

TODAY'S KIDNEY DIET

# Best Breakfast Recipes



# Today's Kidney Diet

Dear Reader,

Rise and shine! Start your day off with a healthy, balanced breakfast with our latest Today's Kidney Diet cookbook, **Best Breakfast Recipes**. The meals found here can help you feel energized and help keep your blood sugar level stable all day long.

Whether you're on the go and want "An Apple a Day" Muffin or Egg and Sausage Breakfast Sandwich, or prefer to savor your meal with a Breakfast Casserole or a Mushroom and Red Pepper Omelet, we have a recipe for you.

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 special sections on navigating phosphorus in breakfast foods, the latest guidelines on eggs, breakfast sodium busters and more. Plus, our Today's Kidney Diet: Quick Reference Guide\* (see insert in back) will help you choose the right foods for your stage of chronic kidney disease (CKD).

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

Happy mornings!

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.





## “An Apple a Day” Muffins

Recipe submitted by DaVita dietitian Sarah from Ohio.

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

**Nutrients per serving:** Calories: 162, Protein: 3 g, Carbohydrates: 15 g, Fat: 10 g, Cholesterol: 35 mg, Sodium: 117 mg, Potassium: 46 mg, Phosphorus: 34 mg, Calcium: 10 mg, Fiber: 0.8 g **Food choices:** 1 starch, 2 fat **Carbohydrate choices:** 1

### PREPARATION

1. Preheat oven to 400° F. Place the muffin papers in muffin pan. Peel and cut apples into small pieces.
2. Beat the eggs in a large bowl. Add the sugar, oil and water; mix well. Add the vanilla.
3. In a separate bowl, combine the flour, baking soda and 1 teaspoon of the cinnamon.
4. Stir flour mixture into the egg mixture. Batter will be lumpy. Fold in the apple pieces.
5. Fill muffin cups 3/4 full. Mix the remaining 1/2 teaspoon cinnamon with 1 teaspoon sugar. Sprinkle on top of muffins.
6. Bake for 20 minutes or until lightly browned.

**Portions:** 12  
**Serving size:** 1

### INGREDIENTS

- 12 muffin papers
- 2 medium apples
- 2 large eggs
- 1 cup sugar
- 1/2 cup canola oil
- 1/4 cup water
- 1 tbsp vanilla
- 1-1/2 cups all-purpose flour
- 1 tsp baking soda
- 1-1/2 tsp cinnamon

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## Protein Booster Blueberry Muffins

Recipe submitted by DaVita dietitian Linda from West Virginia.

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

**Nutrients per serving:** Calories: 250, Protein: 10 g, Carbohydrates: 30 g, Fat: 10 g, Cholesterol: 31 mg, Sodium: 178 mg, Potassium: 136 mg, Phosphorus: 85 mg, Calcium: 55 mg, Fiber: 1.3 g **Food choices:** 1 meat, 1 starch, 1 fat, 1 high-calorie **Carbohydrate choices:** 2

### PREPARATION

1. Preheat oven to 350° F. Grease muffin pan or fill with muffin liners.
2. In a large bowl, mix oats with the yogurt. Add oil, water, brown sugar and egg; mix well.
3. In a separate bowl, combine flour, protein powder, salt, baking soda and cream of tartar.
4. Mix the dry ingredients into wet ingredients. Add blueberries and mix well.
5. Fill the muffin cups 2/3 full with batter. Bake for 20 to 25 minutes or until firm to the touch.

**Portions:** 12  
**Serving size:** 1 muffin

### INGREDIENTS

- 1 cup rolled oats
- 1 cup plain nonfat Greek yogurt
- 1/2 cup olive oil
- 1/4 cup water
- 3/4 cup brown sugar
- 1 large egg
- 1 cup all-purpose flour
- 1-1/3 cups whey protein powder
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp cream of tartar
- 1 cup blueberries

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## Country Soda Biscuits

Recipe submitted by the DaVita dietitian team.

