

TODAY'S KIDNEY DIET

Game Day Recipes

Today's Kidney Diet

Dear Sports Fan,

Watching a game with friends and family is a cherished pastime, and rooting for your team around a table of game-worthy food adds to the experience. Our team is very excited to present our latest **Today's Kidney Diet cookbook, Game Day Recipes**.

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

Inside, you'll find recipes for Hot Crab Dip, Sliders Dijon, four different ways to prepare chicken wings and more. The 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 advice on tailgating, beverage guidelines, portable dessert ideas and condiment control. Plus, our **Today's Kidney Diet: Quick Reference Guide*** will help you choose the best foods for your stage of chronic kidney disease (CKD).

We hope you enjoy the game-winning recipes and tips found in the following pages.

Happy cooking (and cheering).

The DaVita Kidney 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.



Game Day Recipes

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Addictive Pretzels

Recipe submitted by **DaVita dietitian Christy from Pennsylvania.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 184, Protein: 2 g, Carbohydrates: 22 g, Fat: 8 g, Cholesterol: 0 mg, Sodium: 60 mg, Potassium: 43 mg, Phosphorus: 28 mg, Calcium: 2 mg, Fiber: 1 g **Food choices:** 1-1/2 starch, 1 fat
Carbohydrate choices: 1-1/2

PREPARATION

1. Preheat the oven to 175° F.
2. Spread the pretzels out on two 18" x 13" cookie sheets, so that the pretzels lay flat. Use whole, bite-sized braided twist pretzels or break large-sized pretzels into pieces.
3. Mix the garlic powder and dill together. Set aside half of the mixture. With the other half, add in the dry salad dressing mix and 3/4 cup canola oil. Pour the combined ingredients evenly over the pretzels and use your hands to make sure pretzels are evenly coated.
4. Bake for 1 hour, flipping the pretzels every 15 minutes.
5. Remove the pretzels from the oven. Let the pretzels cool, then toss with remaining garlic powder, dill weed and oil. Enjoy!

Portions: 32
Serving size: 1 ounce
(8 braided twist pretzel pieces)

INGREDIENTS

- 32 oz** bag of unsalted pretzels
- 3 tsp** garlic powder
- 3 tsp** dried dill weed
- 2 tbsp** Hidden Valley® Ranch Salad Dressing and Seasoning mix
- 1 cup** canola oil



Quick 'n' Easy Cheese Dip

Recipe submitted by **DaVita dietitian Kris from Michigan**.

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 72, Protein: 4 g, Carbohydrates: 2 g, Fat: 5 g, Cholesterol: 16 mg, Sodium: 166 mg, Potassium: 74 mg, Phosphorus: 77 mg, Calcium: 63 mg, Fiber: 0.1 g **Food choices:** 1/2 meat, 1/2 fat **Carbohydrate choices:** 0

