cooking for a family of four or more. And even though leftovers are great, sometimes you just don't need to make eight servings of a dish. In this edition of the Today's Kidney Diet cookbook, DaVita dietitians offer 14 everyday, kidney-friendly recipes that will serve one or two people.

Here, you'll find recipes such as Easy Baby Back Ribs, Chicken Veronique, Broiled Cod with Cucumber Sauce and more. We've also provided helpful tips about how to plan for making smaller meals and easy, go-to dishes that require very few ingredients.

All the dishes featured in this cookbook were created with the kidney diet in mind, which means that each recipe contains lower levels of sodium, potassium and phosphorus, as well as high-quality protein to give your meals a nutritious punch. Also included in the back of this cookbook is our **Today's Kidney Diet: Quick Reference Guide**^{*}, which can help you choose the ideal foods for your particular stage of chronic kidney disease (CKD).

Bon appétit!

Your DaVita Care Team



^{*}Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual based on factors such as stage of chronic kidney disease, treatment modality if on dialysis, body size, nutritional status, blood test results and other factors. This cookbook is for informational purposes only and is not intended to be a substitute for medical advice.

BEVERAGE



Caramel Protein Latte

Recipe submitted by DaVita dietitian Simona from Alabama.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 72, Protein: 17 g, Carbohydrates: 1 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 55 mg, Potassium: 214 mg, Phosphorus: 75 mg, Calcium: 85 mg, Fiber: 0 g **Food choices:** 2 protein **Carbohydrate choices:** 0

PREPARATION

1. Place protein powder in a mug.
2. Add water and stir until protein powder is completely dissolved.
3. Add hot coffee and stir.
4. Add the syrup. Adjust to desired sweetness using sugar-free sweetener of your choice.

Helpful hints

- Makes a great breakfast drink or high-protein snack.
- Ask your dietitian for recommended brands of whey protein powder.

Portions: 1

Serving size: 8 ounces

INGREDIENTS

- 1 scoop (20 g) whey protein powder
- 2 oz water
- 6 oz hot coffee
- 2 tbsp DaVinci Gourmet® Caramel Sugar Free Syrup

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BREAKFAST



Apple Onion Omelet

Recipe submitted by DaVita dietitian Brenda from Washington.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 284, Protein: 13 g, Carbohydrates: 22 g, Fat: 16 g, Cholesterol: 303 mg, Sodium: 169 mg, Potassium: 341 mg, Phosphorus: 238 mg, Calcium: 147 mg, Fiber: 3.5 g **Food choices:** 2 meat, 1/2 low-potassium vegetable, 1 low-potassium fruit, 1 fat **Carbohydrate choices:** 1-1/2

PREPARATION

1. Preheat oven to 400° F.
2. Peel and core apple. Thinly slice apple and onion.
3. Beat eggs with milk, water and pepper in a small bowl; set aside.
4. Over medium heat, melt butter in a small, ovenproof skillet.
5. Add onion and apple to the skillet and sauté until onion becomes translucent, about 5 to 6 minutes.
6. Spread out the onion and apple mixture evenly in the skillet.
7. Pour egg mixture evenly into the skillet and cook over medium heat until the edges begin to set. Sprinkle the cheddar cheese over the top. Transfer skillet to the oven and bake until the center is firmly set, approximately 10 to 12 minutes.
8. Cut omelet in half and slide each half onto an individual plate. Serve immediately.

Portions: 2

Serving size: 1/2 omelet

INGREDIENTS

- 1 large apple
- 3/4 cup sweet onion
- 3 large eggs
- 1/4 cup 1% low-fat milk
- 1 tbsp water
- 1/8 tsp black pepper
- 1 tbsp butter
- 2 tbsp shredded cheddar cheese

Helpful hints

- Walla Walla sweet onion recommended if available.
- Jonagold, Gala or McIntosh are the best apple varieties for this recipe.

