

TODAY'S KIDNEY DIET

# Home-Cooked Holidays



# Today's Kidney Diet

Dear Reader,

What do homemade meals and family recipes around the holidays mean to you? Whether it's a memory of a relative's special mashed potatoes or famous green bean casserole, the Today's Kidney Diet team has put together kidney-friendly recipes that celebrate tradition in our latest cookbook, **Home-Cooked Holidays**.

Our goal is to help you live your life to its fullest potential, and that means eating your favorite holiday foods without sacrificing flavor.

Inside, you'll find kidney diet-approved versions of Fresh Herb Cranberry Stuffing, Roasted Turkey Breast, Spiced Eggnog and more. The 14 recipes featured in this cookbook were created with the kidney diet in mind, meaning each recipe contains lower levels of sodium, potassium and phosphorus, as well as high-quality protein to give you the nutrition you need to help you feel your best.

This cookbook also features holiday food swaps, beverage guidelines, roasted veggie combinations, and steps for reducing potassium in potatoes and winter squash. Plus, our **Today's Kidney Diet: Quick Reference Guide\*** (see insert in back) will help you choose the best foods for your stage of chronic kidney disease (CKD).

We hope you enjoy the festive recipes and tips found in the following pages.

Happy holidays!

The DaVita Kidney Care Team

  
Kidney Care



\*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.





BREAKFAST

## Apple Cinnamon French Toast Strata

Recipe submitted by DaVita dietitian Kami from California.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 324, Protein: 9 g, Carbohydrates: 27 g, Fat: 20 g, Cholesterol: 170 mg, Sodium: 280 mg, Potassium: 224 mg, Phosphorus: 150 mg, Calcium: 116 mg, Fiber: 1.8 g **Food choices:** 1 meat, 1-1/2 starch, 1/2 low-potassium fruit, 2 fat **Carbohydrate choices:** 2

### PREPARATION

1. Dice the bread and cream cheese into cubes. Peel, core and dice the apples. Melt the butter.
2. Coat a 9" x 13" baking dish with nonstick cooking spray. Arrange 1/2 of the cubed bread in the bottom of the dish. Sprinkle the cream cheese cubes evenly over the bread and top with the apples. Sprinkle cinnamon over the apples and top with remaining bread.
3. In a large bowl, beat the eggs with the half & half creamer, almond milk, melted butter and pancake syrup. Pour the mixture over the bread. Cover baking dish with plastic wrap and press down so that all the pieces are soaked. Refrigerate at least 2 hours or overnight.
4. Preheat oven to 325° F.
5. Bake the strata for 50 minutes, then let stand 10 minutes before serving. Cut evenly into squares for 12 servings.
6. Top with pancake syrup, sugar-free syrup, jam or cinnamon/raspberry applesauce, if desired.

**Portions:** 12

**Serving size:** 3" x 3" square

### INGREDIENTS

- 1 lb loaf cinnamon raisin bread
- 8 oz cream cheese
- 1-1/2 medium apples
- 6 tbsp unsalted butter
- 1 tsp ground cinnamon
- 8 large eggs
- 1-1/4 cup half & half creamer
- 1-1/4 cup almond milk, unsweetened, original
- 1/4 cup pancake syrup

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BREAKFAST



## Individual Frittatas

Recipe submitted by DaVita dietitian Kimberly from Virginia.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 112, Protein: 8 g, Carbohydrates: 11 g, Fat: 4 g, Cholesterol: 101 mg, Sodium: 115 mg, Potassium: 162 mg, Phosphorus: 134 mg, Calcium: 53 mg, Fiber: 1 g **Food choices:** 1 meat, 1/2 starch, 1 low-potassium vegetable **Carbohydrate choices:** 1

