



# Today's **Kidney Diet**

Juices, Smoothies  
& Drinks

*Davita*

# Today's **Kidney Diet**

Dear Reader,

If you've committed to making healthy eating a priority this year, you're not alone. Whether you're on track with your nutrition goals, or they have fallen by the wayside, the **Today's Kidney Diet: Juices, Smoothies and Drinks** cookbook is here to help!

These 12 refreshing recipes contain ingredients for helping you feel energized and nourished and are all part of a kidney-friendly diet. Prepare for the day with a Blueberry Smoothie Bowl, indulge in a Caramel Protein Latte for an afternoon pick-me-up, and recover from a dialysis session with a Mixed Berry Protein Smoothie.

All of the beverages 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 help support your nutritional needs and to help you feel your best.

Inside this cookbook you'll also learn about the power of protein, how to safely incorporate low-potassium fruits and veggies into your beverages, ways to keep your drinks cool, and easy smoothie prepping tips. Plus, our **Today's Kidney Diet: Quick Reference Guide\*** (see insert in back) as a helpful resource when choosing foods that are the most appropriate for your stage of chronic kidney disease (CKD).

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

Happy blending!  
Your DaVita Care Team



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

# Beet and Apple Juice Blend

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

**Portions: 2**    **Serving size: 3 ounces**

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

**Nutrients per serving:** Calories: 53, Protein: 1 g, Carbohydrates: 13 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 66 mg, Potassium: 338 mg, Phosphorus: 36 mg, Calcium: 36 mg, Fiber: 0 g **Food choices:** 1/2 low-potassium fruit, 2 medium-potassium vegetable **Carbohydrate choices:** 1

## Ingredients

- 1/2 medium apple
- 1/2 medium beet
- 1 medium fresh carrot
- 1 celery stalk
- 1/4 cup fresh parsley

## Preparation

1. Place apple, beet, carrot, celery and parsley in a juicer and process to extract juice.
2. Pour into 2 small glasses to make 2 servings. Drink right away or place in the refrigerator to chill.

## Helpful Hints

- Juicing sounds healthy, but for people with kidney disease on a low-potassium diet, a small amount of juice can provide a large amount of potassium.
- To stay within your potassium goal for the day, count 3 ounces of juice as 1/2 serving of fruit and 2 servings of vegetables from your daily plan.
- Consult with your dietitian when incorporating juicing into your kidney diet. Juice blends are high in potassium and may not be recommended if potassium control is an issue.

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# Green Juice

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

**Portions: 2**    **Serving size: 6 ounces (3/4 cup)**

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

**Nutrients per serving:** Calories: 130, Protein: 1 g, Carbohydrates: 31 g, Fat: 1 g, Cholesterol: 0 mg, Sodium: 4 mg, Potassium: 366 mg, Phosphorus: 46 mg, Calcium: 33 mg, Fiber: 0 g **Food choices:** 1-1/2 medium-potassium fruit, 1 low-potassium vegetable **Carbohydrate choices:** 2

## Ingredients

- 2 medium green apples
- 1/2 lemon
- 1/2 cup fresh pineapple
- 1 medium cucumber

## Preparation

1. Wash all produce well.
2. Core the apples.
3. Process all ingredients through a juicer. Divide into 2 servings.

## Helpful Hints

- Consult with your dietitian when incorporating juicing into your kidney diet. Juice blends are high in potassium and may not be recommended if potassium control is an issue.
- Count 3/4 cup (6 ounces) of juice as 1 vegetable and 2 fruit servings from your daily goal to stay within your potassium limit for the day.

## Juicing the Kidney-Friendly Way

Juicing has become a popular health trend in recent years and can help add essential vitamins and minerals to your diet. But too much potassium, a mineral found in many fruits and vegetables, can be harmful to some people with chronic kidney disease (CKD). Know your daily potassium limit and choose low-potassium fruits and veggies (like the ones below) for your smoothie or juice.

**Fruits:** apple, berries, grapes, peaches, pineapple, plum, watermelon

**Vegetables:** celery, cucumber, kale, lettuce, parsley

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# Strawberry Apple Juice Blend

Recipe submitted by the **DaVita** dietitian.

**Portions: 2**    **Serving size: 3/4 cup**

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

**Nutrients per serving:** Calories: 85, Protein: 1 g, Carbohydrates: 20 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 2 mg, Potassium: 238 mg, Phosphorus: 30 mg, Calcium: 21 mg, Fiber: 0 g **Food choices:** 1-1/2 medium-potassium fruit **Carbohydrate choices:** 1

## Ingredients

- 1 cup strawberries
- 1 medium apple
- 6 mint leaves
- 1/4 lemon
- 4 ounces green tea

## Preparation

1. Place strawberries, apple, mint and lemon in a juicer. Process to extract juice.
2. Add the green tea and stir.
3. Pour into 2 small glasses.
4. Drink right away or place in the refrigerator to chill.