BREAKFAST



Bagel with Egg and Salmon

Recipe submitted by DaVita dietitian Nicole from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 318, Protein: 19 g, Carbohydrates: 29 g, Fat: 14 g, Cholesterol: 218 mg, Sodium: 378 mg, Potassium: 338 mg, Phosphorus: 270 mg, Calcium: 77 mg, Fiber: 2.6 g **Food choices:** 2 meat, 2 starch, 1/2 low-potassium vegetable **Carbohydrate choices:** 2

PREPARATION

1. Slice the bagel in half and toast one half in a toaster or oven. (Save the other half for another meal.)
2. Chop the scallions, dill and basil leaves. Mix with the cream cheese.
3. Spread cream cheese mixture on the toasted bagel half, then top with arugula and tomato slice.
4. Heat a frying pan, spray with nonstick spray and scramble the egg.
5. Reheat the salmon in the same frying pan while egg is cooking.
6. Place the egg and salmon on top of the tomato slice. Enjoy!

Helpful hints

- Nutrient analysis is based on 1/2 of a 4-ounce bagel. For a lower carb sandwich, select a 2-ounce bagel.
- This is a great way to use up leftover salmon the day after cooking.
- Suggested bagel choices include plain, egg, rye, pumpernickel, onion or wheat.

Portions: 1

Serving size: 1/2 bagel with 1 egg and 1 ounce salmon

INGREDIENTS

- 1/2 bagel
- 1 tbsp scallions
- 1/2 tsp fresh dill
- 2 fresh basil leaves
- 1 tbsp cream cheese
- 4 pieces arugula
- 1 slice tomato
- 1 large egg
- 1 oz cooked salmon

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

BREAKFAST



Quick and Easy Apple Oatmeal Custard

Recipe submitted by DaVita dietitian Maryann from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 248, Protein: 11 g, Carbohydrates: 33 g, Fat: 8 g, Cholesterol: 186 mg, Sodium: 164 mg, Potassium: 362 mg, Phosphorus: 240 mg, Calcium: 154 mg, Fiber: 5.8 g **Food choices:** 1 meat, 1 starch, 1 milk substitute, 1 low-potassium fruit **Carbohydrate choices:** 2

PREPARATION

1. Core and finely chop apple half.
2. Combine oatmeal, egg and almond milk in a large mug. Stir well with a fork. Add cinnamon and apple. Stir again until fully mixed.
3. Cook in microwave on high for 2 minutes. Fluff with a fork. Cook an additional 30 to 60 seconds if needed.
4. Stir in a little more milk or water if thinner cereal is desired.

Helpful hints

- Oatmeal is higher in potassium and phosphorus compared to refined grains, but can be included in most kidney diets. Discuss with your dietitian if you are unsure.
- Be sure the mug is large enough to prevent spilling during cooking.

Portions: 1
Serving size: 1 mug

INGREDIENTS

- 1/2 medium apple
- 1/3 cup quick-cooking oatmeal
- 1 large egg
- 1/2 cup almond milk
- 1/4 tsp cinnamon

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ENTRÉE

Quick Pasta Primavera

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 158, Protein: 4 g, Carbohydrates: 25 g, Fat: 5 g, Cholesterol: 0 mg, Sodium: 24 mg, Potassium: 200 mg, Phosphorus: 63 mg, Calcium: 41 mg, Fiber: 4.9 g **Food choices:** 1 starch, 1 medium-potassium vegetable, 1 fat **Carbohydrate choices:** 1-1/2

PREPARATION

1. Chop the bell pepper and parsley.
2. Prepare frozen vegetables according to package instructions.
3. Mix oil, vinegar and Mrs. Dash herb seasoning. Toss with vegetables and hot pasta.
4. Sprinkle with chopped parsley. Serve with a lemon wedge.

Helpful hint

- Any leftover portion can be great as a cold pasta salad. Add 1 tablespoon low-sodium Italian salad dressing.

