

TODAY'S KIDNEY DIET

Fall Comfort Foods



Today's Kidney Diet

Dear Reader,

What's your favorite part about the fall season? From cooler days and apple picking, to hay rides and jack o' lanterns, there's plenty to enjoy during this special time of year. For the Today's Kidney Diet team, our favorite part is bringing you kidney-friendly versions of classic **Fall Comfort Foods**.

This latest collection from our kitchen—which includes recipes such as Maple Pancakes, Barley Beef Stew and German Apple Cake—feature some of fall's best produce and may help provide you with your daily dose of fruits and veggies so you can stay on track with your kidney diet.

Inside this cookbook, you'll also learn about tips for homemade soups and stews, warm fall beverages and phosphorus in fall produce. 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 fun fall recipes and tips found in the following pages.

Happy cooking!

The DaVita Kidney Care Team



*Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual based on factors such as stage of chronic kidney disease, treatment modality if on dialysis, body size, nutritional status, blood test results and other factors. This cookbook is for informational purposes only and is not intended to be a substitute for medical advice.

BREAKFAST



Maple Pancakes

Recipe submitted by DaVita patient Chef Ronald and DaVita dietitian Maryam from Minnesota.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 178, Protein: 6 g, Carbohydrates: 25 g, Fat: 6 g, Cholesterol: 2 mg, Sodium: 297 mg, Potassium: 126 mg, Phosphorus: 116 mg, Calcium: 174 mg, Fiber: 0.7 g **Food choices:** 1/2 milk, 1/2 fat, 1-1/2 starch **Carbohydrate choices:** 1-1/2

PREPARATION

1. In a medium mixing bowl, combine the flour, sugar, baking powder and salt. Make a well in the center of the dry mixture. Set aside.
2. In a large mixing bowl, combine the egg whites, milk, oil and maple extract.
3. Add egg mixture all at once into to the dry mixture. Stir just until moistened (batter should be lumpy).
4. To make 4-inch pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet.
5. Cook over medium heat for about 2 minutes on each side, or until pancakes are golden. Flip the pancake when it has a bubbly surface and the edges are slightly dry. To keep pancakes light and fluffy, turn only once and avoid pressing with the spatula.
6. Serve with syrup, fruit spread or berries.

Helpful hint

To keep total breakfast sodium intake low, use unsalted butter on pancakes and avoid salty breakfast meats.

Portions: 5

Serving size: Two 4-inch pancakes

INGREDIENTS

- 1 cup all-purpose flour
- 1 tbsp granulated sugar
- 2 tsp baking powder
- 1/8 tsp salt
- 2 large egg whites
- 1 cup 1% low-fat milk
- 2 tbsp canola oil
- 1 tbsp maple extract

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).

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

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

BREAKFAST



Multigrain Hot Cereal

Recipe submitted by DaVita patient Ted and DaVita dietitian Lynn from Maryland.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 150, Protein: 5 g, Carbohydrates: 30 g, Fat: 1 g, Cholesterol: 0 mg, Sodium: 7 mg, Potassium: 87 mg, Phosphorus: 91 mg, Calcium: 15 mg, Fiber: 3 g **Food choices:** 2 starch **Carbohydrate choices:** 2

PREPARATION

1. Boil water in a 1-1/2 quart covered pot.
2. Add grits; stir briefly.
3. Add bulgur, buckwheat and oats; stir briefly.
4. Reduce heat to a vigorous simmer; liberally spray nonstick cooking spray on simmering surface.
5. Cover pot; simmer for 25 minutes.
6. Remove pot from burner; stir in couscous.
7. Let pot stand covered for 8 minutes, then serve.
8. If desired, drizzle with honey or your favorite sweetener. Add unsalted margarine or butter, blueberries or dried cranberries before serving.

Helpful hint

You can buy smaller amounts of grains if you shop at a market that offers grains in bulk containers.

