

Today's  
**Kidney Diet**

Restaurant Favorites

*Davita*

# Today's **Kidney Diet**

Dear Reader,

Enjoy restaurant favorites prepared at home with this collection of popular menu items recreated for a kidney-friendly eating plan. When you're in control of the ingredients, you can be assured that meals match your daily nutrition goals. Plus, you can save money eating at home.

The Today's Kidney Diet cookbook series from DaVita aims to inspire you with tasty recipes that take the stress out of planning kidney-friendly meals and snacks. Attention to portion control, fresh ingredients, flavorful seasonings, and limited sodium, potassium and phosphorus goes into each recipe.

From cheesecake, chicken nuggets and crab cakes to pizza, pork ribs and tacos, there are plenty of restaurant favorites to choose from in this cookbook. You'll also learn about the benefits of cooking restaurant dishes at home, and pick up tips to use when you do go out to eat. 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.

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

Happy cooking!  
Your DaVita Care Team

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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 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.

# Tex-Mex Wings

Recipe submitted by DaVita dietitian Kathy from Pennsylvania.

**Portions: 12**    **Serving size: 2 wings**

**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 high calorie **Carbohydrate choices:** 1-1/2

## Ingredients

- 8 ounces can diced green chili peppers
- 1/2 cup barbecue sauce
- 3/4 cup honey
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 24 chicken wing drumettes

## Preparation

1. Preheat the oven to 400° F.
2. Combine all the ingredients except the chicken in a large bowl. (Try the DaVita.com Zesty Barbecue Sauce instead of commercially prepared sauce.)
3. Add the chicken and toss to coat.
4. Place the chicken in a baking dish and bake for 30 to 35 minutes. Check for doneness.
5. Serve hot or place in a covered warming dish or slow cooker on a low setting until ready to serve.

## 5 Kidney-Friendly Tips for Dining Out

1. Choose a restaurant where food is made to order.
2. Ask your server how food is prepared.
3. Request no salt and bring your own kidney-friendly seasoning.
4. Ask for sauces and dressing to be served on the side.
5. Ask for a to-go bag or share with a friend if portions are large.

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

# Chicken Nuggets with Honey Mustard Dipping Sauce

Recipe submitted by the **DaVita** dietitian team.

**Portions: 12**     **Serving size: 3 nuggets plus  
1 tablespoon sauce**

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

**Nutrients per serving:** Calories: 164, Protein: 9 g, Carbohydrates: 14 g, Fat: 8 g, Cholesterol: 25 mg, Sodium: 157 mg, Potassium: 99 mg, Phosphorus: 70 mg, Calcium: 11 mg, Fiber: 0.3 g **Food choices:** 1 meat, 1/2 starch, 1/2 high calorie, 1 fat **Carbohydrate choices:** 1

## Ingredients

- 1 tablespoon yellow mustard
- 1/2 cup mayonnaise
- 1/3 cup honey
- 2 teaspoons Worcestershire sauce
- 1 pound boneless chicken breasts
- 2 tablespoons 1% low-fat milk
- 3 cups cornflakes
- 1 large egg

## Preparation

1. Stir the mustard, mayonnaise, honey and Worcestershire sauce together in a small bowl. Refrigerate the sauce to chill until the nuggets are cooked, then serve as a dipping sauce.
2. Preheat the oven to 400° F.
3. Cut the chicken breasts into 36 bite-sized pieces.
4. Crush the cornflakes and pour the crumbs into a large zip-top bag.
5. Beat the egg and then combine it with the milk in a small bowl. Dip the chicken pieces in the egg mixture, then shake in zip-top bag to coat with the cornflake crumbs.
6. Bake the nuggets on a baking sheet sprayed with nonstick cooking spray for 15 minutes or until done.
7. Serve 3 nuggets for an appetizer or 6 to 9 nuggets for an entrée.

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# Maryland Lump Crab Cakes

Recipe submitted by DaVita dietitian Joann from North Carolina.

