

TODAY'S KIDNEY DIET

Street Food Favorites



Today's Kidney Diet

Dear Reader,

In the Today's Kidney Kitchen, we believe one of the best ways to celebrate and share our different cultures is through food—which is why the Today's Kidney Diet team created our latest cookbook, **Street Food Favorites**.

Inside, you'll find kidney-friendly, street food versions of dishes from around the world, such as Fish Tacos, Jamaican Jerk Chicken, Belgian Waffles 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 tips on eating street foods while on a kidney diet, food safety and where to find vendors in your area. Plus, our **Today's Kidney Diet: Quick Reference Guide*** (see insert in back) will help you choose the ideal foods for your stage of chronic kidney disease (CKD).

We hope you enjoy the global cuisine and helpful information found in the following pages.

Happy cooking!

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.

BREAKFAST



Grilled Corn Cakes with Cheese (Arepas)

Recipe submitted by the DaVita dietitian team from Colombia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 285, Protein: 9 g, Carbohydrates: 40 g, Fat: 11 g, Cholesterol: 31 mg, Sodium: 409 mg, Potassium: 198 mg, Phosphorus: 344 mg, Calcium: 234 mg, Fiber: 3.7 g **Food choices:** 1 meat, 2-1/2 starch, 1 fat **Carbohydrate choices:** 2-1/2

PREPARATION

1. Place the corn flour in a bowl.
2. Grate the cheese; add cheese and anise to the corn flour.
3. Add the hot water and mix with a spatula.
4. Leave to rest for 10 minutes, then knead for 2 to 3 minutes.
5. To form the corn cakes, make 4 circles about 4 inches wide and 1/2-inch thick.
6. Grease a skillet or arepas pan with butter. Place each corn cake on the skillet or arepas pan and cook until slightly browned.

Portions: 4

Serving size: 1 medium corn cake

INGREDIENTS

- 2/3 cup white corn flour
- 4 oz Costeño cheese
- 1/2 tsp anise
- 1 cup hot water
- 1 tsp butter

Helpful hint

- Grilled Corn Cakes are known as Arepas in Colombia where they originated. Arepas are typically eaten for breakfast.
- You can substitute Queso Cotija (Cotija cheese) or Parmesan cheese if Costeño cheese is not available.

STREET FOOD: NOT JUST AN ICE CREAM TRUCK

What exactly is street food? The neighborhood ice cream truck may have been your first experience, but there's so much more. From hearty meat dishes to sandwiches or even just fruit, street food is defined as ready-to-eat food or drinks sold by a vendor. Most street food is fairly easy to eat by hand and can typically be found in tourist areas, markets and fairs around the globe. The modern food truck craze has brought more attention to this unique and usually inexpensive dining experience. Read more about where to find food trucks in your area on page 17.

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

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

BREAKFAST



Belgian Waffles

Recipe submitted by DaVita dietitian Jackie from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 367, Protein: 8 g, Carbohydrates: 50 g, Fat: 15 g, Cholesterol: 98 mg, Sodium: 204 mg, Potassium: 151 mg, Phosphorus: 121 mg, Calcium: 81 mg, Fiber: 1 g **Food choices:** 2 starch, 2 fat, 1/2 high-calorie **Carbohydrate choices:** 3

PREPARATION

1. Heat a waffle iron. In a mixing bowl, mix together the cake flour and baking soda and set aside. Separate the egg whites and egg yolks. Whisk together egg yolks, sour cream, milk and vanilla extract. Melt the butter and then mix into the sour cream mixture.
2. In a different bowl, beat the egg whites with a hand-mixer on medium speed until soft peaks form, about 3 minutes. Add the granulated sugar to the egg whites and continue to beat until stiff peaks form, about 3 to 4 more minutes.
3. Whisk the sour cream mixture into the flour mixture until just combined. Gently fold in the beaten egg whites until mixture is smooth; do not overmix.
4. Add about 1/2 cup of the batter to the waffle iron, close and cook for about 3 minutes. Serve waffles with the powdered sugar. Other suggested toppings include fresh berries, whipped cream, jam or syrup. These additional toppings are not included in the "Nutrients per serving."