Portions: 2

Serving size: 1 cup

INGREDIENTS

- 1/4 cup red bell pepper
- 1 tbsp fresh parsley
- 1/2 cup frozen whole baby onions
- 1/2 cup frozen broccoli, cauliflower, carrot mix
- 2 tsp olive oil
- 2 tsp unseasoned rice vinegar
- 1/2 tsp Mrs. Dash® original blend herb seasoning
- 1 cup cooked tri-color spiral pasta
- 2 lemon wedges

ENTRÉE



Tuna Noodle Casserole

Recipe submitted by DaVita dietitian Sarah from Maryland.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 415, Protein: 22 g, Carbohydrates: 39 g, Fat: 19 g, Cholesterol: 88 mg, Sodium: 266 mg, Potassium: 400 mg, Phosphorus: 306 mg, Calcium: 130 mg, Fiber: 3.2 g **Food choices:** 2 meat, 2 starch, 1/2 low-potassium vegetable, 1-1/2 fat **Carbohydrate choices:** 2-1/2

PREPARATION

1. Preheat oven to 350° F. Boil the egg noodles according to the package instructions, omitting the salt. Drain and flake the tuna.
2. In a medium bowl, combine the tuna, sour cream, cottage cheese, mushrooms and peas.
3. Drain the cooked noodles and stir into the tuna mixture. Pour into a small casserole dish sprayed with nonstick cooking spray.
4. In a separate bowl, melt the butter, then stir in bread crumbs. Top casserole with bread crumbs.
5. Bake for 20 to 25 minutes until bread crumbs begin to brown. Divide into 2 servings and enjoy.

Portions: 2

Serving size: 2 cups

INGREDIENTS

- 2 oz wide egg noodles, uncooked
- 5 oz canned tuna in water
- 1/2 cup sour cream
- 1/4 cup cottage cheese
- 1/2 cup fresh sliced mushrooms
- 1/2 cup frozen green peas
- 1 tbsp unsalted butter
- 1/4 cup unseasoned bread crumbs

Helpful hints

- Any extra serving can be refrigerated for 2 to 3 days.
- Add your favorite hot sauce if you like the heat and spice.

Tips for Storing Leftovers

- Most leftovers can be refrigerated for 3 to 4 days, or frozen for 3 to 4 months.
- Wrap refrigerated leftovers in airtight packaging or sealed storage containers.
- To freeze individual portions, use a freezer-safe container, bag or wrap. Write the item name and date for easy identification.
- Thaw frozen leftovers in the refrigerator or microwave.
- When reheating leftovers, be sure the food reaches 165° F or becomes hot and steamy.



ENTRÉE



Broiled Cod with Cucumber Sauce

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 256, Protein: 22 g, Carbohydrates: 6 g, Fat: 15 g, Cholesterol: 80 mg, Sodium: 288 mg, Potassium: 344 mg, Phosphorus: 157 mg, Calcium: 46 mg, Fiber: 1.2 g **Food choices:** 3 meat, 1/2 low-potassium vegetable **Carbohydrate choices:** 1/2

PREPARATION

1. Preheat the broiler and broiler pan. Rinse and dry fish fillets. Melt the butter. Peel and finely mince the cucumber. Cut lemon in half and then cut one half into slices. Juice the remaining half.
2. In a small bowl, combine the mayonnaise, yogurt, chopped dill, 1 teaspoon lemon juice and cucumber. Refrigerate until ready to serve.
3. Remove the broiler pan from oven and spray with cooking spray. Brush fillets with melted butter and sprinkle with lemon juice. Broil for 5 minutes. Baste with remaining butter and lemon juice and continue to broil until done. To check for doneness, insert and twist a fork into the thickest part of the fillet. The flesh will easily separate when cooked through.
4. Place each fillet on a plate with 3 tablespoons cucumber sauce. Garnish with a lemon slice and dill sprig.