Portions: 2
Serving size: 3/4 cup

INGREDIENTS

- 1-3/4 cups cups water
- 2 tbsp old-fashioned grits, uncooked
- 1 tbsp bulgur, uncooked
- 1 tbsp roasted whole buckwheat, uncooked
- 1 tbsp steel-cut oats, uncooked
- 3 tbsp plain couscous, uncooked

Connect with the Kidney Diet Community

Share diet tips and recipes with others in the myDaVita forums.

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

BREAKFAST



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: 341 mg, Sodium: 276 mg, Potassium: 228 mg, Phosphorus: 167 mg, Calcium: 55 mg, Fiber: 0.6 g **Food choices:** 1-1/2 meat, 1/2 medium-potassium vegetable, 2 fat **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 the skillet and set aside.
3. Melt the remaining teaspoon of butter in the skillet. Beat 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 the omelet in half. Sprinkle with black pepper. Divide the omelet 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

Get DaVita Recipe Alerts

Receive monthly collections of kidney diet recipes when you register for a **myDaVita** account.

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

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

ENTRÉE



Baked Cauliflower and Broccoli Mac 'n' Cheese

Recipe submitted by DaVita dietitian Melissa from Massachusetts.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 385, Protein: 15 g, Carbohydrates: 43 g, Fat: 17 g, Cholesterol: 45 mg, Sodium: 268 mg, Potassium: 332 mg, Phosphorus: 304 mg, Calcium: 296 mg, Fiber: 2.4 g **Food choices:** 1 meat, 1/2 milk substitute, 2 starch, 1 vegetable, 2 fat **Carbohydrate choices:** 3

PREPARATION

1. Preheat oven to 350° F. Finely chop the onion and garlic clove.
2. Bring a large pot of water to a boil. Add pasta and undercook by 2 minutes based on package instructions. Drain the pasta.
3. In a separate covered pot, steam the broccoli and cauliflower florets for 5 minutes or until tender. Remove and set aside. Discard liquid from the pot.
4. Using the same pot, over medium heat, melt 3 tablespoons butter then add the onion and garlic. Sauté for 3 to 4 minutes, until tender. Add the flour and whisk for one minute. Whisk in rice drink and season with pepper and nutmeg. Stir until thickened, then stir in the spicy mustard.
5. Mix all three cheeses together. Add 2/3 of the combined cheeses to the sauce and stir until cheese is melted.
6. Add cauliflower and broccoli to the pasta, then stir in the cheese sauce.
7. Spray a 9" x 12" baking pan with nonstick cooking spray and pour in the pasta mixture. Top with the remaining combined cheeses.
8. Place the baking pan in the oven on top of a baking sheet to catch anything that bubbles over. After 30 minutes of baking, increase heat to 400° F. Sauté remaining 1 tablespoon of butter with 1 cup of panko bread crumbs and add to the top of the casserole. Cook for an additional 8 to 10 minutes until the bread crumbs are browned. Let it cool slightly and serve.

Portions: 8

Serving size: 1 cup

INGREDIENTS

- 1/2 cup onion
- 1 garlic clove
- 8 oz penne pasta, uncooked
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 4 tbsp unsalted butter
- 3 tbsp all-purpose flour
- 2-1/2 cups Rice Dream® Classic original rice drink
- 1/2 tsp black pepper
- 1/4 tsp nutmeg
- 2 tbsp spicy brown mustard
- 1 cup shredded sharp white cheddar cheese
- 1 cup shredded Swiss cheese
- 1/2 cup shredded Parmesan cheese
- 1 cup panko-style bread crumbs

ENTRÉE



Pasta Primavera

Recipe submitted by DaVita dietitian Yvette from Texas.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 273, Protein: 13 g, Carbohydrates: 48 g, Fat: 3 g, Cholesterol: 6 mg, Sodium: 115 mg, Potassium: 251 mg, Phosphorus: 154 mg, Calcium: 93 mg, Fiber: 4.5 g **Food choices:** 3 starch, 1 low-potassium vegetable **Carbohydrate choices:** 3

