



# Today's **Kidney Diet**

Fall Favorites

*DaVita*

# Today's **Kidney Diet**

Dear Reader,

As temperatures drop and leaves fall, the Today's Kidney Diet: Fall Favorites cookbook showcases the season's best flavors and puts a kidney-friendly spin on classic comfort foods. Dig into Slow Rotisserie-Style Chicken and Warm Bread Pudding, and feast on fall produce with dishes such as Roasted Cauliflower with Rosemary or Cranberry and Roasted Garlic Risotto.

When you plan your fall menus with the 16 recipes in this cookbook, feel assured that the focus on lower sodium, potassium and phosphorus as well as high-quality protein will help keep you nourished and on track with your kidney diet.

Inside you'll also find out about the 25 percent recipe modification rule, learn salt-saving tips and uncover which spices pair best with the autumn harvest. Plus, our Today's Kidney Diet: Quick Reference Guide\* (see insert in back) will help you choose the best foods for your stage of chronic kidney disease (CKD).

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

Happy cooking!  
Your DaVita Care Team



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\* 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. Consult your dietitian or physician for the specific diet that is right for you.  
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# Deviled Eggs

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

**Portions: 2**      **Serving size: 2 halves**

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

**Nutrients per serving:** Calories: 137, Protein: 6 g, Carbohydrates: 1 g, Fat: 11 g, Cholesterol: 353 mg, Sodium: 176 mg, Potassium: 66 mg, Phosphorus: 94 mg, Calcium: 34 mg, Fiber: 0.3 g **Food choices:** 1 meat, 1 fat  
**Carbohydrate choices:** 0

## Ingredients

- 2 large eggs
- 2 teaspoons canned pimento
- 1/2 teaspoon dry mustard
- 2 tablespoons mayonnaise
- 1/2 teaspoon black pepper
- 1/8 teaspoon paprika

## Preparation

1. Hard boil the eggs. Drain and cool.
2. Peel the eggs, then cut lengthwise and remove yolk.
3. Dice pimento and mix with yolk, dry mustard, mayonnaise and black pepper.
4. Place mixture inside egg whites in equal parts.
5. Sprinkle eggs with paprika.

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# Egg in a Hole

Recipe submitted by the **DaVita** dietitian Colleen from Texas.

**Portions: 1**

**Serving size: 1**

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

**Nutrients per serving:** Calories: 159, Protein: 9 g, Carbohydrates: 15 g, Fat: 7 g, Cholesterol: 213 mg, Sodium: 266 mg, Potassium: 122 mg, Phosphorus: 137 mg, Calcium: 85 mg, Fiber: 0.8 g

**Food choices:** 1 meat, 1 starch

**Carbohydrate choices:** 1

## Ingredients

- 1 large egg
- 1 slice white bread
- Olive oil cooking spray
- 1/4 teaspoon Mrs. Dash lemon pepper seasoning blend
- 1 teaspoon grated Parmesan cheese
- 1 medium strawberry

## Preparation

1. Use a biscuit or cookie cutter to cut the center out of the slice of bread to toast.
2. Spray both sides of bread and center cut out with olive oil spray.
3. Heat a medium skillet and place both pieces of the cut bread in skillet. Break egg into center hole of cut out portion. Season with lemon pepper.
4. Cook for 1 to 2 minutes and flip over to cook other side. Also, flip the cut out bread circle to toast on each side.
5. Sprinkle egg with Parmesan cheese.
6. Serve with a fresh strawberry as garnish.

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# Turkey Waldorf Salad

Recipe created by DaVita dietitian Denise from Virginia.