Portions: 6

Serving size: 1 large waffle

INGREDIENTS

- 2 cups cake flour
- 3/4 tsp baking soda
- 2 large eggs
- 3/4 cup sour cream
- 3/4 cup 1% low-fat milk
- 2 tsp vanilla extract
- 4 tbsps unsalted butter
- 2 tbsps granulated sugar
- 6 tbsps powdered sugar

Helpful hint

- If you are limiting carbs, change portion to half waffle and top with berries and whipped cream (30 to 35 grams carbohydrate). A half cup of berries adds 5 to 10 g of carbohydrate and 55 to 110 mg of potassium, depending on the fruit used.
- If your waffle iron does not have a nonstick coating, lightly spray with a nonstick cooking spray every few waffles to prevent them from sticking.



APPETIZER

Soft Pretzels

Recipe submitted by DaVita dietitian Kathy from Pennsylvania.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 141, Protein: 4 g, Carbohydrates: 24 g, Fat: 3 g, Cholesterol: 0 mg, Sodium: 188 mg, Potassium: 47 mg, Phosphorus: 40 mg, Calcium: 6 mg, Fiber: 0.8 g **Food choices:** 1-1/2 starch **Carbohydrate choices:** 1-1/2

PREPARATION

1. In a large bowl, dissolve yeast in warm water and let stand for 10 minutes.
2. Add canola oil and half of the flour. Stir until thoroughly mixed. Add remaining flour and knead for 5 minutes.
3. Cover dough with a clean towel and let rest for 1 hour while rising.
4. Divide dough into 24 pieces. Roll into 18-inch lengths and twist each piece into a pretzel shape. Let rise for 30 minutes.
5. Preheat the oven to 475° F.
6. Add baking soda to 6 cups of water in a large pot and bring to a boil.
7. In small batches, add pretzels to boiling water for 1 minute, then transfer to a baking sheet sprayed with nonstick cooking spray.
8. Bake for 12 minutes.
9. Serve each pretzel with 1/2 teaspoon mustard.

Portions: 24

Serving size: 1 pretzel

INGREDIENTS

- 2 cups warm water (for dough)
- 2 packages dry, active yeast
- 4 tbsp canola oil
- 5-1/2 cups all-purpose white flour
- 6 cups water (for boiling)
- 3 tbsp baking soda
- 1/4 cup yellow mustard

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SIDE DISH



Mexican Street Corn (Elote)

Recipe submitted by DaVita dietitian Nicole from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 152, Protein: 4 g, Carbohydrates: 16 g, Fat: 8 g, Cholesterol: 23 mg, Sodium: 120 mg, Potassium: 236 mg, Phosphorus: 90 mg, Calcium: 39 mg, Fiber: 2.5 g **Food choices:** 1 starch, 1 medium-potassium vegetable, 1-1/2 fat **Carbohydrate choices:** 1

PREPARATION

1. Grill the shucked ears of corn until char marks are seen on all sides. If a grill is unavailable, boil the corn for 9 to 10 minutes.
2. Spread a teaspoon of butter over each ear of corn until melted.
3. Sprinkle each ear with chili powder, then drizzle with crema fresca. Sprinkle with the Cotija cheese.
4. Cut the lime into wedges and squeeze over corn. Garnish with cilantro leaves and enjoy.

Helpful hint

- If crema fresca is unavailable, substitute 1 tablespoon buttermilk or mayonnaise mixed with 3 tablespoons of sour cream. If Cotija cheese is unavailable, substitute 4 teaspoons Parmesan cheese.

Portions: 4

Serving size: 1 ear of corn

INGREDIENTS

- 4 small ears of corn
- 4 tsp butter
- 1/4 tsp chili powder
- 1/4 cup crema fresca (Mexican sour cream)
- 4 tsp Cotija cheese (Mexican cheese)
- 1 lime
- 8 sprigs cilantro

Get No-Cost Kidney Diet Education

Learn how diet can impact your kidney health during a kidney education class available in your community.