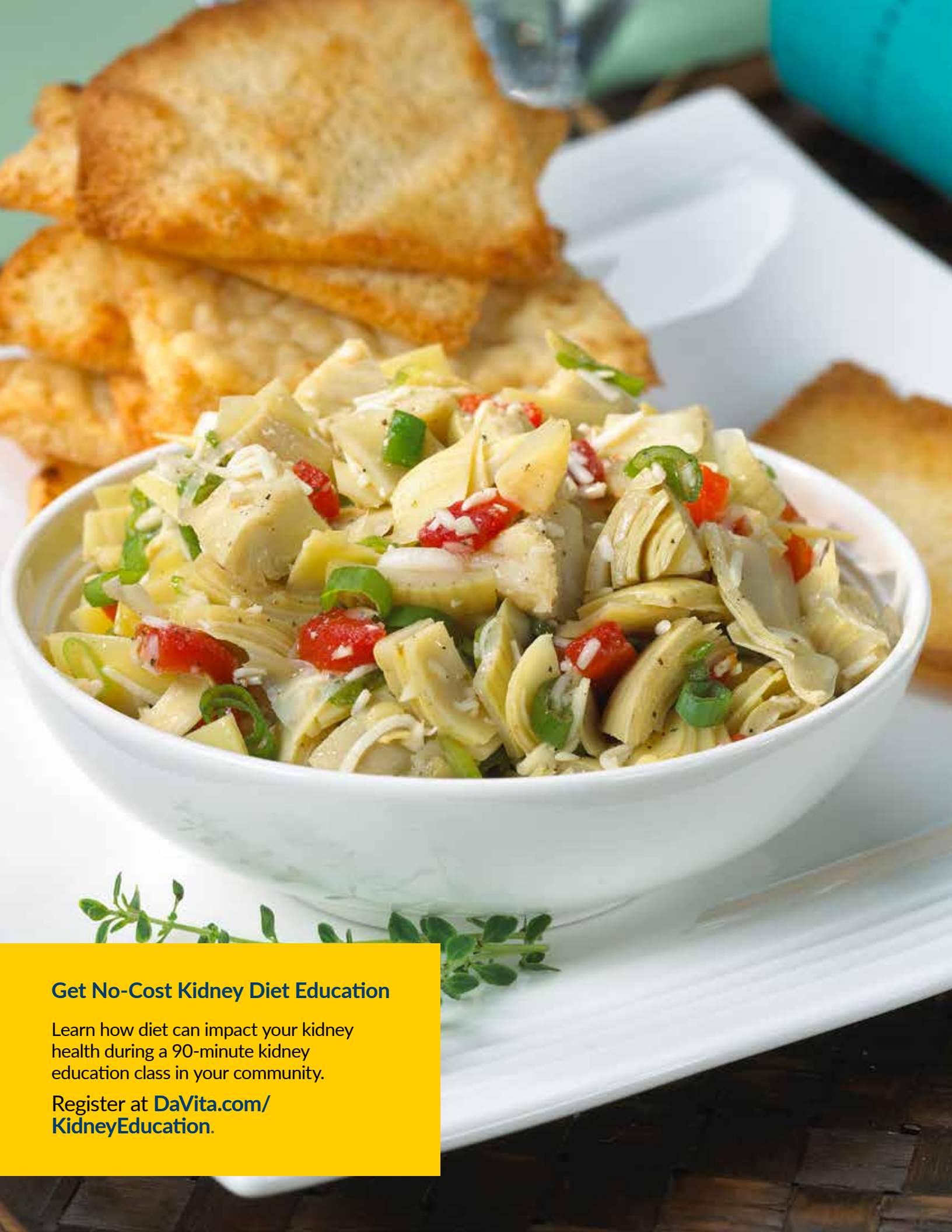
PREPARATION

1. Chop the green onions and set aside 2 tablespoons to use for the garnish.
2. Blend the cottage cheese, sour cream, green onions, hot sauce and spices in a food processor until smooth.
3. Add the blue cheese and process for a few seconds.
4. Garnish with chopped green onion, if desired. Serve with low-sodium crackers, raw veggies, sliced apples or low-salt tortilla chips.

Portions: 10
Serving size: 3 tablespoon

INGREDIENTS

- 3** green onions
- 1-1/2 cups** cottage cheese
- 1 cup** sour cream
- 2 tsp** Tabasco® hot sauce
- 1 tsp** dill weed
- 1/2 tsp** garlic powder
- 1/3 cup** crumbled blue cheese



Get No-Cost Kidney Diet Education

Learn how diet can impact your kidney health during a 90-minute kidney education class in your community.

Register at [DaVita.com/
KidneyEducation](https://www.DaVita.com/KidneyEducation).

Artichoke Relish on Toasted Pita

Recipe submitted by **DaVita dietitian Carol from Alabama.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 72, Protein: 4 g,
Carbohydrates: 2 g, Fat: 5 g, Cholesterol: 16 mg,
Sodium: 166 mg, Potassium: 74 mg, Phosphorus: 77 mg,
Calcium: 63 mg, Fiber: 0.1 g **Food choices:** 1/2 meat,
1/2 fat **Carbohydrate choices:** 0

PREPARATION

1. Drain and chop the artichoke hearts and pimento. Thinly slice the green onions and mince the garlic clove.
2. Combine all ingredients except pitas in a bowl and mix well.
3. Cover and chill for 8 hours or overnight.
4. Preheat the oven to 350° F.
5. Split the pita rounds open. Cut each half into quarters, making 8 wedges.
6. Place the pita wedges on a baking sheet, smooth side down and spray with cooking spray. Bake for 8 minutes or until lightly browned.
7. Cool the pita wedges and set aside in an airtight container until ready to serve.
8. Top each pita wedge with 1 tablespoon of Artichoke Relish.