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

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

**Nutrients per serving:** Calories: 200, Protein: 17 g, Carbohydrates: 8 g, Fat: 11 g, Cholesterol: 60 mg, Sodium 128 mg, Potassium: 296 mg, Phosphorus: 136 mg, Calcium: 26 mg, Fiber: 1.9 g **Food choices:** 2 meat, 1/2 low-potassium fruit, 1/2 low-potassium vegetable **Carbohydrate choices:** 1/2

## Ingredients

- 12 ounces unsalted turkey breast, cooked
- 3 cups red apple
- 1 cup celery
- 1/2 cup onion
- 1/4 cup mayonnaise
- 2 tablespoons apple juice

## Preparation

1. Cut turkey into cubes. Dice celery and apple; finely chop onion.
2. In a medium bowl combine turkey, apple, celery and onion.
3. Add mayonnaise and apple juice. Stir together until well mixed.
4. Chill until ready to serve.

## Modify Recipes with the 25 Percent Rule

With the 25 percent rule, you can make almost any recipe kidney-friendly. Simply reduce ingredients high in sodium, potassium and phosphorus to 25 percent or 1/4 of the amount in the original recipe.

For example, if a soup recipe that feeds eight people calls for 1 teaspoon of salt, try using only 1/4 teaspoon. You'll reduce the sodium by nearly 1,600 milligrams, which means each serving would include approximately 130 milligrams of salt. That amount still adds enough flavor to take the recipe from bland to yummy.

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# Cranberry and Roasted Garlic Risotto

Recipe submitted by DaVita dietitian Jennifer from New Jersey.

**Portions:** 4     **Serving size:** 3/4 cup

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

**Nutrients per serving:** Calories: 267, Protein: 8 g, Carbohydrates: 43 g, Fat: 7 g, Cholesterol: 17 mg, Sodium: 100 mg, Potassium: 184 mg, Phosphorus: 66 mg, Calcium: 46 mg, Fiber: 2.9 g **Food choices:** 2 starch, 1 low-potassium fruit, 1 fat **Carbohydrate choices:** 3

## Ingredients

- 2 tablespoons butter
- 3 tablespoons roasted garlic
- 1 cup onion
- 3/4 cup Arborio rice, uncooked
- 2 cups low-sodium chicken broth
- 1/2 cup sweetened, dried cranberries
- 1/2 tablespoon Parmesan cheese

## Preparation

1. Preheat oven to 425° F. Grease a covered casserole dish.
2. Mince onion.
3. Melt butter in a large saucepan. Add roasted garlic and onion in saucepan and cook over medium heat until soft.
4. Add rice and cook for 2 minutes.
5. Add broth and dried cranberries to rice mixture. Bring to a boil and cook for 2 minutes.
6. Pour into casserole dish. Cover and bake for 30 minutes.
7. Remove from oven and sprinkle parmesan cheese over the top. Serve immediately.

## Read Kidney Diet Tips

Learn how to make delicious meals and stay healthy with DaVita® dietitian Sara Colman's blog.

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



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

## Preparation

1. Stir mustard, mayonnaise, honey and Worcestershire sauce together in a small bowl. Chill sauce until nuggets are cooked, then serve as a dipping sauce.
2. Preheat oven to 400° F.
3. Cut chicken breast into 36 bite-sized pieces.
4. Crush cornflakes and pour crumbs into a large zip-top bag.
5. Combine beaten egg and milk in a small bowl.
6. Dip chicken pieces in egg mixture then shake in zip-top bag to coat with cornflake crumbs.
7. Bake nuggets on a baking sheet sprayed with nonstick cooking spray for 15 minutes or until done.
8. Serve 3 pieces as a snack or appetizer. For a meal, increase portion to 6 to 9 pieces and double or triple the nutrient information for the adjusted portion.