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



Falafel

Recipe submitted by DaVita dietitian Nicole from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 278, Protein: 13 g, Carbohydrates: 43 g, Fat: 6 g, Cholesterol: 0 mg, Sodium: 239 mg, Potassium: 548 mg, Phosphorus: 170 mg, Calcium: 67 mg, Fiber: 7 g **Food choices:** 1 meat (protein), 2 starch, 1 high-potassium vegetable **Carbohydrate choices:** 3

PREPARATION

1. In a large pot, cover chickpeas in water and soak overnight at room temperature.
2. Finely chop the white onion; chop green onions, parsley and garlic.
3. Drain and rinse the chickpeas. Place in a food processor along with the green onion, white onion, parsley, garlic, lemon juice, flour, salt, coriander, cumin, black pepper and cayenne pepper.
4. Pulse until mixture reaches a coarse meal-to-paste texture. Do not over process. You may have to do this in several batches depending on the size of your food processor. Once done, blend together with a fork and remove any large pieces of chickpeas.
5. Refrigerate the falafel mixture for 2 hours.
6. Preheat oven to 400° F.
7. Spray a muffin tin with cooking spray.
8. Use a scoop or roll mixture into 24 balls; add directly into muffin tin.
9. Place in the oven and bake for 7 minutes. Remove, turn falafel over, and then bake 7 minutes longer. Serve falafel in a pita pocket or flatbread with cucumbers, lettuce, onions and garlic sauce or on top of a salad.

Portions: 8

Serving size: 3 falafel

INGREDIENTS

- 1 lb dried chickpeas
- 2 green onions
- 2 cups white onion
- 1/2 cup parsley
- 4 cloves garlic
- 1/4 cup lemon juice
- 1-1/2 tbsp flour
- 3/4 tsp salt
- 1 tsp coriander
- 1 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper

Helpful hint

- Limit to 3 falafel due to the potassium content. Chickpeas that are cooked in water or canned chickpeas are much lower in potassium, but do not work well in a falafel recipe.

ENTRÉE



Fish Tacos

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 363, Protein: 18 g, Carbohydrates: 30 g, Fat: 19 g, Cholesterol: 40 mg, Sodium: 194 mg, Potassium: 507 mg, Phosphorus: 327 mg, Calcium: 138 mg, Fiber: 4.3 g **Food choices:** 2 meat, 2 starch, 1 medium-potassium vegetable **Carbohydrate choices:** 2

PREPARATION

1. Shred cabbage, then chop onion and cilantro. Set aside. Mince garlic.
2. Place the fish fillets in a dish and squeeze lime juice from half a lime over fish. Sprinkle fillets with minced garlic, cumin, chili powder, black pepper and olive oil. Turn fillets to coat with marinade and refrigerate for 15 to 30 minutes.
3. Make salsa blanca by combining mayonnaise, sour cream, milk and juice of half a lime. Stir to combine and place in refrigerator to chill.
4. Turn oven on to broil. Cover broiler pan with foil. Broil fish until the flesh turns opaque and white and the fish flakes easily, about 10 minutes. Remove from oven, cool slightly and flake fish into large pieces.
5. Heat the corn tortillas, one by one, in a pan until soft and warm. Wrap them in a clean dish towel to keep them warm.
6. To assemble tacos, place a piece of fish on tortilla and top with salsa blanca, cabbage, red onion, cilantro and lime wedges. Add hot sauce if desired.

Portions: 6

Serving size: 2 tacos

INGREDIENTS

- 1-1/2 cups cabbage
- 1/2 cup red onion
- 1/2 bunch cilantro
- 1 garlic clove
- 2 limes
- 1 lb cod fillets
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp black pepper
- 1 tbsp olive oil
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 2 tbsp milk
- 12 corn tortillas, 6-inch size

7 STREET FOOD TIPS

Here are 7 tips to help you stick to your kidney diet while sampling street foods:

1. **Sideline the sauce.** Ask for sauces, dressings and dips on the side so you have more control over your sodium intake.
2. **Curb the cheese.** Save on sodium and phosphorus by asking for less cheese or to have it on the side.
3. **Share with a friend.** Part of the fun of street foods is sampling a variety of dishes. By sharing dishes and beverages, you can have more variety without overdoing it.
4. **Focus on fresh.** Look for items with fresh produce so you can get more nutrients and save on added sodium and phosphorus.
5. **Be curious.** Find out about ingredients, request no added salt and ask about the healthiest choices available.
6. **Customize your order.** If you get a dish that has a lot of ingredients that you should limit, make changes before you eat it. For example, remove the breading or cheese, rake off excess toppings, shake off added sugar and split the portion in half.
7. **Save up.** If you're planning a street food adventure, have lighter, lower-sodium fare for your other meals that day.

ENTRÉE



Shrimp Quesadilla

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 318, Protein: 20 g, Carbohydrates: 26 g, Fat: 15 g, Cholesterol: 118 mg, Sodium: 398 mg, Potassium: 276 mg, Phosphorus: 243 mg, Calcium: 139 mg, Fiber: 1.2 g **Food choices:** 2 meat, 1-1/2 starch, 1 medium-potassium vegetable, 1 fat

Carbohydrate choices: 2

PREPARATION

1. Peel and devein shrimp. Rinse and cut into bite-sized pieces.
2. Chop cilantro. Combine cilantro, lime juice, cumin and cayenne pepper in a zip-top bag to make marinade. Add shrimp pieces and set aside to marinate for 5 minutes.
3. Heat a skillet to medium heat and add marinated shrimp. Stir-fry 1 to 2 minutes until shrimp turns orange. Remove skillet from heat and add the sour cream. Stir until mixed with the shrimp.
4. Heat tortillas in a large skillet or microwave. Spread 2 teaspoons salsa onto each tortilla. Top with 1/2 shrimp mixture and sprinkle with 1 tablespoon cheese.
5. Fold tortilla in half, turn over in skillet to heat, then remove from pan. Repeat with second tortilla and remaining salsa, shrimp and cheese.
6. Cut each tortilla into 4 pieces. Garnish with cilantro and lime wedge when ready to serve.

Portions: 2

Serving size: 4 pieces

INGREDIENTS

- 5 oz raw shrimp
- 2 tbsp cilantro, plus more for garnish
- 1 tbsp lime juice
- 1/4 tsp ground cumin
- 1/8 tsp cayenne pepper
- 2 large flour tortillas
- 2 tbsp sour cream
- 4 tsp salsa
- 2 tbsp shredded jalapeño jack or cheddar cheese
- 2 to 4 lime wedges (for garnish)

Connect with the Kidney Diet Community

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Sign up at [DaVita.com/Forums](https://www.davita.com/forums).



ENTRÉE

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, 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. In a covered container, pour the marinade over the meat and vegetables; marinate for at least 30 minutes.
4. Load the skewers, alternating with meat and vegetables.
5. Grill kebabs over medium heat for 15 to 30 minutes, depending on how well you want your meat cooked.

Portions: 6

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

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ENTRÉE



Jamaican Jerk Chicken

Recipe submitted by DaVita dietitian Nicole from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 205, Protein: 21 g, Carbohydrates: 10 g, Fat: 9 g, Cholesterol: 104 mg, Sodium: 347 mg, Potassium: 402 mg, Phosphorus: 210 mg, Calcium: 46 mg, Fiber: 1.5 g **Food choices:** 3 meat, 1/2 low-potassium vegetable **Carbohydrate choices:** 1/2

PREPARATION

1. Coarsely chop the green and yellow onions. Peel and chop the ginger. Mince the garlic cloves. Seed and chop the hot peppers.
2. Place all ingredients, except chicken, in a food processor and process until smooth.
3. Place chicken and blended mixture in a dish or large zip-top bag. Seal and refrigerate to marinate for 3 to 24 hours.
4. Remove chicken from the container and discard remaining marinade.
5. Heat a grill on medium-high heat. Oil the grill rack, then add chicken and cook on each side for about 10 to 12 minutes. Chicken should reach 165° F before removing from the grill.