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

**Nutrients per serving:** Calories: 125, Protein: 3 g, Carbohydrates: 17 g, Fat: 5 g, Cholesterol: 13 mg, Sodium: 131 mg, Potassium: 47 mg, Phosphorus: 38 mg, Calcium: 22 mg, Fiber: 0.5 g **Food choices:** 1 starch, 1 fat **Carbohydrate choices:** 1

### PREPARATION

1. Preheat the oven to 475° F.
2. Stir the baking soda into the buttermilk.
3. Sift the flour. Combine flour and salt in a bowl. Cut in chilled butter until mixture resembles coarse meal.
4. Sprinkle the buttermilk over flour mixture and stir until dry ingredients are moistened and dough is formed.
5. Knead the dough on a floured surface 6 times. Roll dough out to 1/2-inch thickness. Using a 2-inch biscuit cutter, cut out 12 biscuits.
6. Bake on a greased baking sheet for 10 to 12 minutes, until browned.

**Portions:** 12  
**Serving size:** 1 biscuit

### INGREDIENTS

- 1/2 tsp baking soda
- 3/4 cup buttermilk
- 2 cups all-purpose white flour
- 1/4 tsp salt
- 5 tbsp unsalted butter

### Read Kidney Diet Tips

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

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





# Avocado Toast with Egg

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

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

**Nutrients per serving:** Calories: 225, Protein: 12 g, Carbohydrates: 15 g, Fat: 13 g, Cholesterol: 194 mg, Sodium: 404 mg, Potassium: 311 mg, Phosphorus: 209 mg, Calcium: 107 mg, Fiber: 4.3 g **Food choices:** 1 meat, 1 starch, 1 fat **Carbohydrate choices:** 1

## PREPARATION

1. Toast the bread slices. Chop the parsley and set aside.
2. Remove half an avocado from the skin and mash it with a fork. Combine with lime juice and salt. Spread mashed avocado onto toast.
3. Spray a skillet with cooking spray and heat over medium heat. Crack the eggs into the skillet and cook to desired doneness. Slide eggs from the skillet onto the top of each toast.
4. Top each egg with 1 tablespoon feta cheese, chopped parsley and ground black pepper.

**Portions:** 2

**Serving size:** 1 toast

## INGREDIENTS

- 2 slices whole grain bread
- 1 tbsp parsley
- 1/2 medium avocado
- 1 tbsp lime juice
- 1/8 tsp salt
- 2 large eggs
- 2 tbsp crumbled feta cheese
- 1/8 tsp ground black pepper

### Helpful hints

Avocados are high in potassium. By limiting the amount to approximately 1/4 cup, many people can still include it on a kidney diet when potassium levels are controlled. Ask your dietitian for individual guidance.

## MAKE YOUR OWN KIDNEY-FRIENDLY OMELET BAR

Omelets are a great way to get high-quality protein, plus veggies, for breakfast. Create your own from these kidney-friendly ingredients.

### Eggs

- Eggs, egg whites, low-cholesterol egg product (look for brands that do not contain phosphate additives)

### Meats

- Reduced-sodium bacon
- Sausage (use our kidney-friendly recipe on page 15)
- Ham (1/2 ounce)

### Vegetables

- Mushrooms
- Onion
- Peppers: bell pepper, fresh jalapenos, roasted red peppers
- Raw spinach

### Cheese

- Cream cheese, feta, goat cheese (1 ounce per serving)
- Natural cheese, such as cheddar or Swiss (1/2 ounce per serving)

### Seasonings

- Salt-free herb seasoning blends
- Hot sauce
- Reduced-sodium Worcestershire sauce
- Fresh salsa (1 tablespoon)
- Fresh herbs

## AN EGG-CELLENT BREAKFAST

### The latest guidelines on eggs and cholesterol

- The 2015 Dietary Guidelines for Americans no longer includes a limit on dietary cholesterol.<sup>1</sup>
- Research suggests there is minimal connection between cholesterol from diet and blood cholesterol levels.<sup>1</sup>
- Eggs are an inexpensive source of high-quality protein.
- Eggs are quick and easy to prepare, for any meal or for a snack.
- Eggs contain 13 essential vitamins and minerals.
- Eggs contain the antioxidants lutein and zeaxanthin.
- Egg whites are one of the lowest-phosphorus high-quality protein sources.