Portions: 16
Serving size: 2 tablespoons of
relish on 2 pita wedges

INGREDIENTS

- 2 green onions
- 14 oz canned artichoke hearts
- 2 oz canned diced pimento
- 1 garlic clove
- 3 tbsp grated Parmesan cheese
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp black pepper
- 4 pita bread rounds, 7" size



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Hot Crab Dip

Recipe submitted by **DaVita dietitian Janis from Illinois.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 96, Protein: 8 g, Carbohydrates: 1 g, Fat: 8 g, Cholesterol: 42 mg, Sodium: 191 mg, Potassium: 92 mg, Phosphorus: 68 mg, Calcium: 43 mg, Fiber: 0 g
Food choices: 1 meat, 1/2 fat
Carbohydrate choices: 0

PREPARATION

1. Preheat the oven to 375° F. Set cream cheese out to soften. Finely mince the onion.
2. Place softened cream cheese in a bowl.
3. Add the onion, lemon juice, Worcestershire sauce, black pepper and cayenne pepper. Mix well. Stir in milk.
4. Add the crab meat and stir until blended.
5. Place mixture into an oven-safe dish. Bake uncovered for 15 minutes or until hot and bubbly.

Portions: 10
Serving size: 3 tablespoon

INGREDIENTS

- 1 tbsp onion
- 8 oz cream cheese
- 1 tsp lemon juice
- 2 tsp Worcestershire sauce
- 1/8 tsp black pepper
- 1/8 tsp cayenne pepper
- 2 tsp 1% low-fat milk
- 6 oz canned crab meat

BEVERAGE GUIDELINES FOR THE KIDNEY DIET

What you drink on the kidney diet is just as important as what you eat on the kidney diet. Below are tips to help you choose the beverages best for you.

- Homemade lemonade and tea are great drink choices because they are low in sodium, phosphorus and potassium.
- Phosphate-free soft drinks include lemon-lime soda, ginger ale and sparkling water.
- The malted barley in beer contains phosphorus. A 12-ounce beer has 50 mg of phosphorus.
- Many dark colas, powdered drink mixes, fruit punch and other bottled or canned drinks contain phosphate additives, and sometimes added calcium.
- Water drinks enhanced with minerals may contain large amounts of potassium and phosphorus.
- Sports drinks usually contain sodium to replace electrolytes from sweat, and should be avoided if on a low-sodium diet.
- Two cups (16 ounces) of any beverage equals 1 pound of water weight gain for dialysis patients.
- Sports gum, frozen fruit and ice are good options to help reduce fluid intake if you are on a fluid restriction.

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

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



Hot Wings

Recipe submitted by **DaVita dietitian Kathy from Pennsylvania.**

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 131, Protein: 8 g, Carbohydrates: 0 g, Fat: 11 g, Cholesterol: 63 mg, Sodium: 64 mg, Potassium: 105 mg, Phosphorus: 61 mg, Calcium: 8 mg, Fiber: 0 g **Food choices:** 1 meat, 1 fat **Carbohydrate choices:** 0

PREPARATION

1. Preheat the oven to 400° F.
2. Melt the butter in a saucepan.
3. Add the hot sauce, red pepper sauce, tomato sauce, olive oil, garlic powder and Italian seasonings to the saucepan and stir to combine. Remove the pan from the heat.
4. Place the chicken wings in a baking dish.
5. Pour the sauce over the wings and bake for 30 to 35 minutes. Check for doneness.
6. Serve the wings hot or place in a covered warming dish or slow cooker until ready to serve.