PREPARATION

1. Cook pasta and vegetables in separate pots according to package directions, but omitting salt. Drain.
2. Pour the low-sodium chicken broth in a medium-sized stockpot and heat on low heat.
3. Add the flour to the broth, whisking vigorously to avoid clumps from forming.
4. Add half & half creamer and garlic powder; stir.
5. Simmer sauce on low heat for 5 to 10 minutes until mixture thickens slightly. Stir occasionally while simmering.
6. Add the cooked vegetables and pasta to the sauce. Cook until heated through.
7. Sprinkle pasta mixture with Parmesan cheese and serve.

Portions: 3

Serving size: 1-3/4 cups

INGREDIENTS

- 12 oz pasta, uncooked
- 12 oz frozen mixed vegetables
- 14 oz low-sodium chicken broth
- 2 tbsp all-purpose white flour
- 1/4 cup half & half creamer
- 1/4 tsp garlic powder
- 1/4 cup grated Parmesan cheese

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.

ENTRÉE



Roasted Chicken

Recipe submitted by DaVita dietitian Kathy from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 246, Protein: 21 g, Carbohydrates: 0 g, Fat: 18 g, Cholesterol: 65 mg, Sodium: 240 mg, Potassium: 190 mg, Phosphorus: 155 mg, Calcium: 15 mg, Fiber: 0 g **Food choices:** 3 meat **Carbohydrate choices:** 0

PREPARATION

1. Preheat oven to 375° F.
2. Add olive oil to skillet and begin heating.
3. Sprinkle chicken with salt and pepper, inside and out.
4. Place 1 whole garlic head and 2 sprigs of rosemary inside chicken.
5. Add chicken to skillet and brown on all sides.
6. After browning, leave the chicken in the skillet and squeeze the lime juice over the chicken. Place the uncovered skillet into the oven.
7. During cooking, periodically spoon juices over chicken.
8. Check after 1 hour and 30 minutes. To test for doneness, pierce chicken at thickest part of thigh; juices should be clear.

Portions: 6

Serving size: 3 ounces

INGREDIENTS

- 2 tsp olive oil
- 3 lb whole chicken
- 1/2 tsp Kosher salt
- 1/4 tsp black pepper
- 2 whole fresh garlic heads
- 2 sprigs fresh rosemary
- 1 lime

FALL FOCUS: POTASSIUM

Use this list the next time you're at the grocery store or farmers market so you can make better choices for your kidney diet.

Lower-potassium fall produce (250 mg or less per 1/2 cup)

- Apples
- Brussels sprouts
- Cabbage
- Cauliflower
- Cranberries
- Grapes
- Kale
- Pears
- Pomegranate
- Quince
- Spaghetti squash
- Turnips

Higher-potassium fall produce (over 250 mg per 1/2 cup)

- Beet greens
- Kohlrabi
- Parsnips
- Persimmons
- Rutabagas
- Sweet potato
- Winter squash

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

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

ENTRÉE



Easy Turkey Sloppy Joes

Recipe submitted by DaVita dietitian Tammy from Louisiana.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 290, Protein: 24 g, Carbohydrates: 28 g, Fat: 9 g, Cholesterol: 58 mg, Sodium: 288 mg, Potassium: 513 mg, Phosphorus: 237 mg, Calcium: 86 mg, Fiber: 1.8 g **Food choices:** 3 meat, 2 starch, 1 medium-potassium vegetable **Carbohydrate choices:** 2

PREPARATION

1. Chop the onion and bell pepper.
2. Place the vegetables in a large skillet with ground turkey and cook over medium-high heat until turkey is cooked through. Do not drain.
3. In a small bowl, mix together the Mrs. Dash® seasoning, brown sugar, Worcestershire sauce and tomato sauce.
4. Add the seasoned sauce to the turkey mixture. Reduce heat to simmer and cook for 10 minutes.
5. Divide the turkey mixture into 6 portions and serve on hamburger buns.