1. US Department of Health and Human Services and US Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. Pg 51-52. <http://health.gov/dietaryguidelines/2015/guidelines/>. Published December 2015. Accessed November 25, 2017.





## Mushroom and Red Pepper Omelet

Recipe submitted by DaVita dietitian Sara from California.

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

**Nutrients per serving:** Calories: 200, Protein: 11 g, Carbohydrates: 4 g, Fat: 15 g, Cholesterol: 340 mg, Sodium: 276 mg, Potassium: 228 mg, Phosphorus: 167 mg, Calcium: 55 mg, Fiber: 0.6 g **Food choices:** 1-1/2 meat, 2 fat, 1/2 medium-potassium vegetable **Carbohydrate choices:** 0

### PREPARATION

1. Dice the mushrooms, onion and red peppers.
2. Melt 1 teaspoon of the butter in a skillet over medium heat. Add the mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.
3. Melt the remaining teaspoon of butter in the skillet. Beat the eggs with Worcestershire sauce and cook over medium heat. Cook the omelet evenly by shaking the pan and gently lifting edges to allow uncooked egg to run underneath cooked egg.
4. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.
5. Remove the skillet from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

**Portions:** 2

**Serving size:** 1/2 omelet

### INGREDIENTS

- 1/2 cup raw mushroom pieces
- 2 tbsp onion
- 1/4 cup canned sweet red peppers
- 2 tsp butter
- 3 large eggs
- 1 tsp Worcestershire sauce
- 2 tbsp whipped cream cheese
- 1/4 tsp black pepper





## Breakfast Casserole

Recipe submitted by DaVita dietitian Nancy from Virginia.

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

**Nutrients per serving:** Calories: 224, Protein: 11 g, Carbohydrates: 9 g, Fat: 16 g, Cholesterol: 149 mg, Sodium: 356 mg, Potassium: 200 mg, Phosphorus: 159 mg, Calcium: 97 mg, Fiber: 0.4 g **Food choices:** 1-1/2 meat, 1/2 starch, 2 fat **Carbohydrate choices:** 1/2

### PREPARATION

1. Preheat the oven to 325 F°.
2. Crumble the sausage and cook in a medium skillet; set aside.
3. Place remaining ingredients, except bread, in a blender and process until smooth.
4. Once sausage is cooled, add it to the egg mixture.
5. Cut the bread slices into cubes then place pieces into a greased 9" x 9" casserole dish. Pour the egg and sausage mixture over bread.
6. Bake for 55 minutes or until set. Cut into 9 portions and serve.

**Portions:** 9

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

### INGREDIENTS

- 8 oz reduced-fat pork sausage
- 8 oz cream cheese
- 1 cup 1% low-fat milk
- 5 large eggs
- 1/2 tsp dry mustard
- 1 tsp dried onion flakes
- 4 slices bread

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## Asparagus and Cheese Crepe Rolls with Parsley

Recipe submitted by DaVita dietitian Elizabeth from Germany.

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

**Nutrients per serving:** Calories: 305, Protein: 10 g, Carbohydrates: 16 g, Fat: 24 g, Cholesterol: 114 mg, Sodium: 247 mg, Potassium: 357 mg, Phosphorus: 142 mg, Calcium: 96 mg, Fiber: 2.9 g **Food choices:** 1/2 meat, 1/2 milk, 1 medium-potassium vegetable, 4 fat **Carbohydrate choices:** 1

### PREPARATION

1. Steam the asparagus for 6 to 8 minutes.
2. Soften cream cheese, then puree with the parsley, lemon juice and pepper to make a green cream sauce. Season to taste. Set aside.
3. To make the crepes, combine the flour, water, cream, egg, egg white and 2 tablespoons of the melted butter; whisk to make a smooth batter.
4. Melt 1/2 tablespoon butter in a pan (8- to 10-inch crepe or sauté pan). Add 1/3 cup of crepe batter and turn pan to spread batter. Cook until batter is bubbly and the edges begin to brown. Turn and cook briefly on the other side. Cool on a plate. Repeat with remaining butter and batter to make 4 crepes.
5. Spread cream cheese filling onto crepes. Distribute the asparagus spears evenly at end of each crepe and firmly roll up into rolls.
6. Wrap in foil and let cool in the refrigerator for one hour. Cut chilled crepes into 4 pieces with a sharp knife before serving.