Helpful hints

- Buy fresh wing drumettes. A 1-1/4 pound package contains 12 drumettes. If unavailable, ask your butcher to cut whole chicken wings into drumette size.
- Boneless chicken pieces may be used in this recipe. Check for doneness after 20 minutes.

Portions: 12

Serving size: 2 wings

INGREDIENTS

- 8 tbsp** unsalted butter
- 1/3 cup** Tabasco® hot pepper sauce
- 1/4 cup** roasted red pepper sauce
- 1/4 cup** low-sodium tomato sauce
- 1 tbsp** olive oil
- 1/2 tsp** garlic powder
- 1/2 tsp** dried Italian seasoning blend
- 24** chicken wing drumettes



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Share diet tips and recipes with the myDaVita community.

Sign up at [DaVita.com/SocialCommunity](https://www.DaVita.com/SocialCommunity).

Raspberry Wings

Recipe submitted by **DaVita dietitian Kathy from Pennsylvania.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 200, Protein: 11 g, Carbohydrates: 21 g, Fat: 8 g, Cholesterol: 34 mg, Sodium: 181 mg, Potassium: 121 mg, Phosphorus: 70 mg, Calcium: 7 mg, Fiber: 0.7 g **Food choices:** 1-1/2 meat, 1/2 fat, 1 high-calorie **Carbohydrate choices:** 1-1/2

PREPARATION

1. Preheat the oven to 400° F.
2. Heat the jam, soy sauce and vinegar in a saucepan, stirring until smooth.
3. Place the wings in a large bowl. Pour the jam sauce over the wings and toss to coat heavily.
4. Place the wings in a large baking dish sprayed with nonstick cooking spray.
5. Bake for 30 to 35 minutes. Check for doneness.
6. Serve the wings hot or place in a covered warming dish or slow cooker on low setting until ready to serve.

Helpful hints

- Buy fresh wing drumettes. A 1-1/4 pound package contains 12 drumettes. If unavailable, ask your butcher to cut whole chicken wings into drumette size.
- Boneless chicken pieces may be used in this recipe. Check for doneness after 20 minutes.

Portions: 12
Serving size: 2 wings

INGREDIENTS

- 2 cups** raspberry jam
- 3 tbsp** reduced-sodium soy sauce
- 1/3 cup** balsamic vinegar
- 24** chicken wing drumettes



Teriyaki Wings

Recipe submitted by **DaVita dietitian Kathy from Pennsylvania.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 136, Protein: 11 g, Carbohydrates: 5 g, Fat: 8 g, Cholesterol: 34 mg, Sodium: 224 mg, Potassium: 99 mg, Phosphorus: 68 mg, Calcium: 9 mg, Fiber: 0 g **Food choices:** 1-1/2 meat, 1/2 fat **Carbohydrate choices:** 0

PREPARATION

1. Place the chicken wings in a large resealable plastic bag.
2. Add all other ingredients to the bag and shake to mix and coat. Refrigerate overnight to marinate.
3. Preheat the oven to 400° F.
4. Place the wings in a baking dish and bake for 30 to 35 minutes. Check for doneness.
5. Serve the wings hot or place in a covered warming dish or slow cooker on low setting until ready to serve.

Helpful hints

- Buy fresh wing drumettes. A 1-1/4 pound package contains 12 drumettes. If unavailable, ask your butcher to cut whole chicken wings into drumette size.
- Boneless chicken pieces may be used in this recipe. Check for doneness after 20 minutes.

Portions: 12
Serving size: 2 wings

INGREDIENTS

- 1/2 cup** water
- 1/3 cup** balsamic vinegar
- 2-1/2 tbsp** reduced-sodium teriyaki sauce
- 2 tbsp** reduced-sodium soy sauce
- 1/4 cup** brown sugar
- 1/2 tsp** garlic powder
- 1/2 tsp** ground ginger
- 1/4 tsp** black pepper
- 24** chicken wing drumettes