Portions: 6

Serving size: 1 chicken thigh

INGREDIENTS

- 6 medium green onions
- 1 small yellow onion
- 2 tsp fresh ginger
- 3 garlic cloves
- 2 habañero or 1 scotch bonnet chili pepper
- 2 tbsp white vinegar
- 1 tbsp soy sauce
- 1 tbsp vegetable oil
- 2 tbsp brown sugar
- 1 tsp kosher or sea salt
- 2 tsp fresh thyme
- 1 tsp ground allspice
- 1/4 tsp black pepper
- 1/4 tsp ground nutmeg
- 1/8 tsp cinnamon
- 1-1/2 lb boneless, skinless chicken thighs

9 STREET FOOD SAFETY TIPS

Minimize your risk of getting sick while trying street foods by following these 9 tips:

1. Make sure foods are fully cooked and avoid raw foods, such as oysters.
2. If possible, choose vendors that cook your food while you wait.
3. Stick with the busier places with longer lines and smaller menus, as there is faster food turnover and your food is more likely to be fresh.
4. For protein choices, select single pieces of meat such as a piece of chicken, rather than meat from a large roast.
5. Do a temperature check. Do not eat lukewarm foods that should be hot.
6. Check the water source. Filtered water is best—especially when traveling in other countries.
7. For condiments and sauces, stick with individually packaged condiments or newly filled bottles and containers.
8. Look for signs of cleanliness, including clean countertops and floors, gloves worn when handling food, hand washing and an area free of pests.
9. Look for a food permit or license and safety inspection results.

ENTRÉE



Upper Peninsula Ground Sirloin Pasties

Recipe submitted by DaVita dietitian Shelli from Michigan.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 354, Protein: 11 g, Carbohydrates: 28 g, Fat: 22 g, Cholesterol: 40 mg, Sodium: 382 mg, Potassium: 214 mg, Phosphorus: 72 mg, Calcium: 12 mg, Fiber: 0.7 g **Food choices:** 1-1/2 meat, 1-1/2 starch, 1/2 low-potassium vegetable, 2-1/2 fat

Carbohydrate choices: 2

PREPARATION

1. Preheat the oven to 375° F. Let pie crust stand at room temperature according to package directions.
2. Dice the carrot and chop the onion.
3. Brown ground sirloin in a large skillet over medium heat. Drain and set aside.
4. Place carrot in a microwave dish. Add 1 tablespoon water; cover and cook on high for 2 minutes. Add frozen corn and peas; microwave for 2 minutes. Drain.
5. To make filling, combine meat, cooked vegetables, onion, Worcestershire sauce, black pepper and thyme in a bowl.
6. On a lightly floured surface, unroll the pie crusts. Cut each pie crust into four pieces.
7. Spoon 1/4 cup of the filling onto half of each piece of pie crust. Lightly moisten pie crust edges with a small amount of egg white.
8. Fold pie crust over the filling to make a pocket. Seal edges by crimping with a fork. Cut slits in the top of the pasties. Brush the tops with egg white. Place on a large, ungreased baking sheet.
9. Bake for 15 to 20 minutes or until crust is golden brown. Cool slightly on wire racks.
10. Serve each pasty with 1 teaspoon ketchup.

Portions: 8

Serving size: 1 pasty

INGREDIENTS

- 1 package rolled, refrigerated, unbaked pie crusts (2 crusts)
- 1/4 cup carrot
- 1/4 cup onion
- 1 lb ground sirloin
- 1/4 cup frozen corn
- 1/4 cup frozen green peas
- 1 tbsp reduced-sodium Worcestershire sauce
- 1 tsp black pepper
- 1 tsp dried thyme
- 1 egg white
- 8 tsp ketchup



SANDWICH

Turkey Meatball Gyros

Recipe submitted by DaVita dietitian Jackie from Virginia.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 229, Protein: 20 g, Carbohydrates: 23 g, Fat: 7 g, Cholesterol: 68 mg, Sodium: 274 mg, Potassium: 286 mg, Phosphorus: 246 mg, Calcium: 84 mg, Fiber: 2.2 g **Food choices:** 2 meat, 1-1/2 starch **Carbohydrate choices:** 1-1/2