Portions: 2

Serving size: 1 cod fillet,
3 tablespoons cucumber sauce

INGREDIENTS

- 6 oz cod (2 fillets)
- 2 tbsp butter
- 1/4 medium cucumber
- 1 lemon
- 2 tbsp low-fat mayonnaise
- 2 tbsp Greek yogurt
- 1 tsp fresh dill

Helpful hints

- Use 1/2 teaspoon dried dill if fresh dill is unavailable.
- Try this recipe with catfish, flounder, salmon, snapper, swordfish, tilapia, trout, tuna or any other fish you like. Thicker fillets can be turned halfway through cooking.



ENTRÉE

Ground Beef and Veggie Foil Pack Dinner

Recipe submitted by DaVita dietitian Grace from Oklahoma.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 293, Protein: 26 g, Carbohydrates: 18 g, Fat: 13 g, Cholesterol: 75 mg, Sodium: 307 mg, Potassium: 580 mg, Phosphorus: 240 mg, Calcium: 65 mg, Fiber: 4.4 g **Food choices:** 3 meat, 1/2 starch, 1-1/2 medium-potassium vegetable **Carbohydrate choices:** 1

PREPARATION

1. Preheat oven to 375° F. Spray a piece of foil with nonstick cooking spray.
2. Combine the ground beef, onion and Worcestershire sauce into a patty and place on the foil.
3. Top patty with frozen peas and carrots.
4. Sprinkle Italian dressing mix and black pepper over the top.
5. Fold and seal the foil and place on a baking sheet. Bake for 35 minutes.
6. Carefully open one end of the foil packet and allow steam to escape before serving.

Helpful hint

- Place the foil packet on a baking sheet before placing in the oven.

Portions: 1

Serving size: 3 ounces beef, 3/4 cup vegetables

INGREDIENTS

- 1/4 cup onion, chopped
- 4 oz ground beef
- 1 tbsp Worcestershire sauce
- 3/4 cup frozen carrots and peas
- 1/4 tsp Italian dressing dry mix
- 1/4 tsp black pepper

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ENTRÉE



Easy Baby Back Ribs

Recipe submitted by DaVita dietitian Helen from Colorado.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 444, Protein: 27 g, Carbohydrates: 6 g, Fat: 34 g, Cholesterol: 134 mg, Sodium: 379 mg, Potassium: 431 mg, Phosphorus: 228 mg, Calcium: 56 mg, Fiber: 0 g **Food choices:** 4 meat, 3-1/2 fat, 1/2 high-calorie **Carbohydrate choices:** 1/2

PREPARATION

1. Preheat oven to 300° F. Sprinkle ribs evenly (top and bottom) with Mrs. Dash seasoning.
2. Coat the top part of broiler pan with cooking spray; place ribs on broiler pan.
3. Pour water and vinegar into bottom of broiler pan. Put on top part of pan with ribs.
4. Place aluminum foil securely over ribs, tucking in around edges. (May need 2 pieces of foil to adequately cover.) This allows the ribs to steam.
5. Bake for 3-1/2 to 4 hours—don't peek, it lets out steam.
6. Remove foil and brush on barbecue sauce. Cook in oven for an additional 10 minutes.

Portions: 2

Serving size: 1/2 rack

INGREDIENTS

- 1 tsp** Mrs. Dash® Garlic-Herb Seasoning Blend
- 1-1/2 lb** rack baby back ribs
- 3 cups** water
- 1-1/2 cups** cider vinegar
- 1/4 cup** barbecue sauce

Helpful hints

- For pork sandwiches, skip step 6, pull meat from bones, place in a bowl and stir in the barbecue sauce. Serve on a bun with 1/4 cup coleslaw.
- For a lower protein diet, adjust portion size to match your meal plan.
- Compare brands and select the barbecue sauce lowest in sodium.