### PREPARATION

1. Soak hash brown potatoes in a large bowl of water for 4 hours. Drain, rinse and squeeze out excess water. (Skip this step if low potassium is not needed.)
2. Preheat the oven to 375° F. Coat 8 muffin tin holes with cooking spray.
3. Using a 1/3 cup measure, place hash browns in muffin cups and press potato in the bottom and up the sides of each muffin cup. Spray the hash browns with cooking spray. Place in the oven and cook for 15 minutes and remove from oven. Reduce oven temperature to 350° F.
4. Finely chop the ham, peppers and onion. Beat the eggs and milk together in a medium bowl; season with black pepper. Add the ham, peppers, onion and cheese to egg mixture and combine.
5. Press partially baked hash browns down firmly with a spoon so that potatoes cover the bottom and sides of each muffin hole. Pour 1/4-cup egg mixture into the center of each muffin hole.
6. Return the pan to the oven and cook until potatoes are crisp and golden and the egg mixture is set, about 15 to 20 minutes.
7. Remove muffin pan from the oven and let sit about 5 minutes before serving.

**Portions:** 9

**Serving size:** 1 frittata

### INGREDIENTS

- 1 lb frozen hash brown potatoes
- 2 oz cooked lean ham
- 2 tbsp red bell pepper
- 2 tbsp green bell pepper
- 2 tbsp onion
- 4 large eggs
- 1 tbsp 1% low-fat milk
- 1/8 tsp black pepper
- 1/2 cup shredded low-fat cheddar cheese

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APPETIZER

## Holiday Cheese Ball

Recipe submitted by DaVita dietitian Deb from Nevada.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 140, Protein: 2 g, Carbohydrates: 4 g, Fat: 13 g, Cholesterol: 24 mg, Sodium: 131 mg, Potassium: 55 mg, Phosphorus: 32 mg, Calcium: 6 mg, Fiber: 0.3 g **Food choices:** 1/2 milk, 1-1/2 fat **Carbohydrate choices:** 0

### PREPARATION

1. Soften the cream cheese.
2. In a medium bowl, combine the cream cheese, salad dressing and onion powder.
3. Place in the refrigerator for 30 minutes to chill.
4. Form cheese mixture into a ball.
5. Place ground walnuts on a plate and roll the cheese ball over walnuts to cover.
6. Wrap the cheese ball in plastic wrap and chill until ready to serve.
7. Serve with low-sodium crackers and apple slices.

**Portions:** 12

**Serving size:** 1-1/2 tablespoons

### INGREDIENTS

- 8 oz cream cheese
- 1/4 cup Catalina or Russian salad dressing
- 1 tsp onion powder
- 1/3 cup finely ground walnuts

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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.



SALAD



# Pear and Cranberry Salad with Honey-Ginger Dressing

Recipe submitted by **DaVita dietitian Sara from California.**

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 180, Protein: 1 g, Carbohydrates: 19 g, Fat: 11 g, Cholesterol: 0 mg, Sodium: 26 mg, Potassium: 165 mg, Phosphorus: 30 mg, Calcium: 34 mg, Fiber: 2.2 g **Food choices:** 1 low-potassium vegetable, 1/2 low-potassium fruit, 2 fat, 1/2 high-calorie **Carbohydrate choices:** 1

## PREPARATION

1. Clean and chop the watercress. Core and slice pear then cut each slice into three pieces.
2. In a large bowl, combine the watercress, lettuce, pear, cranberries and pecan pieces.
3. In a jar, combine vinegar, honey, olive oil, ginger and mustard. Cover with a lid and shake until well mixed.
4. Pour dressing over salad and toss before serving.

**Portions:** 6  
**Serving size:** 1 cup

## INGREDIENTS

- 2 cups watercress
- 4 cups baby leaf lettuce
- 1 medium Bartlett pear
- 1/3 cup dried, sweetened cranberries
- 2 tbsp pecan pieces
- 2 tbsp apple cider vinegar
- 2 tbsp honey
- 1/4 cup extra virgin olive oil
- 2 tsp ginger paste (or minced ginger)
- 1 tsp Dijon mustard

## 8 LOW-POTASSIUM PUMPKIN RECIPES

What's more comforting than the smell of pumpkin and cinnamon baking on a chilly day? To welcome the fall season, we've gathered the best pumpkin recipes from DaVita.com. Although pumpkin is a higher-potassium food, it's packed with nutritional benefits including fiber, Vitamin C and beta-carotene. So go ahead, enjoy this fall delight in moderation today!