## Helpful Hints

- Juicing sounds healthy, but for people with kidney disease on a low-potassium diet a small amount of juice can provide a large amount of potassium.
- To stay within your potassium goal for the day, count the juice as 1-1/2 serving of fruit from your daily plan.
- Consult with your dietitian when incorporating juicing into your kidney diet. Juice blends are high in potassium and may not be recommended if potassium control is an issue.

## Did You Know?

Consuming a smoothie is a great way to help replenish proteins that your body needs, help muscles recover faster and restore glycogen levels. Bring your smoothie to the dialysis center or gym so you can drink after treatment, on the drive home or while you are stretching.

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# Chocolate Smoothie

Recipe submitted by **DaVita** dietitian Lynne from Maryland.

**Portions: 1**    **Serving size: 9 ounces**

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

**Nutrients per serving:** Calories: 215, Protein: 29 g, Carbohydrates: 18 g, Fat: 3 g, Cholesterol: 0 mg, Sodium: 430 mg, Potassium: 503 mg, Phosphorus: 78 mg, Calcium: 26 mg, Fiber: 1.8 g **Food choices:** 4 protein, 1 high-calorie **Carbohydrate choices:** 1

## Ingredients

- 1 tablespoon powered baker's cocoa, unsweetened
- 1 tablespoon cold water
- 1 tablespoon sugar (or sweetener of choice)
- 8 ounces pasteurized liquid egg white
- 4 tablespoons whipped topping
- Chocolate bar shavings (optional)

## Preparation

1. Combine cocoa, cold water and sugar.
2. Stir until sugar dissolves.
3. Add egg whites and 3 tablespoons of the whipped topping. Mix until whipped topping melts completely.
4. Top with 1 tablespoon whipped topping and chocolate bar shavings.

## Helpful Hints

- Pasteurized egg whites are safe to consume without cooking.
- Add 1/4 teaspoon mint extract for a chocolate mint smoothie.
- Replace sugar with a low-calorie sugar substitute to reduce carbohydrate to 6 grams.

## Read Kidney Diet Tips

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

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

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# Strawberry High-Protein Fruit Smoothie

Recipe submitted by DaVita dietitian Judy from Michigan.

**Portions: 1**    **Serving size: 1 cup**

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

**Nutrients per serving:** Calories: 156, Protein: 14 g, Carbohydrates: 25 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 215 mg, Potassium: 400 mg, Phosphorus: 49 mg, Calcium: 29 mg, Fiber: 2.5 g **Food choices:** 2 protein, 1 medium-potassium fruit, 1/2 high calorie **Carbohydrate choices:** 1-1/2

## Ingredients

- 3/4 cup fresh strawberries
- 1/2 cup liquid pasteurized egg whites
- 1/2 cup ice
- 1 tablespoon sugar (or sweetener of choice)

## Preparation

1. Place strawberries in blender and blend until smooth.
2. Add all remaining ingredients and continue blending until smooth.

## Helpful Hints

- Pasteurized liquid egg white is safe to consume without cooking.
- If substituting frozen fruit, add 1/4 cup water instead of the 1/2 cup ice.
- Adjust sweetener to taste.

## Sip Smart

When you're on dialysis, limiting the amount of liquid you ingest is essential because your kidneys can no longer remove excess fluids. Depending on your condition, your daily fluid intake can vary. Be sure to:

1. Read the serving size. 4 to 8 ounces is best for a single serving.
2. Sip your beverages.
3. Use a small cup or glass.

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# Blueberry Smoothie Bowl

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

**Portions: 1**    **Serving size: 1 bowl**

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

**Nutrients per serving:** Calories: 225, Protein: 17 g, Carbohydrates: 28 g, Fat: 5 g, Cholesterol: 3 mg, Sodium: 118 mg, Potassium: 370 mg, Phosphorus: 174 mg, Calcium: 240 mg, Fiber: 7.8 g **Food choices:** 1 milk, 1 protein, 2 low-potassium fruit **Carbohydrate choices:** 2

## Ingredients

- 1 cup frozen blueberries
- 2 medium strawberries
- 2 tablespoons whey protein powder
- 5 raspberries
- 1/4 cup Greek yogurt, plain, nonfat
- 1 tablespoon Fiber One® cereal
- 1/3 cup unsweetened vanilla almond milk
- 2 teaspoons shredded coconut

## Preparation

1. Place blueberries in a blender and blend on low for 1 minute.
2. Add protein powder, yogurt and almond milk. Blend to a soft-serve consistency. Scrape sides of blender as needed.
3. Scoop mixture into a bowl.
4. Top with sliced strawberries, fresh raspberries, high-fiber cereal and coconut flakes. Add honey or sweetener of choice, if desired.