3-Ingredient, No-Recipe Meals

For quick, easy meals, find a few favorites that don't require a recipe or long list of ingredients. Some examples include:

- Sautéed chicken breast + olive oil and salt-free herb seasoning + side of frozen vegetable blend
- Stir-fry shrimp + frozen Asian-style veggie mix + steamed rice
- Pan-fried pork chops + pineapple + side of microwaved carrots or green beans
- Omelet + veggies + 1-ounce natural cheddar or feta cheese
- Pita + spoonful of pesto or red sauce + pizza toppings (ground beef or turkey, bell pepper and 1-ounce mozzarella cheese)



ENTRÉE



Chicken Veronique

Recipe submitted by DaVita dietitian Marjorie from Arizona.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 306, Protein: 27 g, Carbohydrates: 9 g, Fat: 18 g, Cholesterol: 124 mg, Sodium: 167 mg, Potassium: 543 mg, Phosphorus: 292 mg, Calcium: 52 mg, Fiber: 0.5 g **Food choices:** 3-1/2 meat, 1/2 medium-potassium fruit **Carbohydrate choices:** 1/2

PREPARATION

1. In an 8-inch skillet, heat the butter and sear chicken breasts on both sides until golden brown. Move to a plate.
2. Finely chop the shallot and sauté in the skillet until tender.
3. In a small bowl, whisk the cornstarch with the wine and broth. Pour into the skillet, stir and then add the chicken breasts. Cover and simmer for 5 to 6 minutes.
4. While chicken is simmering, cut the grapes in half.
5. Remove chicken from the skillet and cover to keep warm. Add tarragon and cream to the skillet and heat to boiling. Stir grapes into the sauce and cook until heated through.
6. Place each chicken breast on a plate. Top with sauce and grapes.

Helpful hint

- Substitute 2 teaspoons fresh chopped tarragon for the dried version if available.

Portions: 2

Serving size: 1 chicken breast, 1/4 cup grapes, 1/4 cup sauce

INGREDIENTS

- 2 **tblsp** butter
- 2 boneless, skinless chicken breasts (4 ounces each)
- 1/2 shallot
- 1 **tsp** cornstarch
- 2 **tblsp** dry white wine
- 2 **tblsp** low-sodium chicken broth
- 1/2 **cup** seedless green grapes
- 1 **tsp** dried tarragon
- 1/4 **cup** heavy cream

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ENTRÉE

Easy Chicken and Pasta Dinner

Recipe submitted by DaVita dietitian Mary Anne from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 400, Protein: 30 g, Carbohydrates: 45 g, Fat: 11 g, Cholesterol: 60 mg, Sodium: 328 mg, Potassium: 463 mg, Phosphorus: 270 mg, Calcium: 33 mg, Fiber: 3.5 g **Food choices:** 3 meat, 2-1/2 starch, 1 medium-potassium vegetable **Carbohydrate choices:** 3

PREPARATION

1. Slice the bell pepper and zucchini.
2. In a nonstick skillet, heat olive oil, and sauté pepper and zucchini until tender-crisp. Remove to a plate.
3. Cut chicken into strips.
4. Heat cooked pasta and chicken strips in microwave in separate dishes.
5. Toss pasta with Italian dressing. Top with chicken strips and sautéed vegetables.

Helpful hints

- If you require a lower protein diet, adjust the portion of chicken in this dish.
- Broil or barbecue a pound of chicken breasts or thighs. Refrigerate and use for this recipe and other chicken dishes during the week.

Portions: 2

Serving size: 1 cup pasta, 2-1/2 ounces chicken, 2/3 cup vegetables

INGREDIENTS

- 1/2 medium red bell pepper
- 1 small zucchini
- 1 tbsp olive oil
- 5 oz cooked chicken breast
- 2 cups cooked pasta, any shape
- 3 tbsp low-sodium Italian dressing

ENTRÉE



Glazed Cornish Game Hen

Recipe submitted by DaVita dietitian Carrie from Texas.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 530, Protein: 29 g, Carbohydrates: 20 g, Fat: 37 g, Cholesterol: 213 mg, Sodium: 183 mg, Potassium: 362 mg, Phosphorus: 192 mg, Calcium: 29 mg, Fiber: 0 g **Food choices:** 4 meat, 3 fat, 1 high-calorie **Carbohydrate choices:** 1

PREPARATION

1. Preheat oven to 375° F. In a small saucepan, melt the butter.
2. Remove and discard giblets from cavity of game hen. Rinse and pat dry. Rub the skin and inside cavity with a tablespoon of the melted butter. Place hen in oven and bake for 20 minutes.
3. Add the jam, mustard and Worcestershire sauce to the remaining melted butter; heat and stir until combined.
4. After baking for 20 minutes, brush the hen with the apricot glaze. Bake 20 to 30 minutes longer, basting with the glaze every 10 minutes. Remove from oven when internal temperature reaches 165° F.
5. Let the hen rest for 10 minutes, then cut in half and place on serving plates. Heat the remaining glaze to a boil and pour over each half before serving.