Tex-Mex Wings

Recipe submitted by **DaVita dietitian Kathy from Pennsylvania.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 193, Protein: 11 g, Carbohydrates: 21 g, Fat: 8 g, Cholesterol: 34 mg, Sodium: 187 mg, Potassium: 140 mg, Phosphorus: 66 mg, Calcium: 13 mg, Fiber: 0.8 g
Food choices: 1-1/2 meat, 1/2 fat, 1-1/2 **Carbohydrate choices:** 1-1/2

PREPARATION

1. Preheat the oven to 400° F.
2. Combine all ingredients except the chicken wings in a large bowl.
3. Add the wings and toss to coat.
4. Place the wings in a baking dish and bake for 30 to 35 minutes. Check for doneness.
5. Serve the wings hot or place in a covered warming dish or crock pot on slow cooker until ready to serve.

Helpful hints

- Buy fresh wing drumettes. A 1-1/4 pound package contains 12 drumettes. If unavailable, ask your butcher to cut whole chicken wings into drumette size.
- Boneless chicken pieces may be used in this recipe. Check for doneness after 20 minutes.

Portions: 12
Serving size: 2 wings

INGREDIENTS

- 8 oz** canned diced green chili peppers
- 1/2 cup** barbecue sauce
- 3/4 cup** honey
- 2 tsp** chili powder
- 1/3 tsp** ground cumin
- 24** chicken wing drumettes



Sliders Dijon

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

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 193, Protein: 11 g, Carbohydrates: 21 g, Fat: 8 g, Cholesterol: 34 mg, Sodium: 187 mg, Potassium: 140 mg, Phosphorus: 66 mg, Calcium: 13 mg, Fiber: 0.8 g
Food choices: 1-1/2 meat, 1/2 fat, 1-1/2
Carbohydrate choices: 1-1/2

PREPARATION

1. Chop the onion. Slice the rolls in half and set aside.
2. Divide the ground beef into 12 patties, making them slightly larger in diameter than the rolls.
3. In a large skillet over medium heat, sauté the onion in oil until translucent. Stir the mustard into the cooked onions.
4. Place the ground beef patties on top of the onions and fry until done, pressing down so that the onions will press into the patties.
5. Place a beef patty in each roll and serve, pressing down so that the onions will press into the patties.
5. Place a beef patty in each roll and serve.

Portions: 12
Serving size: 1 slider

INGREDIENTS

- 1** large onion
- 12** Hawaiian sweet dinner rolls
- 1-1/2 lb** ground beef
- 1 tbsp** canola oil
- 2 tsp** Dijon mustard

PORTABLE DESSERTS

It's not a celebration without dessert! Bring these transportable treats along to your next tailgate or sports gathering and be the life of the party. All recipes can be found at [DaVita.com/FindRecipes](https://www.davita.com/FindRecipes).

- Ambrosia
- Apple Crisp
- Cheese Tarts
- Easy Low-Phosphorus Fudge
- High-Protein Rice Crispy Treats
- Lemon Cookies
- Popcorn Brittle
- Pumpkin Cheesecake Bars
- Snickerdoodles
- Strawberry Cupcakes



Sweet 'n' Sour Meatballs

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

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 127, Protein: 9 g, Carbohydrates: 14 g, Fat: 4 g, Cholesterol: 41 mg, Sodium: 129 mg, Potassium: 148 mg, Phosphorus: 89 mg, Calcium: 15 mg, Fiber: 0.2 g **Food choices:** 1 meat, 1 high-calorie **Carbohydrate choices:** 1

PREPARATION

1. Finely chop onion. Combine the ground turkey, egg, bread crumbs, onion, garlic powder and pepper until well blended.
2. Shape turkey mixture into 3/4-inch meatballs to make approximately 48 balls.
3. In a large skillet, heat the oil and cook meatballs over medium heat. Turn several times to brown evenly. Continue cooking until the meatballs are cooked all the way through.
4. Combine the jelly and chili sauce in a microwave-safe bowl and heat in the microwave for 1 to 2 minutes, until jelly is liquefied. Stir well and pour over the meatballs in a covered warming dish or slow cooker set on low heat.