PREPARATION

1. Preheat the oven to 425° F.
2. Dice the cucumber. Mix it together with the Greek yogurt, garlic powder, dill, pepper and lemon juice to make tzatziki sauce. Cover and place in the refrigerator until ready to serve.
3. In a large bowl, combine the ground turkey, breadcrumbs, egg, garlic, cumin and pepper. Mix well. Using a tablespoon to measure, roll into 32 meatballs.
4. Place the meatballs on a greased cookie sheet. Bake for 10 to 15 minutes, or until browned and temperature reaches 165° F with a meat thermometer.
5. Remove meatballs from the oven and let rest 5 to 10 minutes.
6. Cut each pita in half. Spread about 2-1/2 tablespoons of the tzatziki in a pita half, add 4 of the meatballs, lettuce and 1/2 tablespoon of feta cheese. Repeat with remaining ingredients.

Portions: 8

Serving size: 1 gyro

INGREDIENTS

- 1/2 cup cucumber
- 1 cup plain, Greek nonfat yogurt
- 1/2 tsp garlic powder
- 1/2 tsp dried dill
- 1/4 tsp black pepper
- 1 tbsp lemon juice
- 1 lb ground turkey
- 1/3 cup panko breadcrumbs
- 1 large egg
- 2 garlic cloves, chopped
- 1/2 tsp ground cumin
- 1/4 tsp black pepper
- 4 whole-wheat pita breads, 6-1/2-inch diameter
- 1 cup baby lettuce mix
- 4 tbsp crumbled feta cheese

SANDWICH



Shrimp Po Boy Sandwich

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 504, Protein: 24 g, Carbohydrates: 48 g, Fat: 24 g, Cholesterol: 157 mg, Sodium: 559 mg, Potassium: 422 mg, Phosphorus: 270 mg, Calcium: 127 mg, Fiber: 2.8 g **Food choices:** 2 meat, 3 starch, 3 fat **Carbohydrate choices:** 3

PREPARATION

1. Thaw the shrimp and pat dry. Place in a small bowl and mix in the Cajun seasoning.
2. Beat the egg and divide in half. (Discard or save the unused other half.)
3. In a medium bowl, combine the flour, baking powder, pepper, egg and beer. Whisk together until batter is smooth. Stir shrimp into the batter and mix to coat.
4. Heat the cooking oil in a fryer or skillet to 375° F. Using tongs, dip each shrimp, one at a time, into the oil. Cook until golden brown, approximately 4 to 5 minutes. Remove shrimp and drain on paper towels.
5. Shred the lettuce. Slice the tomato into thin slices and chop the pickles.
6. Cut the French baguette in half to make two 6-inch sandwiches. Slice each half open and spread mayonnaise on the top piece. Place half of the lettuce, tomato and pickle on each bottom piece and top with half the shrimp. Sprinkle with Tabasco pepper sauce, if desired, before topping with baguette.

Helpful hint

- Compare labels on French baguettes to pick the lowest-sodium choices.
- Using cooked frozen shrimp makes the recipe quicker to prepare. Look for peeled, deveined shrimp with the tail removed.

Portions: 2

Serving size: 1 sandwich

INGREDIENTS

- 4 oz frozen, cooked shrimp
- 1 tsp Salt-free Cajun Seasoning (recipe available on DaVita.com)
- 1/2 large egg
- 3 tbsp all-purpose flour
- 1/4 tsp baking powder
- 1/4 tsp black pepper
- 1/4 cup beer
- 4 cups canola oil
- 4 tsp mayonnaise
- 1 cup iceberg lettuce
- 1 small Roma tomato
- 1 oz low-sodium sweet pickles (optional)
- 1 French baguette, 12-inch
- 1/2 tsp Tabasco® pepper sauce (optional)

HOW TO FIND FOOD TRUCKS AND STREET FOODS

- **Mobile apps**—Food truck apps, complete with menus and maps, are available to help you keep up with what's going on in your area. Download free apps such as Yelp, Urbanspoon and TripAdvisor to get started.
- **Street food guide books**—Before traveling, pick up a guide book on the area you're visiting and check out local visitor guides when you get to your destination. Both typically include dining info.
- **Social media**—Do a search for “street foods” and “food trucks” on social media sites such as YouTube, Facebook, Instagram and Twitter to find out what's happening in your area.
- **Word of mouth**—Ask around. Your foodie friends may be the best source on where to go and have their own experiences to share.