**Portions:** 4

**Serving size:** 1 crepe

### INGREDIENTS

- 12 asparagus spears
- 4 oz cream cheese
- 1 bundle parsley
- 1 tsp lemon juice
- 1/2 tsp black pepper
- 1/3 cup all-purpose flour
- 1/2 cup water
- 1/4 cup cream
- 1 egg
- 2 egg whites
- 4 tbsp butter





## Cottage Cheese Sour Cream Pancakes

Recipe submitted by DaVita dietitian Joyce from Michigan.

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

**Nutrients per serving:** Calories: 165, Protein: 8 g, Carbohydrates: 13 g, Fat: 9 g, Cholesterol: 123 mg, Sodium: 150 mg, Potassium: 111 mg, Phosphorus: 134 mg, Calcium: 64 mg, Fiber: 0.4 g **Food choices:** 1 meat, 1 starch, 1 fat **Carbohydrate choices:** 1

### PREPARATION

1. Beat the eggs slightly. Add the cottage cheese, sour cream and salt.
2. Mix until blended.
3. Gradually fold in the flour.
4. Pour 1/4 cup of batter onto a hot-oiled pan or non-stick griddle. Repeat with remaining batter.
5. Cook until pancakes are dry and brown around the edges. Flip and brown the other side.

**Portions:** 4

**Serving size:** two 4-inch pancakes

### INGREDIENTS

- 2 large eggs
- 1/2 cup small-curd cottage cheese
- 1/2 cup sour cream
- 1/8 tsp salt
- 1/2 cup all-purpose flour

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# Super Simple Baked Pancake

Recipe submitted by DaVita dietitian Peggy from Missouri.

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

**Nutrients per serving:** Calories: 190, Protein: 8 g, Carbohydrates: 27 g, Fat: 5 g, Cholesterol: 115 mg, Sodium: 206 mg, Potassium: 157 mg, Phosphorus: 135 mg, Calcium: 90 mg, Fiber: 0.9 g **Food choices:** 1/2 meat, 2 starch, 1 fat **Carbohydrate choices:** 2

## PREPARATION

1. Preheat the oven to 450° F.
2. Beat the eggs and milk in a medium bowl with a wire whisk or electric mixer on medium setting.
3. Beat in the flour, salt and nutmeg until blended (tiny lumps of flour left in the batter are OK).
4. Pour the oil into a 9-inch ovenproof skillet or pie pan and place in preheated oven for 5 minutes to heat oil.
5. Carefully pour the batter into the skillet and bake uncovered for 18 to 20 minutes. (Avoid opening the oven door until pancake is puffed up and crisp around the edges. Middle will be golden brown when cooked.)
6. Cut the pancake into 4 wedges and serve with syrup or fruit spread.

**Portions:** 4

**Serving size:** 1 wedge (1/4 recipe)

## INGREDIENTS

- 2 large eggs
- 1/2 cup milk
- 1/2 cup all-purpose white flour
- 1/4 tsp salt
- 1/8 tsp nutmeg
- 1 tbsp canola oil

## BREAKFAST SODIUM BUSTERS

### Watch out for the sodium content in popular breakfast meats.

- Most breakfast meats are cured or salted, making them high in sodium. Choose beef steak or fresh pork for a lower-sodium option.
- Limiting your portions can help you avoid sodium overload. Read labels and look for the lowest-sodium brands and the lowest amount of sodium per serving.

**Bacon**, (pork, cured) 1 slice: 193 mg, 1 ounce: 477 mg  
**Bacon**, (pork, uncured) 1 slice: 140 mg, 1 ounce: 546 mg  
**Bacon**, (turkey) 1 slice: 135 mg, 1 ounce: 273 mg  
**Bacon lower-sodium**, 1 slice: 80-122 mg, 1 ounce: 324 mg  
**Canadian bacon**, 1 ounce: 212 mg  
**Chorizo**, 1 ounce: 350 mg  
**Ham**, 1 ounce: 425 mg  
**Lox**, 1 ounce: 567 mg  
**Sausage patty**, 1 ounce: 232 mg  
**Sausage link**, 1 ounce: 263 mg

### Know the sodium content of popular condiments and seasonings.

- Seasonings add flavor, but can also add sodium. Pick low-sodium or salt-free seasonings and be aware of the amount you add to your food.
- Some sodium-free seasonings include: salt-free herb seasoning blends, fresh and dried herbs, spices, lemon or lime and flavored oils.