Portions: 2

Serving size: 1/2 game hen

INGREDIENTS

- 3 tbsp butter
- 1-1/4 lb Cornish game hen
- 2 tbsp apricot jam
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce

Helpful hint

- Nutrient analysis includes skin after baking. For a meal lower in fat and calories, remove the skin.

TIPS FOR COOKING FOR ONE OR TWO

Try these tips to make cooking for one or two easier:

- Buy single portions of fish, chicken or other meat.
- Create new meals with leftovers. For example, transform the leftover sautéed chicken breast into an entrée chicken salad.
- Cook and freeze individual portions of rice, pasta or other grains.
- Hard boil a dozen eggs and use in recipes, egg salad or as a quick snack.
- Experiment with the toaster oven, barbecue grill and mini-crockpot or multi-cooker.

GO-TO SINGLE SERVING MEALS AND SNACKS

- Breakfast: omelet, yogurt/berry parfait, smoothie
- Lunch: sandwich, quesadilla, salad with tuna or chicken
- Dinner: stir-fried protein with veggies, roasted chicken or pork chop and veggies, ravioli or pasta with pesto, tacos
- Snack: popcorn, salt-free crackers or rice cakes, fresh fruit, hard-boiled egg
- Dessert: cookies, rice crispy treats, fig bars, single serving fruit pie or crisp, sorbet or sherbet

Desserts for Now ... Or Later

These tasty dessert recipes can be made to enjoy today, or stored and frozen for later.

- 3-2-1 Cupcakes
- Berries Napoleon
- Poached Pears
- Spicy Peaches
- Stuffed Strawberries
- Triple Berry Protein Parfait

Some desserts can be frozen in individual portions for a quick snack anytime. Try one of these DaVita favorites.

- Cream Cheese Thumbprint Cookies
- Easy Low Phosphorus Fudge
- Fruit Rugelach
- Lemon Cookies
- Microwave High-Protein Rice Crispy Treats
- Snickerdoodles

Find these dessert recipes on [DaVita.com](https://www.davita.com).

Many dessert recipes make 4 or more servings. To create a single-serve recipe, look for recipes that can easily be scaled to make fewer portions.



DESSERT



Quick Microwaved Cinnamon Apples

Recipe submitted by DaVita dietitian Lynn from Maryland.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 184, Protein: 0 g, Carbohydrates: 37 g, Fat: 4 g, Cholesterol: 0 mg, Sodium: 1 mg, Potassium: 168 mg, Phosphorus: 11 mg, Calcium: 14 mg, Fiber: 4 g **Food choices:** 1 medium-potassium fruit, 1 fat, 1 high-calorie **Carbohydrate choices:** 2-1/2

PREPARATION

1. Wash and core apples. Trim 1 to 2 inches of the peel from the top of the apples.
2. Place apples in a high-sided microwave-safe bowl.
3. Pour the honey into center of cored apples.
4. Add nutmeg and cinnamon.
5. Cover bowl with a microwave-safe lid. Microwave on high for about 6 minutes.
6. Serve immediately with whipped topping.

Portions: 2

Serving size: 1 apple

INGREDIENTS

- 2 medium apples
- 4 tsp honey
- 1/8 tsp nutmeg
- 1/4 tsp cinnamon
- 1/2 cup whipped topping

Helpful hints

- Small microwave ovens require 6 minutes to cook a medium apple. Cooking times vary depending on the size of the apples and the microwave. Apple is done when it is easy to cut.
- Reduce portion to 1/2 apple for a lower carbohydrate dessert.