**Portions: 6**    **Serving size: 1 crab cake**

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

**Nutrients per serving:** Calories: 158, Protein: 17 g, Carbohydrates: 2 g, Fat: 9 g, Cholesterol: 112 mg, Sodium: 337 mg, Potassium: 268 mg, Phosphorus: 177 mg, Calcium: 90 mg, Fiber: 0.3 g **Food choices:** 2-1/2 meat **Carbohydrate choices:** 0

## Ingredients

- 1 pound lump crab meat
- 1 slice white bread
- 1 tablespoon mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon Old Bay® seasoning, 30% less sodium
- 1 tablespoon fresh parsley
- 1/8 teaspoon cayenne pepper
- 1 large egg
- 2 tablespoons olive oil

## Preparation

1. In a medium bowl, pick through the crab meat and remove any shell pieces.
2. Cut the bread slice into cubes.
3. Add the bread, mayonnaise, mustard, Old Bay®, chopped parsley, cayenne pepper and egg to the crab. Mix lightly until all the ingredients are mixed together, but do not over mix.
4. Use a 1/3 cup measure to portion out 6 crab cakes, each 3/4" thick. Refrigerate for one hour.
5. In a heavy skillet (preferably a cast-iron skillet), heat the olive oil.
6. Fry the crab cakes for about 5 minutes on each side until browned, turning only once. Serve hot.

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# Bob's Oven-Baked Pork Ribs

Recipe submitted by DaVita dietitian Grace from Oklahoma.

**Portions: 6**    **Serving size: 3 ounces boneless pork**

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

**Nutrients per serving:** Calories: 268, Protein: 23 g, Carbohydrates: 8 g, Fat: 16 g, Cholesterol: 79 mg, Sodium: 391 mg, Potassium: 388 mg, Phosphorus: 195 mg, Calcium: 30 mg, Fiber: 0.6 g **Food choices:** 3 meat, 1/2 medium-potassium vegetable, 1/2 high calorie **Carbohydrate choices:** 1/2

## Ingredients

- 1 large onion
- 1 medium red apple
- 1 tablespoon brown sugar
- 1 teaspoon Creole seasoning
- 3 pounds baby back pork ribs
- 1-1/2 tablespoons olive oil
- 1/2 cup water
- 1/3 cup prepared barbecue sauce

## Preparation

1. Preheat the oven to 225° F.
2. Cut the onion into 1/2" slices. Core the apple and cut it into 1/2" slices.
3. Combine the brown sugar and Creole seasoning in a small bowl; set aside.
4. Place the ribs in a 9" x 13" glass baking dish (cut ribs in half to fit into pan).
5. Rub the olive oil onto both sides of ribs, then repeat using the brown sugar and Creole seasoning mixture.
6. Place the onion and apple slices on top of ribs.
7. Pour 1/2 cup water into the dish and cover it tightly with foil.
8. Bake for approximately 5 to 6 hours. Remove the foil and brush the ribs with 1/3 cup barbecue sauce. Bake uncovered for an additional 45 minutes or more at 325° F until the temperature of the ribs reaches 185° F.
9. Remove from oven. Carefully drain the liquid, and discard the onion and apples.
10. Cut the ribs into individual pieces and serve immediately.

## 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).

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# Broccoli and Beef Stir-Fry

Recipe created by DaVita dietitian Trisha from Washington.

**Portions: 4**    **Serving size: 1-1/2 cups stir-fry + 1/2 cup rice**

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

**Nutrients per serving:** Calories: 373, Protein: 18 g, Carbohydrates: 37 g, Fat: 17 g, Cholesterol: 42 mg, Sodium: 351 mg, Potassium: 555 mg, Phosphorus: 255 mg, Calcium: 62 mg, Fiber: 5.1 g **Food choices:** 2 meat, 2 medium-potassium vegetables, 1 fat **Carbohydrate choices:** 2-1/2

## Ingredients

- 2 garlic cloves
- 1 medium Roma tomato
- 8 ounces lean sirloin beef, uncooked
- 12 ounces frozen broccoli stir-fry vegetable blend
- 2 tablespoons peanut oil
- 1/4 cup low-sodium chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons reduced-sodium soy sauce
- 2 cups cooked rice