All recipes can be found on [DaVita.com/FindRecipes](https://www.davita.com/FindRecipes):

- Pumpkin Chili
- Pumpkin Bread
- Pioneer Pumpkin Bread
- Pumpkin Cranberry Bread
- Pumpkin Cheesecake Bars
- Easy Pumpkin Cheesecake
- Frost on the Pumpkin Pie
- Pumpkin Layer Cheesecake

## HOLIDAY BEVERAGES THE KIDNEY-FRIENDLY WAY

- Limit cocoa and eggnog to 1/2 cup per serving.
- Dilute fruit juices with sparkling water.
- Use unsweetened apple cider and cranberry juice in hot drinks and punches.
- Drink spiced tea instead of pumpkin drinks for low-potassium and low-phosphorus pumpkin pie spice-flavor.
- If your doctor allows you to consume alcohol, select drinks with low-potassium mixers and ask for less alcohol in mixed drinks. Make a spritzer with wine, sparkling soda and ice to reduce calories and alcohol.

ENTRÉE



## Roasted Turkey Breast with Salt-free Herb Seasoning

Recipe submitted by DaVita dietitian Sara from California.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 203, Protein: 25 g, Carbohydrates: 1 g, Fat: 11 g, Cholesterol: 76 mg, Sodium: 88 mg, Potassium: 265 mg, Phosphorus: 184 mg, Calcium: 20 mg, Fiber: 0 g **Food choices:** 3 meat **Carbohydrate choices:** 0

### PREPARATION

1. Preheat oven to 350° F.
2. Finely mince the onion. In a small pan, melt the butter, and then add the onion and the salt-free herb seasoning blend. Divide the mixture in half.
3. In a large roasting pan, place the turkey breast skin side down. Coat with 1 tablespoon of the seasoning mixture.
4. Turn the breast over and loosen the skin with your fingers. Spread 3 tablespoons of the seasoning mixture between the flesh and skin. Use toothpicks to attach the edges of the skin to the breast meat.
5. Place the roasting pan in the oven and roast for 1 hour.
6. Remove the pan from the oven and spread remaining seasoning mixture over turkey skin.
7. Roast for 15 to 20 minutes or until meat thermometer reads 160° F.
8. Remove the turkey breast from the oven and let it rest for 10-15 minutes before slicing.

**Portions:** 10  
**Serving size:** 3 ounces

### INGREDIENTS

- 1/4 cup onion
- 1/4 cup butter
- 1 tbsp salt-free herb seasoning blend
- 3 lb fresh turkey breast half, bone-in, with skin





SIDE

## Almost Mashed Potatoes

Recipe submitted by DaVita dietitian Amity from Florida.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 94, Protein: 3 g, Carbohydrates: 6 g, Fat: 7 g, Cholesterol: 19 mg, Sodium: 76 mg, Potassium: 198 mg, Phosphorus: 54 mg, Calcium: 22 mg, Fiber: 3.4 g **Food choices:** 1 medium-potassium vegetable, 1-1/2 fat **Carbohydrate choices:** 1/2

### PREPARATION

1. Cut the cauliflower into pieces and rinse with water.
2. Place the cauliflower pieces in a microwave safe dish, cover and cook on high for 8 to 10 minutes or until soft.
3. Drain off moisture from the cooked cauliflower.
4. Carefully place the hot cauliflower in a blender and blend until smooth.
5. Add the cream cheese, garlic and pepper. Blend to combine ingredients.
6. Remove mixture from the blender and serve hot.

**Portions:** 6

**Serving size:** 1/2 cup

### INGREDIENTS

- 6 cups cauliflower
- 4 oz cream cheese
- 1 tsp garlic
- 1/2 tsp black pepper

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Share diet tips and recipes with the myDaVita community.