Portions: 6

Serving size: 1/6 recipe on 1 hamburger bun

INGREDIENTS

- 1/2 cup red onion
- 1/2 cup green bell pepper
- 1-1/2 lb ground turkey, 7% fat
- 1 tbsp Mrs. Dash® Chicken Grilling Blend seasoning
- 2 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1 cup low-sodium tomato sauce
- 6 hamburger buns

Access DaVita Diet Helper™

Easily make shopping lists, plan menus and track your daily nutrition goals.

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

ENTRÉE



Beef Barley Stew

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 246, Protein: 22 g, Carbohydrates: 21 g, Fat: 8 g, Cholesterol: 51 mg, Sodium: 222 mg, Potassium: 369 mg, Phosphorus: 175 mg, Calcium: 30 mg, Fiber: 6.3 g **Food choices:** 3 meat, 1 medium-potassium vegetable, 1 starch **Carbohydrate choices:** 1-1/2

PREPARATION

1. Soak the barley in 2 cups of water for 1 hour.
2. Dice the onion and celery. Mince the garlic clove. Slice carrots into 1/4-inch thick rounds. Cut the beef into 1-1/2 inch cubes.
3. Place flour, black pepper and stew meat in a plastic bag. Shake to dust beef with flour.
4. Heat the oil in a heavy 4-quart pot and brown the beef. Remove meat from the pot and set aside.
5. Sauté and stir onion, celery and garlic in the meat drippings for 2 minutes. Add 2 quarts of water and bring to a boil. Return the meat to the pot. Add bay leaves and salt. Reduce heat to a simmer.
6. Drain and rinse barley, then add to the pot. Cover and cook for 1 hour. Stir every 15 minutes.
7. After 1 hour, add the sliced carrots and Mrs. Dash® seasoning. Simmer for another hour. Add additional water if needed to prevent sticking.

Portions: 6

Serving size: 1-1/4 cups

INGREDIENTS

- 1 cup pearl barley, uncooked
- 1/2 cup onion
- 1 large stalk celery
- 1 garlic clove
- 2 medium carrots
- 1 lb lean beef stew meat
- 2 tbsp all-purpose white flour
- 1/4 tsp black pepper
- 2 tbsp canola oil
- 2 bay leaves
- 1/2 tsp salt
- 1 tsp Mrs. Dash® onion herb seasoning

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

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

ENTRÉE



Jambalaya

Recipe submitted by DaVita dietitian Brittney from Louisiana.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 294, Protein: 20 g, Carbohydrates: 31 g, Fat: 10 g, Cholesterol: 137 mg, Sodium: 186 mg, Potassium: 300 mg, Phosphorus: 197 mg, Calcium: 65 mg, Fiber: 0.8 g **Food choices:** 2 meat, 2 starch, 1 medium-potassium vegetable **Carbohydrate choices:** 2

PREPARATION

1. Preheat the oven to 350° F.
2. Chop the onion, bell pepper and garlic. Peel and devein the shrimp.
3. In a large bowl, combine all ingredients except butter.
4. Pour the mixture into a 9" x 13" baking dish and spread out evenly.
5. Slice the butter and place on top of ingredients.
6. Cover with a lid or foil.
7. Bake for 1 hour and 15 minutes. Serve hot.

Portions: 12
Serving size: 1 cup

INGREDIENTS

- 2 cups onion
- 1 cup bell pepper
- 2 garlic cloves
- 2 lb raw shrimp
- 2 cups converted (parboiled) white rice, uncooked
- 1/2 tsp black pepper
- 8 oz canned low-sodium tomato sauce
- 2 cups low-sodium beef broth
- 1/2 cups butter or trans-fat free margarine

WARM FALL BEVERAGES

Once the cooler evenings of fall arrive, it's time to start enjoying hot beverages. Whether you're in front of the fireplace or outdoors at a game, grab one of these kidney-friendly drinks to warm up.