## Helpful Hints

- Start your day with this high-fiber, healthy smoothie in a bowl.
- If you are limiting protein omit the protein powder. Protein is reduced to 7 grams.

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# Easy Pineapple Protein Smoothie



Recipe submitted by DaVita dietitian Barbara from North Carolina.

**Portions: 1**   **Serving size: 10 ounces**

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

**Nutrients per serving:** : Calories: 268, Protein: 18 g, Carbohydrates: 40 g, Fat: 4 g, Cholesterol: 36 mg, Sodium: 93 mg, Potassium: 237 mg, Phosphorus: 160 mg, Calcium: 160 mg, Fiber: 1.4 g **Food choices:** 2-1/2 protein, 2 high-calorie **Carbohydrate choices:** 2-1/2

## Ingredients

- 3/4 cup pineapple sherbet or sorbet
- 1 scoop vanilla whey protein powder
- 1/2 cup water
- 2 ice cubes (optional)

## Preparation

1. Place all ingredients in a blender.
2. Immediately blend for 30 to 45 seconds.

## Helpful Hints

- Add one or two ice cubes to make smoothie thicker.
- Ask your dietitian about recommended protein powder brands.
- If the protein powder sticks to the side of the blender, turn it off and use a spatula to loosen it from the sides. Replace lid and blend until smooth.

## A Sunday Well Spent Brings a Week of Content

Prepare for the week ahead by adding all your smoothie and juice ingredients (except liquids) into sandwich bags or blender bottles, and stick them in the refrigerator or freezer. When you want your smoothie or juice, simply pour your prepped ingredients and liquids into the appropriate kitchen appliance, blend or juice and go!

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

# High-Protein Root Beer Float

Recipe created by DaVita dietitian Joyce from Texas.

**Portions: 1**    **Serving size: 1 cup**

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

**Nutrients per serving:** Calories: 210, Protein: 17 g, Carbohydrates: 22 g, Fat: 6 g, Cholesterol: 0 mg, Sodium: 46 mg, Potassium: 133 mg, Phosphorus: 70 mg, Calcium: 86 mg, Fiber: 0 g **Food choices:** 1 protein, 1 high-calorie **Carbohydrate choices:** 1-1/2

## Ingredients

- 1/2 cup frozen dessert whipped topping, thawed
- 1/4 teaspoon vanilla extract
- 1 scoop whey protein powder
- 1/2 cup root beer

## Preparation

1. Mix 1/2 cup thawed whipped topping, protein powder and vanilla extract. Freeze mixture until firm.
2. Divide frozen mixture into 2 scoops and place in an 8 ounce glass. Pour 4 ounces chilled root beer over scoops of whipped topping mixture.

## Helpful Hints

- Buy only phosphate-free brands of root beer.
- Ask your dietitian for recommendations on whey protein powders that are kidney-friendly. Protein powders vary in scoop size and protein content.
- Substitute diet root beer for a low-carbohydrate version.

## Get No-Cost Kidney Diet Education

Learn how diet can impact your kidney health during a no-cost 90-minute kidney education class in your community.

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

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# Citrus Shake

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

**Portions: 2**    **Serving size: 1-1/4 cups**

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

**Nutrients per serving:** Calories: 190, Protein: 7 g, Carbohydrates: 36 g, Fat: 2 g, Cholesterol: 1 mg, Sodium: 192 mg, Potassium: 310 mg, Phosphorus: 83 mg, Calcium: 205 mg, Fiber: 1.3 g **Food choices:** 1 protein, 1/2 medium-potassium fruit, 1/2 milk alternative, 1 high-calorie **Carbohydrate choices:** 2-1/2

## Ingredients

- 1/2 cup pineapple juice
- 1/2 cup almond milk
- 1 cup orange sherbet
- 1/2 cup low-cholesterol egg product

## Preparation

1. Place ingredients in a blender and blend for 30 seconds.
2. Divide into 2 servings.
3. Serve immediately or freeze for later.

## Helpful Hints

- Low-cholesterol egg product is pasteurized. It is safe to consume without cooking. Do not use raw eggs.
- Avoid milk substitutes that contain phosphate additives.

## Power Up with Protein!

If you're on dialysis, you likely need to make up for protein loss that occurs during treatment. Adding protein to your smoothies is an easy way to get more of this muscle-building nutrient. It also helps increase your energy levels and satisfies your hunger.