Portions: 12

Serving size: 4 meatballs

INGREDIENTS

- 2 tbsp** onion
- 1 lb** ground turkey, 7% fat
- 1** large egg
- 1/4 cup** unseasoned bread crumbs
- 1 tsp** garlic powder
- 1/2 tsp** black pepper
- 1/4 cup** canola oil
- 6 oz** grape jelly
- 1/4 cup** Heinz® bottled chili sauce



Read Kidney Diet Tips

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

Visit [DaVita.com/DietTips](https://www.davita.com/DietTips).

Shish Kebabs

Recipe submitted by **DaVita dietitian Dawn from Ohio.**

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 358, Protein: 26 g, Carbohydrates: 5 g, Fat: 26 g, Cholesterol: 80 mg, Sodium: 60 mg, Potassium: 458 mg, Phosphorus: 217 mg, Calcium: 25 mg, Fiber: 1.4 g **Food choices:** 3-1/2 meat, 1 medium-potassium vegetable, 2 fat **Carbohydrate choices:** 0

PREPARATION

1. Combine the vinegar, oil, black pepper, garlic powder and oregano to make a marinade.
2. Cut the beef into 1-1/2-inch cubes. Cut the onions into quarters; cut the bell peppers into 1-1/2-inch squares.
3. Place the meat and vegetables in a covered container and marinate for at least 30 minutes.
4. Load the skewers, alternating meat and vegetables.
5. Grill the kebabs over medium heat for 10 to 30 minutes, depending on desired degree of doneness.

Portions: 4

Serving size: 1 kebab

INGREDIENTS

- 1/2 cup** distilled white vinegar
- 1/2 cup** canola oil
- 1/4 tsp** black pepper
- 1/4 tsp** garlic powder
- 1/2 tsp** oregano
- 1-1/2 lb** beef sirloin
- 2** medium onions
- 2** green bell peppers
- 1** red bell pepper

TAILGATING TIPS

Creating a successful tailgate requires some planning but will help you get the most out of your gathering. Here are some tips to help you get ahead of the game:

- Prepare and cook food items and beverages ahead of time so you can enjoy the tailgate and your company.
- Bring kidney-friendly snacks such as peaches, cherries, grapes, carrots and cucumbers; and low-sodium tortilla chips, popcorn and pretzels.
- Stay organized by using cardboard six-pack containers to hold condiments and spices, and a toolbox to store utensils.
- Use frozen bottles as ice in your cooler, and serve them when they melt.
- Know the rules for your tailgating area so there aren't any surprises.
- Pay attention to the weather forecast and plan accordingly.
- Pack these other items: duct tape, extension cords, first-aid kit, foil, hand wipes, sunscreen and trash bags.





Grill Thyme Corn on the Cob

Recipe submitted by **DaVita dietitian Maria from North Carolina.**

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 125, Protein: 2 g, Carbohydrates: 15 g, Fat: 8 g, Cholesterol: 1 mg, Sodium: 26 mg, Potassium: 188 mg, Phosphorus: 63 mg, Calcium: 16 mg, Fiber: 1.8 g **Food choices:** 1/2 starch, 1 low-potassium vegetable, 1 fat **Carbohydrate choices:** 1

PREPARATION

1. Mix the oil, cheese, thyme and black pepper in a shallow bowl.
2. Place the corn in the oil mixture and roll to thoroughly coat corn.
3. Place all four pieces of the corn in the center of a heavy duty aluminum foil sheet. Pour any oil left in the bowl over the corn. Top the corn with 2 ice cubes.
4. Double fold the top and ends of the foil to make a packet, leaving room for heat to circulate.
5. Place the foil packet on the grill over medium heat and cook 20 minutes, turning once during cooking.