- Cranberry-apple cider
- Hot apple cider
- Hot chocolate made with almond or rice milk
- Lattes made with almond or rice milk
 - Café latte
 - Chai latte
 - Pumpkin spiced latte
- Spiced tea

Tips

- Stick with 4- to 8-ounce servings if you are limiting fluid.
- Substitute cow's milk with almond or rice milk to keep potassium and phosphorus intake low.
- Make kidney-friendly versions of your favorite beverages at home instead of going to a coffee shop.
- Go to DaVita.com to get recipes for Café au Lait, Caramel Protein Latte, Fabulous Hot Cocoa, Hot Apple Cider and more.

ENTRÉE



Crock-Pot® Chicken and White Bean Chili

Recipe submitted by DaVita dietitian Deanna from Michigan.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 213, Protein: 19 g, Carbohydrates: 23 g, Fat: 5 g, Cholesterol: 41 mg, Sodium: 354 mg, Potassium: 608 mg, Phosphorus: 232 mg, Calcium: 72 mg, Fiber: 3.2 g **Food choices:** 2 meat, 1 starch, 2 medium-potassium vegetables **Carbohydrate choices:** 1-1/2

PREPARATION

1. Cut the chicken breast into bite-sized cubes. Season with black pepper and place in the Crock-Pot®.
2. Dice the carrot, celery and onion. Mince the garlic. Rinse and drain beans and hominy to reduce sodium.
3. Add the diced carrots, celery, onion, garlic, beans, hominy, chicken broth, pearl onions and green chilies to Crock-Pot®.
4. Season with garlic powder, cumin, chili powder, oregano and cayenne pepper.
5. Place the lid on the Crock-Pot® and cook on low setting for 8 hours.

Portions: 8

Serving size: 1 cup

INGREDIENTS

- 1 lb boneless, skinless chicken breasts
- 1 tsp black pepper
- 3/4 cup carrot
- 3/4 cup celery
- 3/4 cup onion
- 4 garlic cloves
- 1 cup canned white beans
- 15.5 oz canned golden hominy (1 can)
- 4 cups low-sodium chicken broth
- 6 white pearl onions, whole
- 4.5 oz canned, diced green chilies
- 2 tsp garlic powder
- 2 tsp ground cumin
- 2 tsp chili powder
- 1 tsp oregano
- 1/4 tsp cayenne pepper

SIDE



Jackie's Corn Bread Muffins

Recipe submitted by DaVita dietitian Jackie from North Carolina.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 124, Protein: 3 g, Carbohydrates: 23 g, Fat: 3 g, Cholesterol: 5 mg, Sodium: 85 mg, Potassium: 40 mg, Phosphorus: 100 mg, Calcium: 64 mg, Fiber: 1 g **Food choices:** 1-1/2 starch **Carbohydrate choices:** 1-1/2

PREPARATION

1. Preheat the oven to 400° F.
2. In a bowl, combine flour, cornmeal, sugar and baking powder.
3. In another bowl, combine egg substitute, rice milk and melted butter.
4. Stir dry ingredients into wet ingredients just until moistened.
5. Fill greased or paper-lined muffin cups 2/3 full.
6. Bake for 15 to 20 minutes or until a toothpick comes out of a muffin clean.
7. Serve warm.

Portions: 12

Serving size: 1 muffin

INGREDIENTS

- 1 cup all-purpose white flour
- 1 cup plain cornmeal, white or yellow
- 1/4 cup sugar
- 2 tsp baking powder
- 1/2 cup liquid egg substitute
- 1 cup unenriched rice milk
- 2 tbsp unsalted, melted butter

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.