DESSERT



Bagel Bread Pudding

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 222, Protein: 6 g, Carbohydrates: 45 g, Fat: 2 g, Cholesterol: 0 mg, Sodium: 263 mg, Potassium: 122 mg, Phosphorus: 43 mg, Calcium: 105 mg, Fiber: 1.7 g **Food choices:** 1 starch, 1/2 milk substitute, 1/2 high-calorie **Carbohydrate choices:** 3

PREPARATION

1. Preheat oven or toaster oven to 350° F. Spray a small baking dish with cooking spray.
2. Break bagel into small pieces and place in baking dish.
3. Mix together almond milk, egg product, sugar and cinnamon, then pour over bagel pieces. Set aside for a few minutes until the bagels absorb the liquid.
4. Bake for 30 minutes or until browned on top. Serve warm or cold. Add whipped topping if desired.

Helpful hints

- Medium-sized bagels weigh 2 ounces each.
- May also be baked in 2 medium ramekins instead of baking dish.

Portions: 2

Serving size: 1/2 recipe

INGREDIENTS

- 1 medium bagel
- 1/2 cup almond milk
- 1/4 cup low cholesterol egg substitute
- 1/4 cup sugar
- 1 tsp cinnamon



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Do you know what to eat when you have chronic kidney disease (CKD)? We've created this guide to help you with your kidney diet. Keep in mind that recommendations vary depending on your CKD stage, type of dialysis treatment, body size, nutritional status and blood test results.

Note: These are general guidelines. Talk to your dietitian or physician to create a plan based on your needs.



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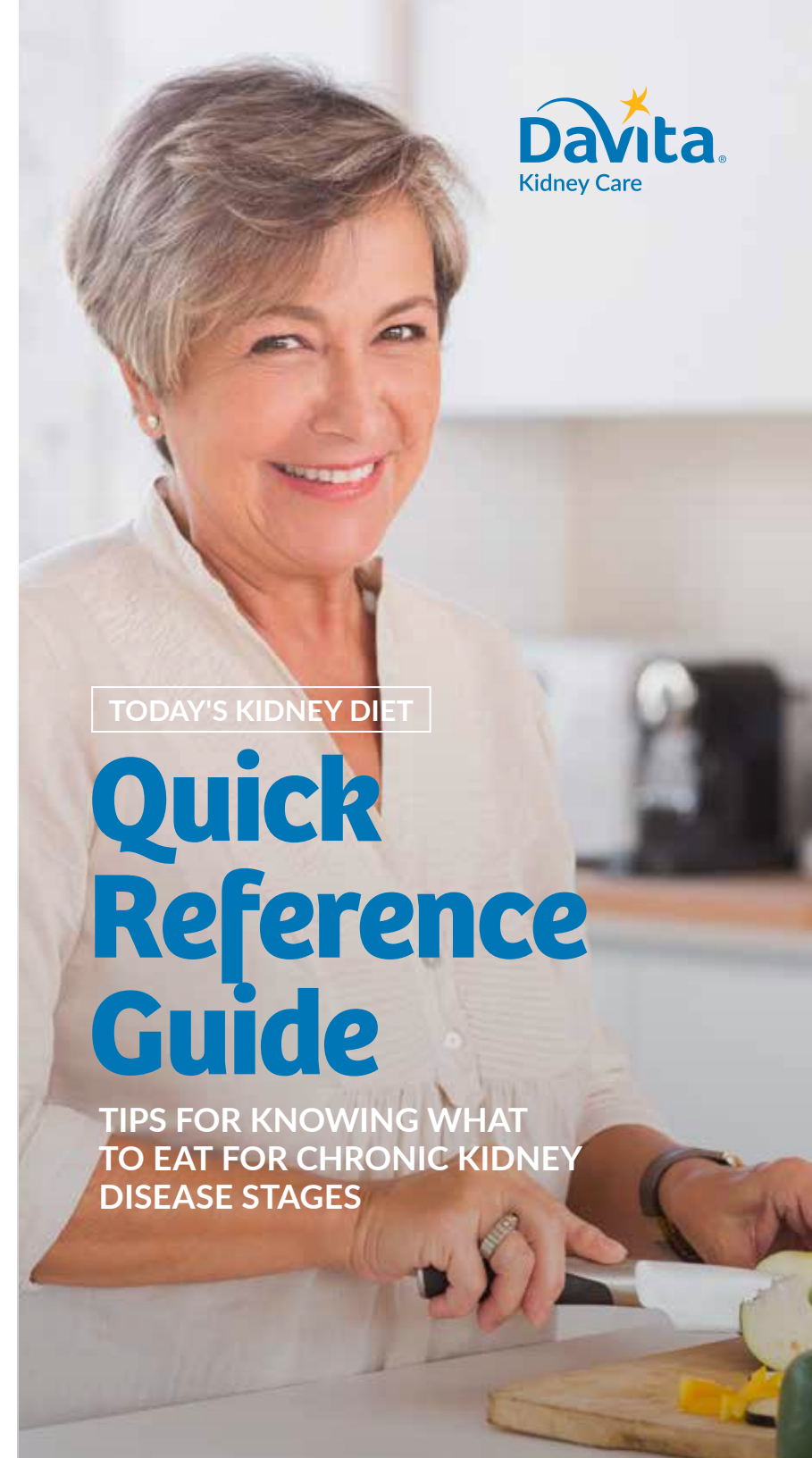
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TODAY'S KIDNEY DIET