**Salt**, 1/8 teaspoon: 290 mg  
**Hot sauce**, 1 teaspoon: 35-150 mg  
**Ketchup**, 1 tablespoon: 160 mg  
**Salsa**, 1 tablespoon: 45-115 mg  
**Steak sauce**, 1 tablespoon: 200-280 mg  
**Worcestershire sauce**, 1 tablespoon: 60-180 mg



## Egg and Sausage Breakfast Sandwich

Recipe submitted by DaVita dietitian Sara from California.

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

**Nutrients per serving:** Calories: 253, Protein: 17 g, Carbohydrates: 26 g, Fat: 9 g, Cholesterol: 32 mg, Sodium: 590 mg, Potassium: 218 mg, Phosphorus: 158 mg, Calcium: 174 mg, Fiber: 2.0 g **Food choices:** 2 meat, 2 starch **Carbohydrate choices:** 2

### PREPARATION

1. In a small skillet, sprayed with nonstick cooking spray, pour in the egg product and cook over medium-low heat. When the egg appears almost cooked through, turn over with a spatula and cook an additional 30 seconds.
2. Toast the English muffin.
3. Place the turkey sausage patty on a plate, cover with a paper towel and cook in the microwave for 1 minute or the time recommended on the package.
4. Assemble cooked egg on the English muffin (fold to fit muffin). Top egg with the sausage patty, cheese and the muffin top.

**Portions:** 1

**Serving size:** 1 sandwich

### INGREDIENTS

- 1/4 cup liquid low-cholesterol egg product
- 1 English muffin
- 1 turkey sausage patty
- 1 tbsp shredded natural sharp cheddar cheese

#### *Helpful hints*

Check labels and choose the lowest-sodium sausage or try the Homemade Pan Sausage recipe on page 15.





## Homemade Pan Sausage

Recipe submitted by DaVita dietitian Beverly from Georgia.

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

**Nutrients per serving:** Calories: 133, Protein: 11 g, Carbohydrates: 2 g, Fat: 9 g, Cholesterol: 40 mg, Sodium: 31 mg, Potassium: 171 mg, Phosphorus: 98 mg, Calcium: 18 mg, Fiber: 0.3 g **Food choices:** 1-1/2 meat, 1 fat **Carbohydrate choices:** 0

### PREPARATION

1. In a large bowl, mix all ingredients together.
2. Divide mixture into 8 equal portions and form into individual patties.
3. Spray a pan with non-stick cooking spray and heat over medium-high heat. Add sausage patties to pan and cook until browned, about 3 to 5 minutes on each side. Extra patties may be wrapped and frozen for later.

**Portions:** 8

**Serving size:** 1-1/2 ounces cooked patty

### INGREDIENTS

- 1 lb ground pork
- 2 tsp ground sage
- 2 tsp sugar or sugar substitute
- 1 tsp dried crushed basil
- 1-1/2 tsp black pepper
- 1/2 tsp fennel seeds
- 1/4 tsp ground red pepper

## BAGEL AND DOUGHNUT SHOP TIPS

- Skip the chocolate and nuts when choosing doughnuts and pastries to help limit phosphorus.
- Select smaller muffins and bagels, or eat half and save the rest for later.
- Toast options include multigrain, rye, sourdough, white and whole wheat. Breads with whole grains add fiber and are acceptable in today's kidney diet.
- Choose raised doughnuts rather than cake doughnuts, which are higher in sodium and phosphorus.
- Best breakfast bread choices:
  - 1 mini or small bagel, or 1/2 large bagel
  - 1 raised glazed doughnut or small cinnamon roll
  - 1 regular or 1/2 large blueberry, poppy seed or plain muffin
  - 1 small croissant or Danish

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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.



# Great Way to Start Your Day Bagel

Recipe from DaVita patient Gretchen and submitted by DaVita dietitian Arlene from California.