SIDE



Autumn Wild Rice

Recipe submitted by DaVita dietitian Chloe from Oklahoma.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 112, Protein: 4 g, Carbohydrates: 24 g, Fat: 0 g, Cholesterol: 1 mg, Sodium: 148 mg, Potassium: 155 mg, Phosphorus: 39 mg, Calcium: 21 mg, Fiber: 1.6 g **Food choices:** 1 starch, 1/2 low-potassium fruit, 1/2 low-potassium vegetable

Carbohydrate choices: 1-1/2

PREPARATION

1. Combine raisins and 1/4 cup hot water; let stand for 5 minutes. Drain and set aside.
2. Prepare quick-cooking wild rice according to package directions. Remove the pan from the heat and set aside.
3. Chop the apples, celery and bell pepper. Shred the carrots.
4. Coat a large nonstick skillet with cooking spray and place it over medium-high heat. Add the apples, celery, green pepper and carrots; sauté until crisp-tender. Remove skillet from the heat and set aside.
5. Combine chicken broth, sage and black pepper in a large saucepan; bring to a boil. Stir in the converted rice. Cover, reduce heat and simmer for 20 minutes or until the rice is tender and liquid is absorbed.
6. Remove the saucepan from heat; stir in reserved raisins, wild rice, apple mixture and the lemon juice. Cover and let stand for 5 minutes.
7. Transfer the rice to a serving bowl. Garnish with a fresh sage sprig if desired.

Portions: 8

Serving size: 3/4 cup

INGREDIENTS

- 2 tbsp raisins
- 1/2 cup quick-cooking wild rice, uncooked
- 2 cups apples
- 1/4 cup celery
- 1/4 cup green bell pepper
- 3/4 cup carrots
- 1-1/2 cups reduced-sodium chicken broth
- 1/4 tsp dried whole sage
- 1/4 tsp black pepper
- 3/4 cup converted (parboiled) rice, uncooked
- 3/4 cup fresh lemon juice
- 1 fresh sage sprig (optional)

EXPLORING THE APPLE ORCHARD

Plan a family trip to visit your local apple orchard. It's a great way to create memories of picking apples off the trees while sipping warm cider, eating caramel apples and bringing home a bushel to make your own tasty creations. Apples are a low-potassium fruit (195 mg for 1 medium apple), making them a great fit for the kidney diet.

Use your fresh apples to make the German Apple Cake on page 19 and look for other apple recipes on [DaVita.com](https://www.davita.com).

ABOUT COMFORT FOODS

The Today's Kidney Diet team knows that, sometimes, your favorite fall comfort foods will not be kidney-friendly. And that's OK! We want you to enjoy life and your family's favorite recipes—in moderation. Always consult with your dietitian and kidney care team to determine what is best for you.



TIPS FOR HOMEMADE SOUPS & STEWS

- Boil pieces of beef or chicken to make salt-free, homemade broth. Include bones for extra flavor. Freeze until ready to use.
- Freeze unused, fresh vegetables to use for vegetable stock or to add to soups and stews.
- Be generous with herbs and spices to enhance flavor in homemade soup.
- Create your own soup and stew recipes by combining a protein, a starch, some vegetables and low-sodium seasonings in salt-free broth or stock.
- Make a pot of stew for dinner and freeze the leftovers in single servings for a quick meal.
- Pick a few family-favorite soups or stews to include in your regular fall recipe routine. Some of our favorites—Barley Beef Stew (page 11), Chicken Noodle Soup and Turkey, Wild Rice and Mushroom Soup—are all featured on [DaVita.com](https://www.davita.com).



DESSERT



Zingy Spiced Pears

Recipe submitted by DaVita dietitian Ilene from Maryland.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 85, Protein: 0 g, Carbohydrates: 19 g, Fat: 1 g, Cholesterol: 0 mg, Sodium: 10 mg, Potassium: 130 mg, Phosphorus: 11 mg, Calcium: 16 mg, Fiber: 2.6 g

Food choices: 1 low-potassium fruit **Carbohydrate choices:** 1

PREPARATION

1. Preheat the oven to 350° F.
2. Arrange pear slices in an 11" x 7" x 2" baking dish.
3. Combine Splenda® brown sugar blend, ginger, rum extract, cinnamon and allspice.
4. Sprinkle brown sugar mixture over pears.
5. Dot with butter.
6. Bake for 20 minutes.
7. Serve hot or refrigerate at least 1 hour to serve chilled.