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SIDE



## Green Bean Casserole

Recipe submitted by DaVita dietitian Erica from Wisconsin.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 173, Protein: 5 g, Carbohydrates: 11 g, Fat: 12 g, Cholesterol: 30 mg, Sodium: 80 mg, Potassium: 215 mg, Phosphorus: 102 mg, Calcium: 129 mg, Fiber: 2.2 g **Food choices:** 1 low-potassium vegetable, 1/2 milk, 1 fat **Carbohydrate choices:** 1

### PREPARATION

1. Preheat oven to 350° F. Spray a 2-1/2 quart casserole dish with cooking spray.
2. Crush ten crackers to equal about 1/2-cup cracker crumbs and set aside.
3. In a medium skillet, melt 2 tablespoons of butter over medium heat. Stir in the flour and cook for 1 minute.
4. Stir in sugar, sour cream and finely shredded sharp cheddar cheese.
5. Add the frozen green beans and stir to coat.
6. Transfer mixture to a prepared casserole dish.
7. In a small microwave-safe bowl, melt 1 tablespoon of butter in microwave. Stir in cracker crumbs and sprinkle over top of casserole.
8. Bake the casserole for 30 minutes or until topping is golden brown.

**Portions:** 9

**Serving size:** 3/4 cup

### INGREDIENTS

- 10 unsalted Ritz® crackers
- 3 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 1 tsp sugar
- 1 cup sour cream
- 3/4 cup sharp cheddar cheese
- 6 cups frozen French-style green beans

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## Heavenly Challah

Recipe submitted by DaVita dietitian Maryam from California.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 144, Protein: 3 g, Carbohydrates: 24 g, Fat: 4 g, Cholesterol: 6 mg, Sodium: 149 mg, Potassium: 39 mg, Phosphorus: 37 mg, Calcium: 6 mg, Fiber: 0.9 **Food choices:** 1-1/2 starch, 1/2 fat **Carbohydrate choices:** 1-1/2

### PREPARATION

1. Place the flour, yeast, sugar, water and oil in a large bowl and mix together. Knead the dough. When a ball is formed add the salt. Place the dough on a floured surface and continue kneading for 10 minutes, until dough is smooth and soft (not sticky).
2. Coat the bowl and dough with 1 to 2 teaspoons of oil. Cover the bowl and set it in a warm place until the dough doubles in volume (one to two hours).
3. Knead risen dough for a few minutes. Divide the dough into 12 pieces and roll each piece into a strand to be braided, approximately 10" to 12" in length.
4. Braid three of the rolled dough strips together to form the challah. Repeat with remaining dough strips to make four challahs.
5. Place challahs on a baking sheet or in a baking pan, cover and let the dough rise again, approximately 40 minutes.
6. Preheat oven to 350° F. Brush each challah with beaten egg. Bake for approximately 30 minutes, until the challahs turn golden brown. Remove challahs from the oven and from baking pan. Cool on a wire rack.

**Portions:** 32

**Serving size:** 1 piece (2 ounces)

### INGREDIENTS

- 7 cups all-purpose flour
- 2 tbsp dry baker's yeast
- 6 tbsp sugar
- 2-1/2 cups warm water
- 1/2 cup vegetable oil
- 2 tsp salt
- 1 large egg

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SIDE





# Fresh Herb Cranberry Stuffing



Recipe submitted by the DaVita dietitian team.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 143, Protein: 4 g, Carbohydrates: 21 g, Fat: 8 g, Cholesterol: 20 mg, Sodium: 202 mg, Potassium: 106 mg, Phosphorus: 44 mg, Calcium: 61 mg, Fiber: 1.3 g **Food choices:** 1 starch, 1/2 low-potassium fruit, 1 fat **Carbohydrate choices:** 1-1/2

## PREPARATION

1. Chop the onion and celery. Chop the fresh herbs. (If fresh herbs are unavailable, replace with 1/2 teaspoon dried herbs.) Cut the bread into 1/2-inch cubes.
2. Melt the butter in a nonstick frying pan. Sauté the onion and celery until tender. Remove from heat.
3. Toss in the cubed bread, pepper, poultry seasoning, fresh herbs and cranberries.
4. Mix egg product and stock. Pour it into the bread mixture and mix lightly.
5. Place the stuffing into the turkey body cavity and neck to cook, or bake stuffing separately in a baking dish sprayed with nonstick cooking spray at 350° F for 45 minutes.