## Preparation

1. Chop the garlic cloves and Roma tomato. Cut the beef into thin strips.
2. Microwave the frozen stir-fry vegetable blend on defrost setting for 3 to 4 minutes to thaw.
3. In a fry pan or wok, heat the oil and sauté the garlic until fragrant. Add the vegetable blend and stir-fry until cooked, about 5 minutes. Remove the vegetables from the pan and set aside.
4. In same pan, add the beef. Cook until the beef is done, about 7 minutes.
5. Prepare the sauce by combining chicken broth, cornstarch and soy sauce in a bowl.
6. Add the cooked vegetables, sauce and tomato to the pan with the beef. Heat and stir until the sauce is thick.
7. Serve with 1/2 cup brown or white rice.

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# Vegetarian Pizza

Recipe created by DaVita dietitian Sara from California.

**Portions: 8**    **Serving size: 1/4 of 12" pizza**

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

**Nutrients per serving:** Calories: 289, Protein: 8 g, Carbohydrates: 37 g, Fat: 12 g, Cholesterol: 5 mg, Sodium: 165 mg, Potassium: 210 mg, Phosphorus: 111 mg, Calcium: 74 mg, Fiber: 2.2 g **Food choices:** 1/2 meat, 2 starch, 1 medium-potassium vegetable, 1 fat **Carbohydrate choices:** 2-1/2

## Ingredients

- 1/2 cup red onion
- 1/2 cup bell peppers
- 1/2 cup mushroom pieces
- 1/2 cup pineapple tidbits
- 1/2 cup part skim shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 1 cup Roasted Red Pepper Tomato Sauce (see DaVita.com recipe)
- Easy Pizza Dough (see DaVita.com recipe)

## Preparation

1. Prepare the Easy Pizza Dough and Red Pepper Tomato Sauce (recipes on DaVita.com). If desired, substitute with a prepared pizza dough and combination of 1/2 cup tomato sauce and 1/2 cup roasted red pepper sauce seasoned with garlic powder and Italian seasoning blend.
2. Dice the onion; chop the bell pepper.
3. Preheat the oven to 425° F.
4. Shape the pizza dough to make two flat 12" pizza crusts.
5. Spread 1/2 cup of Roasted Red Pepper Tomato Sauce over each pizza.
6. Top with the red onion, mushrooms, bell pepper and pineapple.
7. Sprinkle the mozzarella and Parmesan cheeses on top.
8. Bake for 12 to 16 minutes until bubbly and browned.

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# Soft Tacos with Mexican Seasoning

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

**Portions: 7**    **Serving size: 2 tacos**

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

**Nutrients per serving:** Calories: 340, Protein: 19 g, Carbohydrates: 32 g, Fat: 15 g, Cholesterol: 53 mg, Sodium: 494 mg, Potassium: 422 mg, Phosphorus: 276 mg, Calcium: 143 mg, Fiber: 2.4 g **Food choices:** 2 meat, 2 starch, 1 medium potassium vegetable, 1 fat **Carbohydrate choices:** 2

## Ingredients

- Mexican Seasoning recipe from DaVita.com or 2-1/2 tablespoons salt-free Mexican seasoning blend
- 2 cups lettuce
- 5 tablespoons onion
- 1 pound ground beef
- 1/2 cup low-sodium tomato sauce
- 14 flour tortillas, 6" size
- 5 tablespoons shredded sharp cheddar cheese
- 5 tablespoons sour cream
- One bunch fresh cilantro

## Preparation

1. Make the Mexican Seasoning recipe (see recipe on DaVita.com).
2. Chop the onion and lettuce.
3. Brown and drain the ground beef. Add the seasoning mixture and low-sodium tomato sauce. Heat over medium heat.
4. In a separate skillet warm the tortillas.
5. To assemble the soft tacos, take 1 flour tortilla, add 1/4 cup seasoned ground beef, 1 teaspoon cheese, 1 teaspoon onion, 1 teaspoon sour cream, lettuce and cilantro as desired.