# Homemade Pizza

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

**Portions: 6**    **Serving size: 1 slice (1/6 of pizza)**

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

**Nutrients per serving:** Calories: 402, Protein: 22 g, Carbohydrates: 38 g, Fat: 18 g, Cholesterol: 50 mg, Sodium: 150 mg, Potassium: 352 mg, Phosphorus: 230 mg, Calcium: 236 mg, Fiber: 2.8 g **Food choices:** 2 meat, 2 starch, 1 low-potassium vegetable, 1 fat **Carbohydrate choices:** 2-1/2

## Ingredients

- 1-1/4 teaspoon dry yeast
- 1-1/2 cups warm water
- 2 tablespoons olive oil
- 1 tablespoon sugar
- 2 cups all-purpose flour
- 3 ounces low-sodium tomato paste
- 1/4 teaspoon garlic powder
- 2 tablespoons Italian seasoning
- 1/4 cup onion
- 1/4 cup green bell pepper
- 1/2 pound ground beef
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 6 ounces shredded mozzarella cheese

## Preparation

1. Preheat oven to 425° F.
2. Dissolve yeast in 1 cup warm water. Stir in 1 tablespoon olive oil, sugar and flour to make dough. Place in a greased bowl, cover and set aside.
3. Combine tomato paste, 1/2 cup water, garlic powder, Italian seasonings and remaining oil in a small saucepan and simmer 5 minutes.
4. Chop onion and bell pepper.
5. Brown meat with black pepper and crushed red pepper in a skillet. Drain off fat. Add onion and green pepper.
6. Grease a pizza pan or a 17" x 14" baking sheet. Press dough onto sheet. Spread sauce, meat mixture and cheese over dough. Bake for 20 minutes or until dough and cheese are golden brown.
7. Cut into 6 slices.

# All-American Meatloaf

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

**Portions: 6**     **Serving size: 1/6 slice of loaf**

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

**Nutrients per serving:** Calories: 205, Protein: 17 g, Carbohydrates: 14 g, Fat: 9 g, Cholesterol: 84 mg, Sodium: 299 mg, Potassium: 255 mg, Phosphorus: 147 mg, Calcium: 27 mg, Fiber: 0.5 g **Food choices:** 2 meat, 1/2 starch, 1/2 high-calorie **Carbohydrate choices:** 1

## Ingredients

- 20 squares saltine-type crackers, unsalted tops
- 2 tablespoons onion
- 1 pound lean ground beef (10% fat)
- 1 large egg
- 2 tablespoons 1% low-fat milk
- 1/4 teaspoon black pepper
- 1/3 cup ketchup
- 1 tablespoon brown sugar
- 1/2 teaspoon apple cider vinegar
- 1 teaspoon water

## Preparation

1. Preheat oven to 350° F.
2. Place crackers in large zip-top plastic bag and crush with a rolling pin. Finely chop onion.
3. Coat a loaf pan lightly with nonstick cooking spray.
4. In large bowl, combine ground beef, egg, crushed crackers, onion, milk and black pepper. Mix well.
5. Form into a loaf and place in loaf pan. Bake for 40 minutes.
6. To make topping sauce, mix ketchup, brown sugar, vinegar and water in a small bowl.
7. Remove cooked meatloaf from oven and cover with sauce.
8. Return pan to oven and bake for 10 additional minutes or until internal temperature reaches 160° F.
9. Slice into 6 portions and serve.

# Slow Rotisserie-Style Chicken

Recipe submitted by DaVita dietitian Ann from Maryland.

**Portions: 8**    **Serving size: 3 ounces**

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

**Nutrients per serving:** Calories: 170, Protein: 22 g, Carbohydrates: 4 g, Fat: 6 g, Cholesterol: 64 mg, Sodium: 132 mg, Potassium: 243 mg, Phosphorus: 175 mg, Calcium: 20 mg, Fiber: 0.6 g **Food choices:** 3 meat **Carbohydrate choices:** 0

## Ingredients

- 2 tablespoons all-purpose white flour
- 1 large onion, sliced
- 3 pound whole chicken
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon poultry seasoning
- 1 large-size oven roasting bag

## Preparation

1. Preheat oven to 325° F.
2. Shake flour into roasting bag.
3. Put half the onion slices in the chicken cavity.
4. Place the bag in a roasting pan and add remaining onion slices. Place the chicken on top of the onion.
5. Sprinkle the chicken with salt, pepper and poultry seasoning. Close the bag according to package directions and slit the bag in 6 places.
6. Bake for 2 hours or until thermometer reads 165° F.
7. Remove from oven and let stand for 10 to 15 minutes; carefully open bag. Remove contents to a serving dish and pour sauce into a gravy bowl.