Portions: 4

Serving size: 1/2 ear of corn

INGREDIENTS

- 2 tbsp olive oil
- 1 tbsp grated Parmesan cheese
- 1/2 tsp dried thyme
- 1/4 tsp black pepper
- 4 half-ear size frozen corn on the cob
- 2 ice cubes



Macaroni Salad

Recipe submitted by **DaVita dietitian Beverly from Georgia.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 142, Protein: 4 g, Carbohydrates: 16 g, Fat: 7 g, Cholesterol: 42 mg, Sodium: 78 mg, Potassium: 97 mg, Phosphorus: 53 mg, Calcium: 13 mg, Fiber: 0.7 g
Food choices: 1 starch, 1 fat
Carbohydrate choices: 1

PREPARATION

1. Cook the macaroni according to package instructions, omitting salt. Rinse under cold water and drain well.
2. Chop the onion, green peppers, celery, pimento peppers and hard-boiled eggs.
3. In a large bowl, combine all ingredients except paprika and black pepper. Mix well.
4. Sprinkle the paprika and black pepper over the top.
5. Chill the salad before serving.

Portions: 16
Serving size: 1/2 cup

INGREDIENTS

- 1/2 cup onion
- 12 oz macaroni, uncooked
- 1/2 cup green peppers
- 1/2 cup celery
- 1/4 cup pimento peppers
- 3 hard-boiled eggs
- 1/2 cup mayonnaise
- 1 tsp dry mustard
- 1/8 tsp black pepper
- 1/8 tsp paprika

CONDIMENT CONTROL

Hamburgers, hot dogs, wings, chips, veggie trays and more tend to come with a variety of sauces and/or condiments, which can be high in sodium. Talk to your dietitian about your recommended sodium intake and read nutrition labels when buying your favorite game day snacks.

- Barbecue sauce 180 mg
- Cheese sauce 240 mg
- French onion dip 115 mg
- Ketchup 190 mg
- Mayonnaise 90 mg
- Mustard, yellow 165 mg
- Mustard, Dijon 360 mg
- Pickle relish 120 mg
- Ranch dip 120 mg
- Salsa 85 mg
- Soy sauce 920 mg
- Soy sauce, reduced-sodium 575 mg
- Steak sauce 280 mg
- Teriyaki sauce 610 mg
- Worcestershire sauce 180 mg
- Worcestershire sauce, low-sodium 60 mg

Note: Sodium per 1 tablespoon. Average values provided. Sodium varies widely between brands. Always compare brands to select the one lowest in sodium.

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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.



Apple Bars

Recipe submitted by **DaVita dietitian Sandra from Minnesota.**

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 246, Protein: 2 g,
 Carbohydrates: 35 g, Fat: 11 g, Cholesterol: 26 mg,
 Sodium: 140 mg, Potassium: 72 mg, Phosphorus: 27 mg,
 Calcium: 22 mg, Fiber: 0.6 g **Food choices:** 1/2
 low-potassium fruit, 1 starch, 1 high-calorie
Carbohydrate choices: 2

PREPARATION

1. Preheat the oven to 350° F.
2. Peel and chop the apples.
3. Cream together 1/2 cup of the butter and the granulated sugar or granulated sugar substitute.
4. Add the sour cream, vanilla, baking soda, salt and flour. Stir to mix; add the chopped apples.
5. Pour the batter into a greased 9" x 13" baking pan.
6. In a small bowl, crumble 2 tablespoons of softened butter, the brown sugar and cinnamon together. Sprinkle over top of the batter.
7. Bake for 35 to 40 minutes. Let cool completely.
8. To make the icing, combine 2 tablespoons of melted butter, milk (or milk substitute) and powdered sugar. Drizzle over the top and cut dessert into 18 bars.

*To reduce carbohydrates use granular sugar substitute and omit icing.

Portions: 16
Serving size: 1/2 cup

INGREDIENTS

- 2** medium apples
- 3/4 cup** unsalted butter
- 1 cup** granulated sugar or sugar substitute
- 1 cup** sour cream
- 1 tsp** vanilla extract
- 1 tsp** baking soda
- 1/2 tsp** salt
- 2 cups** all-purpose flour
- 1/2 cup** brown sugar
- 1 tsp** cinnamon
- 2 tbsp** milk
- 1 cup** powdered sugar



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Watch at [DaVita.com/Videos](https://www.davita.com/Videos).
- **DaVita Eat Smart**
Receive online, pre-dialysis nutrition counseling from a registered dietitian.
Learn more at [DaVitaEatSmart.com](https://www.davita.com/EatSmart).