**Portions:** 6

**Serving size:** 1/2 cup

## INGREDIENTS

- 1/2 cup onion
- 1/2 cup celery
- 1/2 tbsp fresh parsley
- 1/2 tbsp fresh sage
- 1/2 tbsp fresh rosemary
- 1/2 tbsp fresh thyme
- 8 slices bread
- 1/4 cup unsalted butter
- 1/2 tsp black pepper
- 2 tsp poultry seasoning
- 1/2 cup dried, sweetened cranberries
- 1/2 cup liquid low-cholesterol egg substitute
- 1/4 cup chicken or turkey stock

## HOLIDAY FOOD SWAPS

- Use salt-free herbs and spices, and rely on low-sodium seasonings such as lemon juice or zest, vinegars, fresh chilies, and fruit sauces and jams.
- Swap high-potassium starches for leached (reduced-potassium) potatoes, sweet potatoes and winter squash (see our sidebar on page 14 to learn how to leach potatoes and winter squash).
- Limit the amount of nuts in your baked goods to 1/4 or 1/2 cup, then finely chop them so they still spread flavor throughout your dish.
- Go for low- or reduced-sodium bread, gravy, deli meats, sausage and soup.
- Reduce the amount of chocolate used in recipes by finely chopping and spreading throughout. You can also dip low-potassium strawberries, apple slices or tangerine sections into melted chocolate.
- Swap processed or other spreadable cheeses for cream cheese in dips. Use natural and strong-flavored cheese, but only in small amounts.
- Substitute ice cream, eggnog and mixed drinks with dietitian-recommended brands of rice milk, soy milk or almond milk to lower phosphorus and potassium.

BEVERAGE



## Spiced Eggnog

Recipe submitted by the DaVita dietitian team.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 162, Protein: 5 g, Carbohydrates: 13 g, Fat: 10 g, Cholesterol: 32 mg, Sodium: 78 mg, Potassium: 149 mg, Phosphorus: 83 mg, Calcium: 99 mg, Fiber: 0 g **Food choices:** 1 milk, 1 fat **Carbohydrate choices:** 1

### PREPARATION

1. Combine the half & half creamer, egg product, sugar, rum extract and pumpkin pie spice in a chilled blender and blend for 1 to 2 minutes.
2. Pour into six small glasses. Top each serving with a tablespoon of whipped topping and a sprinkle of nutmeg.

**Portions:** 6  
**Serving size:** 1/2 cup

### INGREDIENTS

- 2 cups half & half creamer
- 3/4 cup low-cholesterol egg product
- 1/4 cup sugar
- 2 tsp rum extract
- 1/2 tsp pumpkin pie spice
- 1/4 tsp nutmeg
- 6 tbsp whipped cream

## LEACHING POTATOES, PUMPKIN AND WINTER SQUASH

Did you know that one small potato contains more than 700 milligrams of potassium? Potatoes, pumpkin and winter squash all contain higher amounts of potassium, but you can still enjoy them by leaching these vegetables.

1. Peel, thinly slice or dice, and rinse starches.
2. Cover with water (twice as much as vegetables) and bring to a boil.
3. Remove from heat and pour off the water.
4. Replace with fresh water and cook until tender.
5. Drain and use as desired.
6. Serving size is 1/2 cup of potatoes, pumpkin or squash.
7. This method reduces potassium content by approximately 50 percent.