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# Halibut with Lemon Caper Sauce

Recipe submitted by DaVita dietitian Sara from California.

**Portions: 6**      **Serving size: 3 ounces fish,  
3/4 cup rice, 2 tablespoons sauce**

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

**Nutrients per serving:** Calories: 340, Protein: 26 g, Carbohydrates: 34 g, Fat: 9 g, Cholesterol: 46 mg, Sodium: 118 mg, Potassium: 573 mg, Phosphorus: 306 mg, Calcium: 79 mg, Fiber: 0.6 g **Food choices:** 3 meat, 2 starch **Carbohydrate choices:** 2

## Ingredients

- 4 tablespoons lemon juice
- 1 tablespoon olive oil
- 20 ounces raw halibut steaks
- 4-1/2 cups cooked white rice
- 2 tablespoons unsalted butter
- 2 teaspoons all-purpose white flour
- 1/2 cup reduced-sodium chicken broth
- 1/4 cup white wine
- 1 teaspoon capers
- 1/4 teaspoon white pepper

## Preparation

1. Combine 2 tablespoons lemon juice and olive oil in a large zip-top bag. Add halibut steaks and marinate 5 minutes.
2. Spray a nonstick skillet with cooking spray and heat to medium. Place halibut in skillet and cook 3 minutes. Turn, cook 2 minutes longer, then remove fish from skillet.
3. To make sauce, melt butter in the skillet over low heat, add flour and stir. Pour broth into flour mixture and continue stirring for 1 minute. Add wine, lemon juice, capers and pepper. Continue to stir and cook until sauce thickens, about 3 to 5 minutes.
4. Place halibut in pan to reheat. Divide fish into 6 portions and serve over 3/4-cup cooked rice. Top with 2 tablespoons Lemon Caper Sauce.

# Easy Crock-Pot<sup>®</sup> Beef Stroganoff

Recipe submitted by DaVita dietitian Janice from South Dakota.

**Portions:** 6      **Serving size:** 2/3 cup stroganoff,  
1 cup egg noodles

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

**Nutrients per serving:** Calories: 421, Protein: 28 g, Carbohydrates: 48 g,  
Fat: 13 g, Cholesterol: 105 mg, Sodium: 71 mg, Potassium: 325 mg,  
Phosphorus: 275 mg, Calcium: 51 mg, Fiber: 2.4 g **Food choices:** 3 meat,  
3 starch **Carbohydrate choices:** 3

## Ingredients

- 1/2 cup onion
- 2 garlic cloves
- 1 pound boneless beef top round, cut into 1" cubes
- 1 cup reduced-sodium beef broth
- 1/3 cup dry sherry
- 1/2 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon dried thyme
- 1 bay leaf
- 1/2 cup sour cream
- 1/4 cup all-purpose flour
- 2 tablespoons water
- 12 ounces egg noodles, uncooked

## Preparation

1. Chop onion and mince garlic cloves.
2. Mix the beef, broth, sherry, onion, garlic, oregano, pepper, thyme and bay leaf in a Crock-Pot. Cover and cook on high until beef is tender, 4 to 5 hours.
3. Combine the sour cream, flour and water; mix until smooth.
4. Add the sour cream mixture to the beef in the Crock-Pot and allow to cook another 15 to 25 minutes until the mixture is thickened.
5. Cook egg noodles according to package instructions, omitting salt. Drain.
6. Serve 2/3 cup of stroganoff over 1 cup egg noodles.