Portions: 12

Serving size: 4 pear slices

INGREDIENTS

- 6 medium pears, peeled and sliced
- 3/4 cup Splenda® brown sugar blend
- 2 tbsp crystalized ginger
- 1-1/2 tsp rum extract
- 1/4 tsp ground cinnamon
- 1/8 tsp ground allspice
- 1 tbsp butter or trans-fat free margarine

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).

DESSERT



German Apple Cake

Recipe submitted by DaVita dietitian Sara from California.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 230, Protein: 3 g, Carbohydrates: 32 g, Fat: 10 g, Cholesterol: 49 mg, Sodium: 173 mg, Potassium: 75 mg, Phosphorus: 39 mg, Calcium: 15 mg, Fiber: 1.5 g **Food choices:** 1 starch, 1 high-calorie, 2 fat **Carbohydrate choices:** 2

PREPARATION

1. Preheat the oven to 325° F. Grease a 9 x 13-inch baking dish. Set butter out to soften. Peel, core and slice apples.
2. Using a mixer, cream the butter and 1 cup of the sugar until light and fluffy. Zest the lemon. Add the lemon zest and vanilla extract to butter and sugar mixture. Add 1 egg and continue to mix; add the other egg and mix.
3. In a separate bowl, combine the flour, cinnamon, baking soda and salt. Gradually add the dry ingredients to the creamed butter until combined. Do not overmix.
4. Juice the lemon; stir the juice into the batter. Stir in the apple slices.
5. Pour the batter into the greased baking dish. Sprinkle with remaining 1 tablespoon of sugar over the top. Bake for 30 to 40 minutes. The cake is done when a toothpick inserted into the middle of the cake comes out clean. After the cake is cool, cut it into 15 slices and serve.
6. Refrigerate leftover cake.

Portions: 15

Serving size: 1 piece 3" x 2-1/2"

INGREDIENTS

- 12 tbsp unsalted butter
- 3 medium gala apples
- 1 cup sugar plus 1 tbsp
- 1 lemon
- 1 tsp vanilla extract
- 2 large eggs
- 2 cups all-purpose flour
- 2 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp salt

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.



2000 16th Street :: Denver, CO 80202

There is so much more on DaVita.com!

Take charge of your kidney diet from your mobile device or computer today.

- **DaVita Diet Helper™**
Easily plan menus, make shopping lists, track your daily nutrition goals and more.
Sign up today at [DaVita.com/MealPlanning](https://www.davita.com/MealPlanning).
- **Cookbook Series**
Download all the Today's Kidney Diet cookbooks to get kidney-friendly recipes, essential diet tips and more.
Get free cookbooks at [DaVita.com/Cookbook](https://www.davita.com/Cookbook).
- **Recipe Alerts**
Each month get delectable, kidney-friendly recipes delivered straight to your inbox.
Sign up now at [DaVita.com/Alerts](https://www.davita.com/Alerts).
- **Recipes**
Get access to 1,000+ kidney-friendly recipes.
Go to [DaVita.com/GetRecipes](https://www.davita.com/GetRecipes).
- **Kidney Diet Tips**
Learn more about the kidney diet from DaVita dietitians on the Kidney Diet Tips blog.
Get tips at [DaVita.com/DietTips](https://www.davita.com/DietTips).
- **myDaVita Community**
Share diet tips and recipes with the myDaVita community.
Sign up now at [DaVita.com/Forums](https://www.davita.com/Forums).
- **DaVita® Eats Videos**
Learn step-by-step how to make kidney-friendly recipes by watching instructional cooking videos.
Watch at [DaVita.com/DietVideos](https://www.davita.com/DietVideos).
- **No-Cost Kidney Diet Education**
Learn how diet impacts your kidney health by taking a kidney education class available in your community or online.
Register at [DaVita.com/KidneyEducation](https://www.davita.com/KidneyEducation).

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.



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

© 2018 DaVita Inc.



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.

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