STREET FOOD ORIGINS

The recipes in this cookbook were inspired by traditional dishes from countries around the world. See where your favorite street food comes from.



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SANDWICH



Grilled Onion and Pepper Jack Cheese Sandwich

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 350, Protein: 13 g, Carbohydrates: 34 g, Fat: 18 g, Cholesterol: 46 mg, Sodium: 589 mg, Potassium: 184 mg, Phosphorus: 226 mg, Calcium: 275 mg, Fiber: 4.8 g **Food choices:** 1 meat, 2 starch, 1/2 low-potassium vegetable, 2 fat **Carbohydrate choices:** 2

PREPARATION

1. Set butter out to soften. Thinly slice the onion half.
2. Heat the olive oil in a skillet over medium-high heat. Add the onion slices and stir continuously until cooked and soft. Remove the onions from skillet and set aside.
3. Spread 1 tablespoon of whipped cream cheese on 2 of the bread slices, then add half of the grilled onions and cheese. Top with other bread slices.
4. Spread the butter on outside of bread slices. Grill the sandwich in a hot skillet until bread is toasted and cheese melts, turning once. Cover skillet with a lid while grilling the sandwich.

Helpful hint

- Pre-sliced cheese is usually available in 1-ounce or 3/4-ounce slices. Use 1-1/4 slices on each sandwich if slices are 3/4-ounce each.

Portions: 2

Serving size: 1 sandwich

INGREDIENTS

- 2 tsp unsalted butter
- 1/2 medium onion
- 1 tsp olive oil
- 2 tbsp whipped cream cheese
- 2 oz pepper jack cheese
- 4 slices rye bread



DESSERT

Filipino Banana Rolls (Turan)

Recipe submitted by DaVita dietitian Tracy from California.

Diet types: CKD non-dialysis, dialysis

Nutrients per serving: Calories: 243, Protein: 4 g, Carbohydrates: 41 g, Fat: 7 g, Cholesterol: 11 mg, Sodium: 60 mg, Potassium: 182 mg, Phosphorus: 29 mg, Calcium: 18 mg, Fiber: 1.7 g **Food choices:** 1 starch, 1 medium-potassium fruit, 1 fat, 1/2 high-calorie **Carbohydrate choices:** 3

PREPARATION

1. Peel and cut each banana into 3 pieces.
2. Roll banana pieces in sugar to coat.
3. Roll up sugared bananas in lumpia wrappers. Fold over the corners of wrapper and press down firmly to seal.
4. Brush with beaten egg to seal edges of wrappers.
5. Heat oil in a wok or fryer to 350 to 375° F.
6. Place 4 rolls in the hot oil, frying until crisp and golden (approx. 5 to 7 minutes).
7. Remove rolls with a spatula or tongs and place on paper towels to drain. Fry remaining banana rolls.
8. Sprinkle with powdered sugar or serve with caramel sauce if desired. Serve hot.

Helpful hint

- Bananas are high in potassium. By limiting to 1/3 banana per serving, this dessert is acceptable for a low-potassium diet.