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# Glazed Carrots

Recipe submitted by DaVita dietitian Joyce from Texas.

**Portions: 4**    **Serving size: 1/2 cup per serving**

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

**Nutrients per serving:** Calories: 101, Protein: 1 g, Carbohydrates: 14 g, Fat: 5 g, Cholesterol: 0 mg, Sodium: 170 mg, Potassium: 202 mg, Phosphorus: 26 mg, Calcium: 24 mg, Fiber: 2.7 g **Food choices:** 1 medium-potassium vegetable, 1 fat, 1/2 high-calorie **Carbohydrate choices:** 1

## Ingredients

- 2 cups carrots
- 1/4 cup boiling water
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- 1/8 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 cup apple juice
- 2 tablespoons margarine

## Preparation

1. Slice carrots into 1-inch thick slices. Place carrots and 1/4 cup water in a pot. Cover and cook until slightly tender.
2. Mix together sugar, cornstarch, salt, ginger, apple juice and melted margarine. Pour mixture over carrots and water.
3. Cook, stirring occasionally, for 10 minutes or until mixture thickens.

## 6 Fast-Food Favorites Made Healthier

Fast-food meals sure can taste good and be convenient, but many of them aren't healthy or kidney-friendly. Instead of cutting yourself off completely, try cooking up these fast-food favorites at home:

- Chicken Nuggets (recipe on p. X)
- Homemade Pizza (recipe on p. X)
- Soft Tacos with Mexican Seasoning (recipe on DaVita.com/FindRecipes)
- French Fries ... Made with Eggplant (recipe on DaVita.com/FindRecipes)
- Super Burgers (recipe on DaVita.com/FindRecipes)
- Egg and Sausage Breakfast Sandwich (recipe on DaVita.com/FindRecipes)

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# Roasted Cauliflower with Rosemary

Recipe submitted by DaVita dietitian Sara\* from California.

**Portions:** 4      **Serving size:** 3/4 cup

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

**Nutrients per serving:** Calories: 32, Protein: 1 g, Carbohydrates: 2 g, Fat: 2 g, Cholesterol: 0 mg, Sodium: 80 mg, Potassium: 204 mg, Phosphorus: 30 mg, Calcium: 16 mg, Fiber: 1.7 g **Food choices:** 1 medium-potassium vegetable, 1/2 fat **Carbohydrate choices:** 0

## Ingredients

- 6 cups cauliflower florets
- 1-1/2 tablespoons olive oil
- 1 tablespoon fresh rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## Preparation

1. Preheat oven to 450° F.
2. Cut cauliflower florets into bite size pieces. Chop rosemary.
3. In a large bowl toss cauliflower with remaining ingredients.
4. Spread seasoned cauliflower on an ungreased baking sheet.
5. Roast for 15 minutes; remove from oven and stir.
6. Continue cooking 10 minutes or until cauliflower is fork tender and lightly browned.

## Kidney-Friendly Fall Foods and Spice Pairings

This fall, buy your food in season. You'll get a fresher taste and your wallet will thank you. To spice up these seasonal foods, try the following pairings.

### Fall Produce

Apples  
Brussels sprouts  
Carrots  
Cauliflower  
Grapes  
Spaghetti squash

### Spice Pairing

Ginger, allspice, cinnamon, nutmeg  
Turmeric, mustard seeds, fennel seeds  
Cumin, curry, coriander, cinnamon, allspice  
Tarragon, marjoram, caraway seeds  
Cinnamon, star anise, cloves  
Cardamom, ginger, cinnamon

# Salt-Free Cajun Seasoning

Recipe submitted by **DaVita patient Ken** and submitted by **DaVita dietitian Kelly from Louisiana**.