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# French Fries Made with Zucchini

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

**Portions: 6**    **Serving size: 7-8 pieces**

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

**Nutrients per serving:** Calories: 252, Protein: 5 g, Carbohydrates: 22 g, Fat: 16 g, Cholesterol: 64 mg, Sodium: 216 mg, Potassium: 263 mg, Phosphorus: 105 mg, Calcium: 80 mg, Fiber: 1.0 g **Food choices:** 1 starch, 1 medium-potassium vegetable, 2-1/2 fat **Carbohydrate choices:** 1-1/2

## Ingredients

- 2 medium zucchini
- 1 cup 1% low fat milk
- 2 large eggs
- 1 teaspoon hot sauce
- 3/4 cup cornstarch
- 3/4 cup dry unseasoned bread crumbs
- 3 teaspoons powdered ranch salad dressing and seasoning mix
- 1/2 cup canola oil

## Preparation

1. Peel and slice the zucchini into 3/4" sticks, 4" long. Rinse the zucchini and pat dry.
2. In a medium bowl, mix the milk and eggs until well blended; stir in the hot sauce.
3. In a wide, shallow bowl, combine the cornstarch, bread crumbs and powdered ranch salad dressing mix.
4. In a frying pan, heat the oil on high heat.
5. Dip the zucchini sticks into egg mixture and then roll each piece in bread crumb mixture.
6. Place in oil, flipping regularly and fry 3 minutes or until golden brown.
7. Drain on paper towels and serve immediately.

## 5 Reasons to Cook Restaurant Favorites at Home

1. Sodium control
2. Fewer additives
3. Portion control
4. Saves money
5. Connects family and friends

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# Lemon Cream Cheesecake

Recipe submitted by **DaVita** dietitian Janis and dietetic intern Janna from Illinois.

**Portions: 10**    **Serving size: 1/10 of pie**

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

**Nutrients per serving:** Calories 276; Protein: 4 g, Carbohydrates: 21 g, Fat: 20 g, Cholesterol: 50 mg, Sodium: 232 mg, Potassium: 103 mg, Phosphorus: 79 mg, Calcium: 57 mg, Fiber: 0.4 g **Food choices:** 1 starch, 1 milk, 2 fat **Carbohydrate choices:** 1-1/2

## Ingredients

- 12 ounces cream cheese
- 2 tablespoons powdered sugar
- 6 tablespoons lemon juice
- 1 tablespoon grated lemon zest
- 2 tablespoons cold water
- 2 tablespoons lemon gelatin mix
- 3 cups dairy whipped topping
- 1 graham cracker pie crust, 9" size

## Preparation

1. Set the cream cheese out to soften for about 20 minutes.
2. In a mixing bowl, beat the softened cream cheese, powdered sugar, lemon juice and lemon zest until smooth; set aside.
3. In a small pan, add the gelatin to cold water and stir to dissolve. Turn heat on low. Stir continuously over low heat until the mixture starts to thicken.
4. Pour the gelatin into the cream cheese mixture and stir to combine.
5. Fold the whipped topping into the gelatin and cream cheese mixture.
6. Pour the mixture into the graham cracker crust and refrigerate for at least 2 hours.