DESSERT

## Cranberries in Snow

Recipe submitted by DaVita dietitian Kim from Missouri.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 210, Protein: 2 g, Carbohydrates: 35 g, Fat: 7 g, Cholesterol: 23 mg, Sodium: 58 mg, Potassium: 65 mg, Phosphorus: 25 mg, Calcium: 28 mg, Fiber: 1 g **Food choices:** 1 low-potassium fruit, 1-1/2 fat, 1-1/2 high-calorie **Carbohydrate choices:** 2

### PREPARATION

1. In a medium sauce pan, boil the cran-cherry juice.
2. Add the cranberries and return to boiling, and then reduce heat to medium. Cook until berries are tender, about 10 to 12 minutes.
3. Remove the pan from heat. Stir in the gelatin and 1-1/4 cups of the sugar. Stir until sugar is dissolved. Let cool, approximately 30 minutes.
4. Add the drained pineapple to cranberry mixture. Mix well. Pour mixture into a 9" x 13" pan or for individual servings pour 1/3 cup cranberry mixture into dessert glasses. Chill until set, approximately 1 hour.
5. Set the cream cheese out to soften, about 30 minutes.
6. Make the topping in a large bowl by mixing remaining 3/4-cup sugar and the softened cream cheese with a hand mixer. Gently fold in the whipped topping.
7. Spread topping smoothly over congealed cranberry mixture in pan or spoon 1/4 cup on top of each individual serving. Refrigerate to chill topping.

**Portions:** 15

**Serving size:** 1/2 cup

### INGREDIENTS

- 1 cup cran-cherry juice
- 12 oz fresh cranberries
- 2 packets unflavored gelatin
- 2-1/4 cups granulated sugar
- 1 cup crushed pineapple, canned in juice
- 8 oz cream cheese
- 3 cups Reddi-Wip® dairy whipped topping

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Learn more about nutrition and the kidney diet from DaVita dietitians on the Kidney Diet Tips blog.

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DESSERT





# Cranberry Nut Bread

Recipe submitted by DaVita dietitian Sara from California.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 214, Protein: 4 g, Carbohydrates: 40 g, Fat: 5 g, Cholesterol: 21 mg, Sodium: 143 mg, Potassium: 85 mg, Phosphorus: 58 mg, Calcium: 42 mg, Fiber: 1.3 g **Food choices:** 1 starch, 1/2 low-potassium fruit, 1 fat, 1 high-calorie **Carbohydrate choices:** 2-1/2

## PREPARATION

1. Cut each cranberry in half and reserve.
2. Preheat the oven to 350° F. Grease a loaf pan and line with waxed paper. Grease wax paper. Set aside.
3. Sift the flour, sugar, baking powder and baking soda together in a large bowl.
4. In a separate bowl, mix the juice, orange zest, melted margarine and beaten egg. Add to the flour mixture and stir just until flour is combined.
5. Mix in the cranberries and walnuts. Stir in hot water.
6. Place batter in a prepared loaf pan and bake 1 hour and 10 minutes. Test by poking a toothpick into bread; if it comes out clean the bread is done.
7. Cool loaf in the pan for 10 minutes, then remove and cool on a wire rack. Cut into ten slices.

**Portions:** 10  
**Serving size:** 1 slice

## INGREDIENTS

- 1-1/2 cups fresh cranberries
- 2 cups all-purpose flour
- 1 cup sugar
- 1-1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 large egg
- 1/2 cup cranberry juice or apple juice
- 1 tsp orange zest
- 2 tbsp margarine
- 1/4 cup chopped walnuts
- 2 tbsp hot water

### Helpful hints

To reduce carbohydrate and calories, substitute 1/2 cup Splenda® Sugar Blend for the 1 cup of sugar. Carbohydrates are reduced to 25 grams and calories are reduced to 160.

## ROASTED VEGGIE COMBO

Roasted vegetables make for an easy and healthy holiday dish. All you need is a sheet pan, vegetables and items from the pantry. Create your own recipe by combining ingredients from the list below, place them on a sheet pan, pop into the oven at 450° F for 35-45 minutes and get roasting!