**Portions: 20**     **Serving size: 1 teaspoon**

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

**Nutrients per serving:** Calories: 6, Protein: 0 g, Carbohydrates: 1 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 1 mg, Potassium: 32 mg, Phosphorus: 7 mg, Calcium: 9 mg, Fiber: 0.5 g **Food choices: 0** **Carbohydrate choices: 0**

## Ingredients

- 2 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons black pepper
- 2 teaspoons cayenne pepper
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano

## Preparation

1. Mix all ingredients together.
2. Store in an airtight container.
3. Add to any savory dish that needs more flavor and spice.

## 5 Snacks That Cost Less Than \$1

Next time you feel hungry between meals, grab one of these\* kidney-friendly snacks that won't break the bank. If these get your mouth watering, just remember to avoid snacks high in phosphorus, potassium, sodium and calcium. If you eat a snack that contains phosphorus, ask your dietitian if you need to take a phosphate binder.

- 1 medium pear
- 2-ounce bagel
- 1-ounce bag of unsalted pretzels
- 1 Popsicle
- 3 ounces of unsalted canned tuna

\* If you are diabetic, discuss snack choices with your dietitian.

# Cran-Apple Crumble

Recipe submitted by **DaVita** dietitian team.

**Portions: 8**    **Serving size: 1/2 cup**

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

**Nutrients per serving:** Calories: 220, Protein: 1 g, Carbohydrates: 45 g, Fat: 5 g, Cholesterol: 12 mg, Sodium: 7 mg, Potassium: 114 mg, Phosphorus: 17 mg, Calcium: 20 mg, Fiber: 1.6 g **Food choices:** 1 starch, 1 low-potassium fruit, 1 high-calorie **Carbohydrate choices:** 3

## Ingredients

- 1 cup fresh cranberries
- 3 medium apples
- 3/4 cup brown sugar (or brown sugar blend with sugar substitute)
- 1 teaspoon cinnamon
- 1/2 cup all-purpose flour
- 1/2 cup granulated sugar (or a granular sugar substitute)
- 3 tablespoons unsalted butter

## Preparation

1. Preheat oven to 375° F.
2. Cut cranberries in half. Core, peel and dice apples.
3. Combine cranberries, apples, 1/4 cup packed brown sugar and cinnamon in a large bowl.
4. Spray a 13" x 9" baking dish with cooking spray and pour in cranberry mixture.
5. Combine flour, remaining 1/2 cup packed brown sugar and white sugar in a medium bowl. Add butter and cut into flour mixture with a pastry blender or by hand. Mix well to make coarse crumbs.
6. Sprinkle topping on cranberry mixture and bake 50 minutes or until topping is golden brown.

# Pumpkin Cranberry Bread

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

**Portions: 20**      **Serving size: 1 slice, 3/4" thick**

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

**Nutrients per serving:** Calories: 187, Protein: 2 g, Carbohydrates: 31 g, Fat: 6 g, Cholesterol: 21 mg, Sodium: 45 mg, Potassium: 69 mg, Phosphorus: 75 mg, Calcium: 46 mg, Fiber: 1.1 g **Food choices:** 1-1/2 starch, 1 fat, 1/2 high-calorie **Carbohydrate choices:** 2

## Ingredients

- 2-1/2 cups all-purpose flour
- 2 teaspoons pumpkin pie spice
- 2 teaspoons baking powder
- 2 large eggs
- 2 cups sugar
- 1-3/4 cups canned pumpkin puree
- 1/2 cup vegetable oil
- 1 cup fresh or frozen whole cranberries

## Preparation

1. Preheat oven to 350° F.
2. Combine flour, pumpkin pie spice and baking powder in a large bowl.
3. Combine eggs, sugar, pumpkin puree and oil in a small mixing bowl. Beat until blended.
4. Add pumpkin mixture to flour mixture. Stir until just moistened, and then fold in cranberries.
5. Spoon batter into two greased 9" x 5" loaf pans. Bake for 55 to 60 minutes.
6. Cool in pans for 5 to 10 minutes. Remove to wire rack to cool before slicing each loaf into 10 slices.