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.*



Find 1,000+ kidney-friendly recipes at
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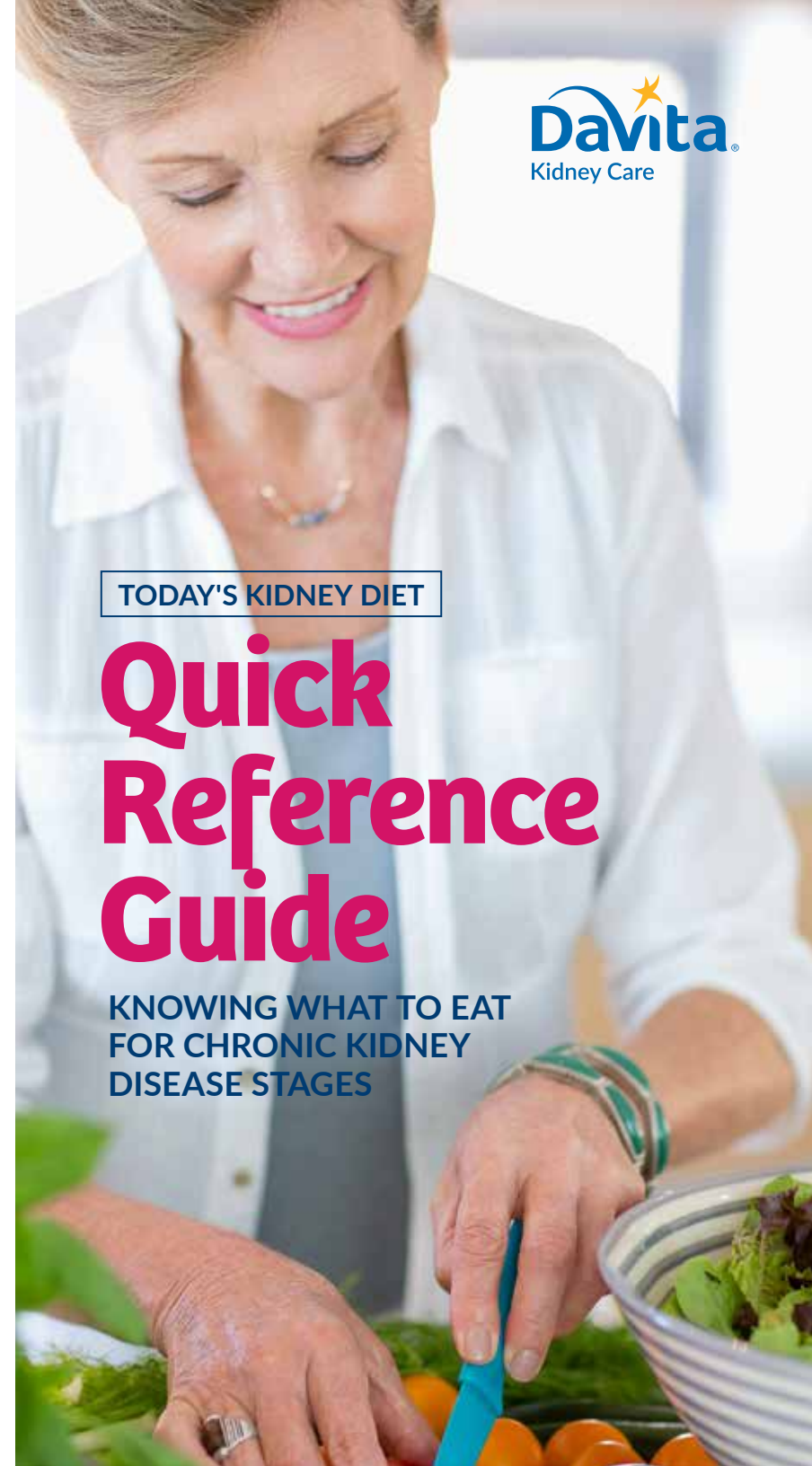
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TODAY'S KIDNEY DIET

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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