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

**Nutrients per serving:** Calories: 134, Protein: 5 g, Carbohydrates: 19 g, Fat: 6 g, Cholesterol: 15 mg, Sodium: 219 mg, Potassium: 162 mg, Phosphorus: 50 mg, Calcium: 9 mg, Fiber: 1.6 g **Food choices:** 1 starch, 1/2 medium-potassium vegetable, 1 fat **Carbohydrate choices:** 1

## PREPARATION

1. Slice the bagel and toast until golden brown.
2. Spread the cream cheese over each bagel half. Place onion slice and tomato slice on top of each bagel half and sprinkle with lemon pepper.

**Portions:** 2

**Serving size:** 1/2 bagel with toppings

## INGREDIENTS

- 1 bagel, 2 ounce size
- 2 tbsp cream cheese
- 2 tomato slices, 1/4" thick
- 2 red onion slices
- 1 tsp salt-free lemon pepper seasoning

## YOUR GUIDE TO LIMITING PHOSPHORUS IN BREAKFAST FOODS

### Phosphorus and the Kidney Diet

Phosphorus is an essential mineral that helps form strong bones and teeth, and creates energy. But for people with kidney disease, too much phosphorus can be harmful.

Unhealthy kidneys are no longer able to remove phosphorus from the blood or get rid of the excess in urine, which can lead to bone and heart problems.

Phosphorus is found in many foods. Work with a dietitian to help you manage your intake and use the following guidelines when choosing breakfast foods.

### Cheese

- Add cream cheese, feta or soft goat cheese to your omelet to keep phosphorus low.
- Select strong-flavored cheese such as extra-sharp cheddar cheese, and use less.
- Limit hard cheeses to 1-2 tablespoons per serving.

### Biscuits, Pancakes and Waffles

- Instead of canned, boxed, frozen and fast-food biscuits, cook our Country Soda Biscuits (page 5), which have no phosphate additives or baking powder, and have only 30 mg phosphorus per biscuit.

### Eggs and Egg Product

- One large egg contains 99 mg phosphorus—90 mg in the yolk and 9 mg in the egg white. Reduce phosphorus by using one yolk for a two-egg omelet or scrambled egg breakfast.
- For low-cholesterol egg products, look for brands without phosphate additives.

### Milk

- Limit milk to 1/2 cup daily or use a milk alternative such as unenriched rice milk, almond milk and soy milk. Select brands without phosphate additives. Look for "unenriched" on the label. Check ingredients and avoid liquid nondairy creamers and half & half brands with phosphate additives.

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## Breakfast Burrito

Recipe submitted by DaVita dietitian Sara from California.

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

**Nutrients per serving:** Calories: 366, Protein: 18 g, Carbohydrates: 33 g, Fat: 18 g, Cholesterol: 372 mg, Sodium: 594 mg, Potassium: 245 mg, Phosphorus: 300 mg, Calcium: 117 mg, Fiber: 2.5 g **Food choices:** 2 meat, 2 starch, 1/2 low-potassium vegetable, 1 fat **Carbohydrate choices:** 2

### PREPARATION

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. In a bowl, beat the eggs with green chiles, cumin and hot sauce. Pour eggs into the skillet and cook 1 to 2 minutes until eggs are done.
3. Heat tortillas for 20 seconds in the microwave or in a separate skillet over medium heat. Place half the egg mixture on each tortilla and roll up into a burrito.

**Portions:** 2  
**Serving size:** 1 burrito

### INGREDIENTS

- 4 large eggs
- 3 tbsp diced green chiles
- 1/4 tsp ground cumin
- 1/2 tsp hot pepper sauce
- 2 large flour tortillas

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## Quick and Easy Apple Oatmeal Custard

Recipe submitted by DaVita dietitian Maryann from Virginia.