# Warm Bread Pudding

Recipe submitted by **DaVita** dietitian **Patty** from **Oklahoma**.

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

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

**Nutrients per serving:** Calories: 124, Protein: 5 g, Carbohydrates: 19 g, Fat: 3 g, Cholesterol: 62 mg, Sodium: 148 mg, Potassium: 115 mg, Phosphorus: 59 mg, Calcium: 135 mg, Fiber: 1 g **Food choices:** 1/2 meat, 1 starch, 1/2 nondairy **Carbohydrate choices:** 1

## Ingredients

- 2 large eggs
- 2 egg whites
- 1-1/2 cups almond milk or rice milk
- 2 tablespoons honey
- 1 teaspoon vanilla
- 2 tablespoons rum (optional)
- 4 slices raisin bread, cubed

## Preparation

1. Preheat oven to 325° F.
2. Spray an 8" round baking dish with nonstick cooking spray.
3. In a large mixing bowl, beat eggs and egg whites until foamy. Beat in almond milk (or rice milk), honey, vanilla and rum or rum extract.
4. Cut bread into cubes and stir into egg mixture. Pour into the prepared baking dish.
5. Bake for 35 to 40 minutes or until a knife inserted near the center comes out clean.
6. To serve, spoon warm pudding into dessert dishes.

## 5 Retro Comfort Foods Reinvented for the Kidney Diet

Longing for grandma's home cooking? You can still enjoy your fall favorites with just a few changes. Use these kidney-friendly recipes to make new memories at the dinner table.

- All-American Meatloaf (recipe on p. X)
- Apple Spice Pork Chops (recipe on DaVita.com/FindRecipes)
- Deviled Eggs (recipe on p. X)
- Lime Gelatin Salad with Cottage Cheese (recipe on DaVita.com/FindRecipes)
- Turkey Waldorf Salad (recipe on p. X)



# Salt-Saving Tips

**When you have kidney disease, consuming too much sodium can be harmful because your kidneys aren't as able to rid your body of excess sodium and fluid.**

If you're in the early stages of kidney disease, your doctor and dietitian (if you have one) can monitor your blood pressure and advise you to restrict sodium if your blood pressure is high or if you're retaining fluid. If you have stage 5 kidney disease, or end stage renal disease, and require dialysis, you'll be asked to follow a low-sodium diet and limit fluids. This will help with thirst control and prevent excessive amounts of fluid from building up in your body between treatments. If you are on hemodialysis, limiting sodium and fluid help avoid cramping and blood pressure drops during dialysis.

Use these tips, along with the advice of your doctor and dietitian, to save on salt when you're shopping at the grocery store, eating at home or dining out at restaurants.

## At the Grocery Store

- Buy fewer packaged and processed foods.
- Read nutrition labels and choose low-sodium or no-added-salt items.
- Compare brands. You may be surprised by how much the sodium amounts differ between brands of similar products.
- Read ingredients on frozen and fresh meats, especially pork and chicken, and avoid injected sodium additives.

## At Home

- Measure salt before adding it to dishes.
- Replace salt in recipes with Mrs. Dash® seasoning blend, homemade seasoning blends (recipes on [DaVita.com](http://DaVita.com)), fresh or dried herbs and spices, or fresh citrus zest.
- Modify recipes with the 25 percent rule (see p. X for more information).

## At Restaurants

- Ask for no salt on your food or bring your own seasoning blend.
- Choose salad instead of soup. Opt for oil and vinegar instead of dressing.
- Avoid processed meats.
- Skip or limit bread, especially garlic or cheese bread.
- Order fruit, sherbet or sorbet instead of cakes, cookies, muffins and pies.



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Each month, get delicious, kidney-friendly recipes delivered straight to your inbox.

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Learn how to make delicious foods and how to stay healthy on DaVita dietitian Sara Colman's blog.

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