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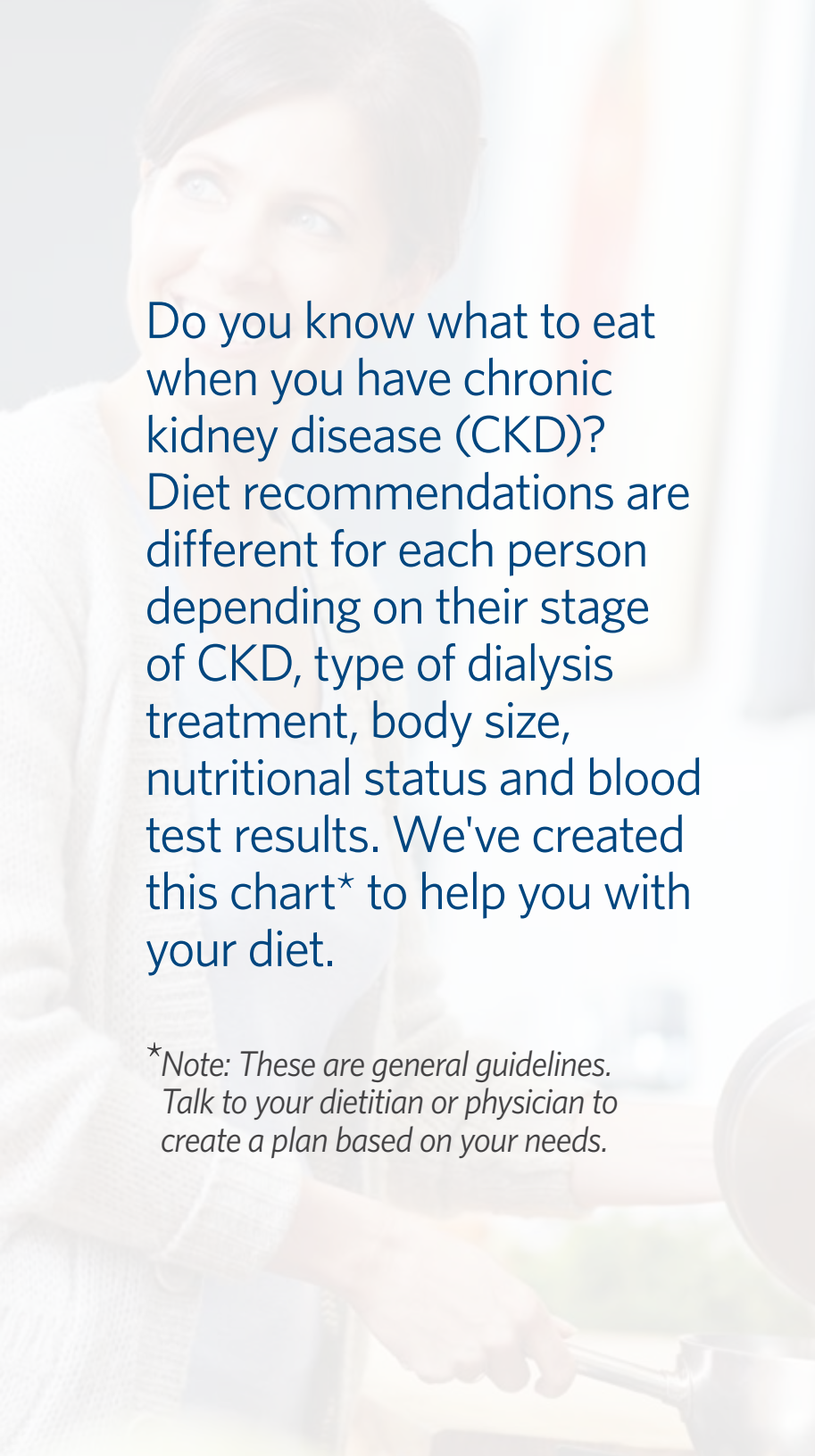
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Do you know what to eat when you have chronic kidney disease (CKD)? Diet recommendations are different for each person depending on their stage of CKD, type of dialysis treatment, body size, nutritional status and blood test results. We've created 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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## 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	<b>All types of dialysis:</b> 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	<b>All types of dialysis:</b> Increase
Grains, pasta and rice (whole and other grains)	Include	Include	<b>All types of dialysis:</b> 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	<b>In-center Hemodialysis:</b> Include; select lower potassium choices and limit portions <b>HHD and PD:</b> 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	<b>All types of dialysis:</b> 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	<b>All types of dialysis:</b> 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	<b>All types of dialysis:</b> Include
Unhealthy fats (saturated fat, trans fats)	Limit or avoid	Limit or avoid	<b>All types of dialysis:</b> Limit or avoid
Herbs and spices	Include	Include	<b>All types of dialysis:</b> Include
Salt, soy sauce, salty seasonings	Limit or avoid	Limit or avoid	<b>All types of dialysis:</b> Limit or avoid
Sweets/sugary foods and drinks	Limit	Limit	<b>All types of dialysis:</b> Limit
Phosphate additives	Avoid	Avoid	<b>All types of dialysis:</b> Avoid

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