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

**Nutrients per serving:** Calories: 248, Protein: 11 g, Carbohydrates: 33 g, Fat: 8 g, Cholesterol: 186 mg, Sodium: 164 mg, Potassium: 362 mg, Phosphorus: 240 mg, Calcium: 154 mg, Fiber: 5.8 g

**Food choices:** 1 meat, 1 starch, 1 milk alternative, 1 low-potassium fruit

**Carbohydrate choices:** 2

### PREPARATION

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

**Portions:** 1

**Serving size:** 1-1/4 cups

### INGREDIENTS

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



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

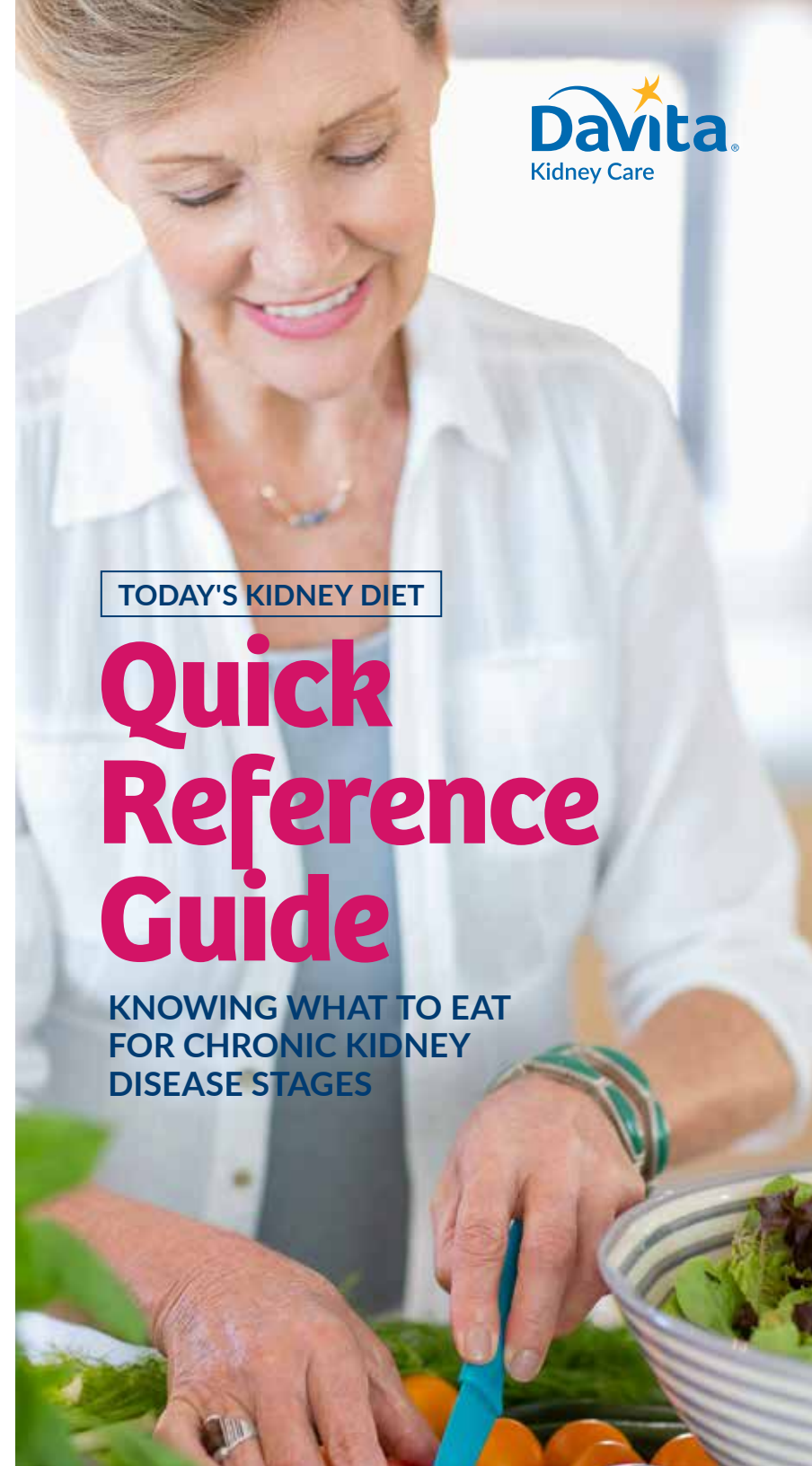
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TODAY'S KIDNEY DIET

# 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.

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