### OIL +

Canola oil  
Olive oil

### DRIED HERBS +

Chives  
Mint  
Oregano  
Parsley  
Rosemary  
Sage  
Thyme

### VINEGAR/SPICES +

Balsamic vinegar  
glaze  
Black pepper  
Coriander  
Cumin  
Salt-free seasoning  
blends

### VEGGIES

Carrots  
Cauliflower  
Garlic  
Mushrooms  
Onions  
Red bell peppers  
Yellow bell peppers  
Zucchini



DESSERT



## Chewy Peppermint Cookies

Recipe submitted by DaVita dietitian Sara from California.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 150, Protein: 2 g, Carbohydrates: 22 g, Fat: 6 g, Cholesterol: 24 mg, Sodium: 67 mg, Potassium: 17 mg, Phosphorus: 24 mg, Calcium: 20 mg, Fiber: 0.2 g **Food choices:** 1/2 starch, 1 fat, 1 high-calorie **Carbohydrate choices:** 1-1/2

### PREPARATION

1. Set the butter out to soften.
2. Place 12 of the peppermint candies in a zip-top bag and pound with a heavy pan until finely crushed.
3. In a mixing bowl, combine the sugar, butter, egg and peppermint extract. Beat ingredients at medium speed until creamy, scraping the bowl several times.
4. Stir together the flour, baking powder and salt. Turn mixer to low speed and add flour mixture. Beat until well-mixed. Hand-stir the crushed peppermint candy into the dough. Refrigerate dough for 1 hour to chill.
5. Preheat the oven to 350°F. Crush the remaining six peppermint candies. Line baking sheets with parchment paper.
6. Shape the chilled dough into 3/4-inch balls and place on the baking sheet 2-inches apart. Using your thumb, make an indentation on each cookie and top with about 1/4 teaspoon of the crushed candy.
7. Bake for 10 to 12 minutes or until edges are lightly browned. Remove parchment paper from baking sheet and cool cookies completely. Store in a sealed container with parchment paper or waxed paper between cookies.

**Portions:** 18  
**Serving size:** 2 cookies

### INGREDIENTS

- 1/2 cup unsalted butter
- 18 peppermint candies
- 3/4 cup sugar
- 1 large egg
- 1/4 tsp peppermint extract
- 1-1/2 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt

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DESSERT

## Pumpkin Cookies

Recipe submitted by DaVita dietitian Jackie from Virginia.

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 145, Protein: 2 g, Carbohydrates: 20 g, Fat: 6 g, Cholesterol: 21 mg, Sodium: 75 mg, Potassium: 49 mg, Phosphorus: 29 mg, Calcium: 20 mg, Fiber: 0.6 g **Food choices:** 1/2 starch, 1 fat, 1/2 high-calorie **Carbohydrate choices:** 1

### PREPARATION

1. Set the butter out to soften. Preheat oven to 350° F.
2. Mix the flour, ginger, cinnamon, baking soda, cloves, allspice and salt in large bowl. Set aside.
3. Beat butter and brown sugar in a large bowl with an electric mixer on medium speed until light and fluffy.
4. Add the pumpkin, egg and vanilla; beat well. Gradually beat in the flour mixture on low speed until well-mixed.
5. Using about a tablespoon, form dough into balls. Roll in granulated sugar. Place 2 inches apart on an ungreased baking sheet.
6. Bake 8 to 10 minutes or until edges of cookies just begin to brown. If desired, after removing cookie sheet from the oven immediately press 3 to 4 white chocolate chips into the center of each cookie. Remove to wire racks and cool completely.
7. Store cookies in airtight container up to five days.

**Portions:** 28

**Serving size:** 2 cookies

### INGREDIENTS

- 3 cups all-purpose flour
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp baking soda
- 1/4 tsp ground cloves
- 1/4 tsp allspice
- 1/4 tsp salt
- 3/4 cup unsalted softened butter
- 3/4 cup packed brown sugar
- 1/2 cup canned pumpkin (not pumpkin pie filling)
- 1 large egg
- 1 tsp vanilla extract
- 1/4 cup granulated sugar
- 2/3 cup white chocolate chips (optional)

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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.



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Do you know what to eat when you have chronic kidney disease (CKD)? Diet recommendations are different for each person depending on their stage of CKD, type of dialysis treatment, body size, nutritional status and blood test results. We've created this chart\* to help you with your diet.