Portions: 8

Serving size: 1 roll

INGREDIENTS

- 8 lumpia wrappers (look in the freezer or refrigerated section)
- 3 medium, ripe bananas
- 1/2 cup brown sugar
- 1 large egg
- 3 cups canola oil
- 1 tbsp powdered sugar (optional)

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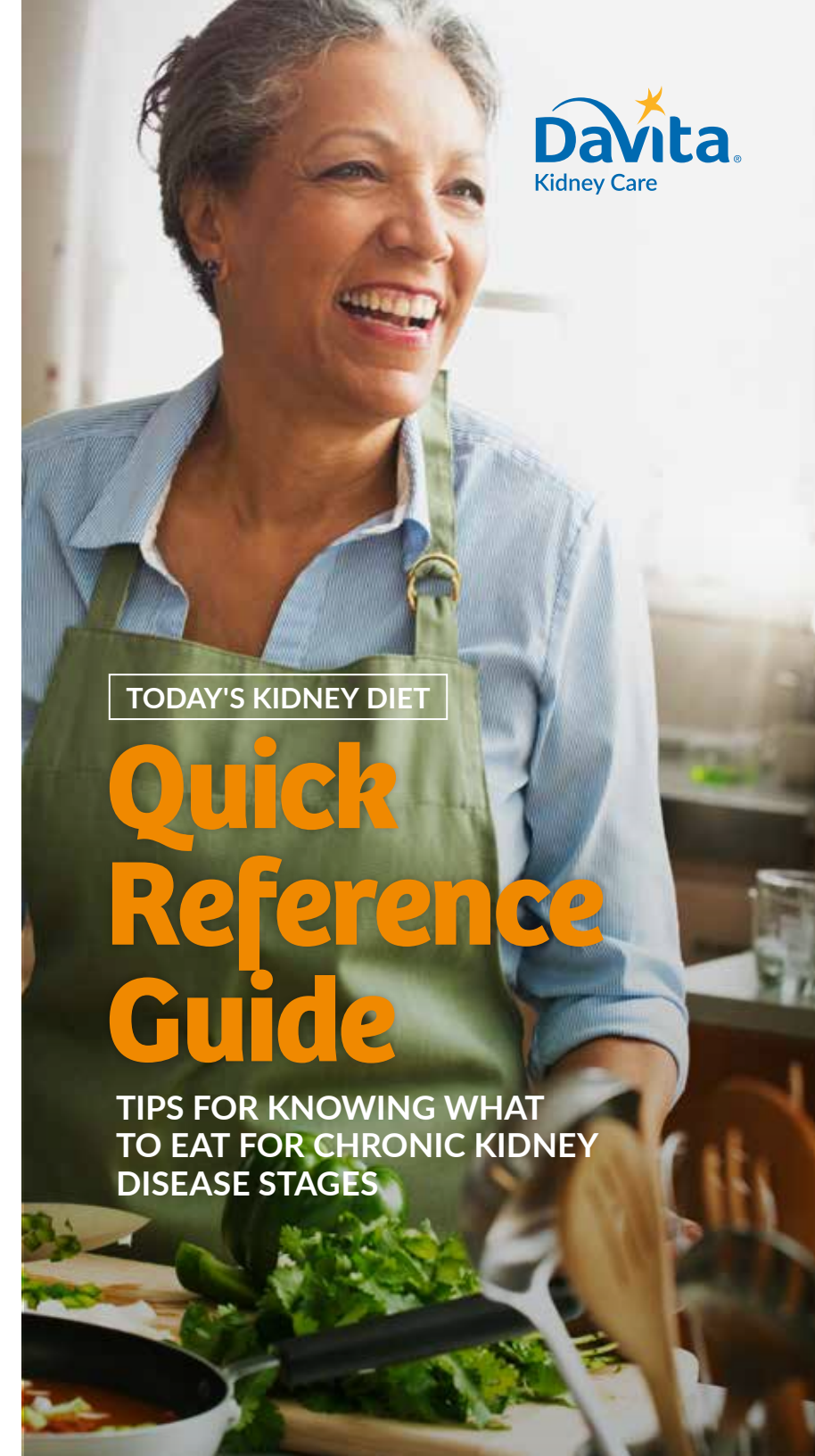
Do you know what to eat when you have chronic kidney disease (CKD)? We've created this guide to help you with your kidney diet. Keep in mind that recommendations vary depending on your CKD stage, type of dialysis treatment, body size, nutritional status and blood test results.

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



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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.

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