Add one of these protein sources to your next smoothie:

- Egg white powder
- Greek yogurt
- Milk/milk powder
- Pasteurized liquid egg product or egg whites
- Soy protein
- Whey protein powder

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

# Caramel Protein Latte



Recipe created by DaVita dietitian Simona from Alabama.

**Portions: 1**    **Serving size: 8 ounces**

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

**Nutrients per serving:** Calories: 72, Protein: 17 g, Carbohydrates: 1 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 55 mg, Potassium: 214 mg, Phosphorus: 75 mg, Calcium: 85 mg, Fiber: 0 g **Food choices:** 2 protein **Carbohydrate choices:** 0

## Ingredients

- 1 scoop whey protein powder
- 2 ounces water
- 6 ounces hot coffee
- 2 tablespoons DaVinci Gourmet® Caramel Sugar Free Syrup

## Preparation

1. Place 1 scoop of protein powder in a mug.
2. Add 2 ounces water and stir until protein powder is completely dissolved.
3. Add 6 ounces of hot coffee and stir.
4. Add 2 tablespoons of DaVinci Gourmet® Caramel Sugar Free Syrup. Adjust to desired sweetness using sugar-free sweetener of your choice.

## Helpful Hints

- Makes a great breakfast drink or high-protein snack.
- DaVinci Gourmet® Caramel Sugar Free Syrup can be ordered online if unavailable at your local market.
- Ask your dietitian for recommended brands of whey protein powder.

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# Homemade Almond Milk

Recipe created by DaVita dietitian Simona from Alabama.

**Portions: 3**    **Serving size: 1 cup**

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

**Nutrients per serving:** Calories: 40, Protein: 1 g, Carbohydrates: 2 g, Fat: 3 g, Cholesterol: 0 mg, Sodium: 6 mg, Potassium: 180 mg, Phosphorus: 40 mg, Calcium: 30 mg, Fiber: 0 g **Food choices:** 1 milk alternative **Carbohydrate choices:** 0

## Ingredients

- 1 cup raw almonds
- 3 cups filtered water, plus water for soaking
- 1 teaspoon vanilla extract

## Preparation

1. Place raw almonds in a jar and cover with filtered water. Cover jar and soak at room temperature for 6 hours, or overnight in the refrigerator.
2. Drain the almonds and place in a blender.
3. Add 3 cups of fresh filtered water to the blender.
4. Blend on a low setting, gradually moving to high setting. Blend for 2 minutes, until liquid turns white and almonds are finely chopped.
5. Place a cheesecloth or nut bag over a bowl. Pour the liquid through in batches to strain liquid from almond meal. Squeeze the cheesecloth or nut bag to remove the liquid. Discard the almond meal.
6. Add vanilla extract and other flavorings as desired.
7. Pour almond milk into a jar, cover and refrigerate for up to 3 days. Shake before serving.

## Helpful Hints

- Suggested flavorings include maple syrup or honey, ground cinnamon, sugar, stevia, Splenda or other desired sweetener.
- The almond meal is discarded because it contains the majority of phosphorus and potassium from the nuts. Generally nut milks are much lower in potassium and phosphorus compared to a serving of nuts.
- Commercially prepared almond milk contains added salt, calcium, thickeners and emulsifiers. Some brands also contain phosphate additives. Homemade almond milk is salt-free and has no additives.

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# Cucumber-Lemon Flavored Water



Recipe submitted by DaVita dietitian Kara from Arizona.

**Portions: 10**    **Serving size: 8 ounces (1 cup)**

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

**Nutrients per serving:** Calories: 4, Protein: 0 g, Carbohydrates: 1 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 8 mg, Potassium: 38 mg, Phosphorus: 4 mg, Calcium: 15 mg, Fiber: 0 g **Food choices:** none **Carbohydrate choices:** 0

## Ingredients

- 1 medium cucumber
- 1 lemon
- 1/4 cup fresh basil leaves
- 1/4 cup fresh mint leaves
- 10 cups water

## Preparation

1. Thinly slice cucumber and lemon.
2. Finely chop basil and mint leaves.
3. Add all ingredients to a pitcher.
4. Refrigerate overnight before serving.

## Helpful Hint

- After flavors develop, pour into ice cube trays to make flavored ice.

## The Big Chill

Keep your drinks cold with these 4 tips:

1. Transport your beverage in an insulated cooler or lunch box, or place an ice pack in your bag.
2. Use a smoothie bottle with an ice barrier.
3. Freeze the liquid ingredient for your smoothie or juice recipe in ice trays. Add the frozen liquid just before blending or juicing so your drinks are thick and cold.
4. Use frozen fruits and veggies so you don't have to use ice.

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