Quick Reference Guide

TIPS FOR KNOWING WHAT TO EAT FOR CHRONIC KIDNEY DISEASE STAGES



Today's Kidney Diet: Quick Reference Guide

Guidelines for what to eat for chronic kidney disease (CKD) stages.



Foods	Stages 1-2 CKD	Stages 3-4 CKD	Stage 5 End Stage Renal Disease (ESRD) <i>In-center Hemodialysis, Home Hemodialysis (HHD) and Peritoneal Dialysis (PD)</i>
Non- and low-fat dairy	Include	Limit to 1/2 cup per day or amount decided with your dietitian	All types of dialysis: Limit to 1/2 cup per day or amount decided with your dietitian
Poultry, seafood, lean red meats, eggs, egg whites or meatless protein sources	Include; avoid excess	Include; avoid excess	All types of dialysis: Increase
Grains, pasta and rice (whole and other grains)	Include	Include	All types of dialysis: Include; make lower phosphorus whole-grain choices; be aware some whole grains are high in potassium
Fruits and vegetables	Include	Include; change types and amount if potassium from blood test is high	In-center Hemodialysis: Include; select lower potassium choices and limit portions. HHD and PD: Include; change types and amount if potassium from blood test results is high or low
Legumes (beans, lentils, peas)	Include	Serving size and how often depends on potassium and phosphorus blood test results	All types of dialysis: Serving size and how often depends on blood test results
Seeds and nuts	Include	Serving size and how often depends on potassium and phosphorus blood test results	All types of dialysis: Very limited; avoid if potassium and phosphorus are high; serving size and how often depends on blood test results
Healthy fats (vegetable, canola, flax and olive oil; omega-3 fatty acids)	Include	Include	All types of dialysis: Include
Unhealthy fats (saturated fat, trans fats)	Limit or avoid	Limit or avoid	All types of dialysis: Limit or avoid
Herbs and spices	Include	Include	All types of dialysis: Include
Salt, soy sauce, salty seasonings	Limit or avoid	Limit or avoid	All types of dialysis: Limit or avoid
Sweets/sugary foods and drinks	Limit	Limit	All types of dialysis: Limit
Phosphate additives	Avoid	Avoid	All types of dialysis: Avoid

Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

Find 1,000+ kidney-friendly recipes at [DaVita.com/GetRecipes](https://www.davita.com/GetRecipes).