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



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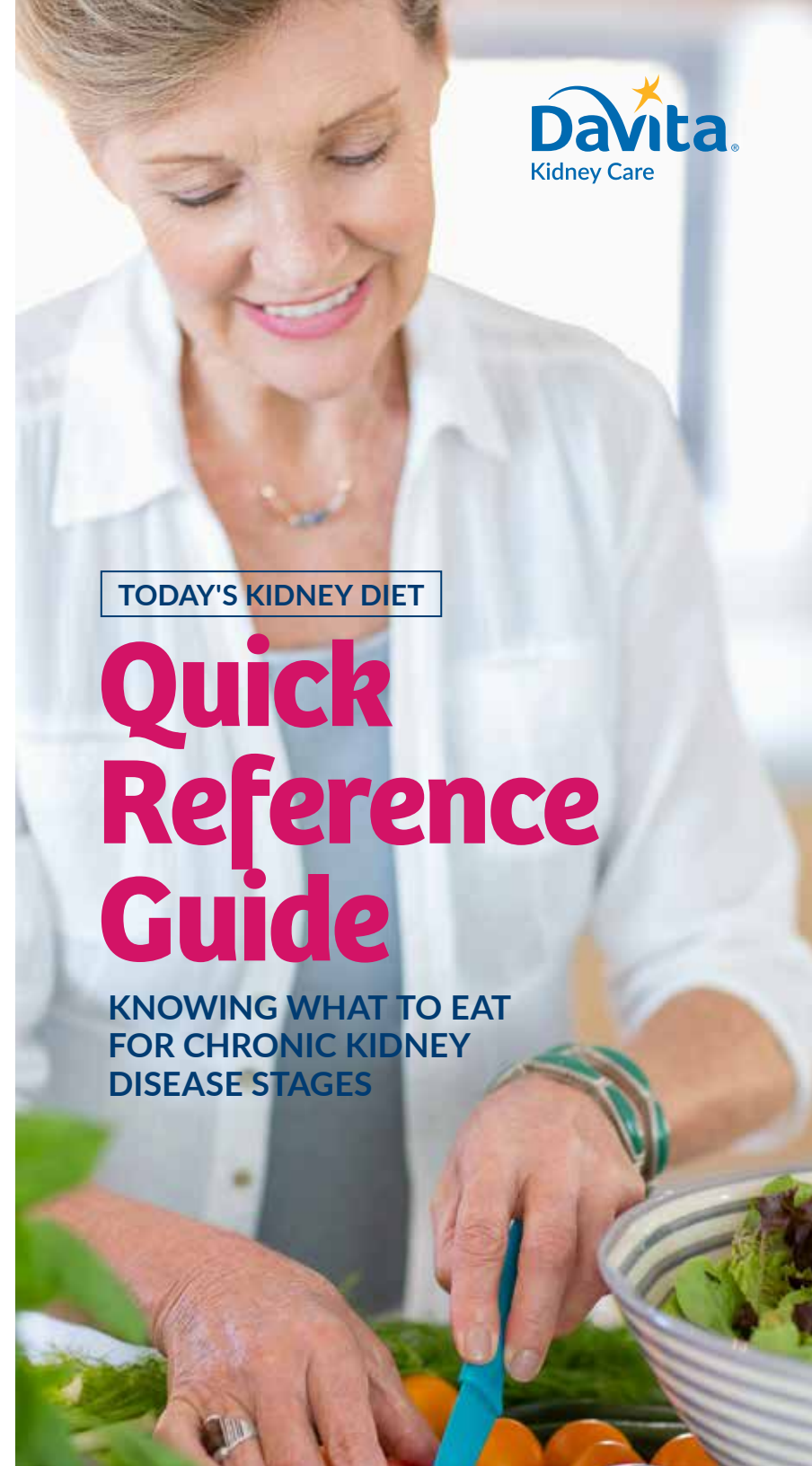
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TODAY'S KIDNEY DIET

# Quick Reference Guide

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.

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