Today's Kidney Diet

Healthy Kidney-Friendly Meals in 30 Minutes or Less

DaVita
Today's Kidney Diet

Dear Reader,

We're thrilled to share a collection of recipes you can whip up in 30 minutes or less. We're also excited to let you in on our favorite tips to help you develop kidney-friendly practices in the kitchen.

The Today's Kidney Diet cookbook series from DaVita serves as a reminder that a kidney-friendly eating plan doesn't have to be time-consuming or restrictive, and it certainly doesn't have to compromise flavor. Our goal is to help you create fast and delicious kidney-friendly meals full of antioxidant-rich fruits and vegetables, healthy proteins and other minimally processed, high-fiber foods that contain less sodium, phosphorus and potassium.

From the High-Protein Apple Oatmeal in a Mug that you can make in the microwave in 5 minutes to a quick-and-easy Spicy Basil Beef Stir-Fry that cooks on the stovetop in less than 30 minutes, these recipes are sure to make your mouth water and also nourish your body.

You'll also get grocery budget suggestions and learn how to stock a kidney-friendly kitchen. 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.

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

Happy cooking!
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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 and blood test results.
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4 Food Prep Tips to Save You Time

Use these guidelines to prep ingredients during your weekend and help make your healthy midweek meals a breeze.

- Bake or boil chicken; dice for use in soup, salad and casseroles.
- Save the broth from boiled chicken to use in place of high-sodium canned broth.
- Wash and cut up fresh fruit and vegetables. Keep some for the week and freeze the remainder.
- Measure and portion recipe ingredients, and store them together in containers or bags so they’re ready to grab and go.

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Rotisserie Chicken Noodle Soup

Recipe submitted by DaVita dietitian Elizabeth from Pennsylvania.

Portions: 10  Serving size: 1-1/4 cups

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 185, Protein: 21 g, Carbohydrates: 14 g, Fat: 5 g, Cholesterol: 63 mg, Sodium: 361 mg, Potassium: 294 mg, Phosphorus: 161 mg, Calcium: 22 mg, Fiber: 1.4 g Food choices: 2 meat, 1 starch, 1/2 vegetable, medium potassium Carbohydrate choices: 1

Ingredients

- 1 prepared rotisserie chicken
- 8 cups low-sodium chicken broth
- 1/2 cup onion
- 1 cup celery
- 1 cup carrots
- 6 ounces wide noodles, uncooked
- 3 tablespoons fresh parsley

Preparation

1. Remove chicken from bones and chop into bite-sized pieces. Measure 4 cups for the soup. Store remaining chicken in refrigerator for a later meal.
2. Pour chicken broth in a large stock pot; bring to a boil. (Low-sodium broth contains 140 mg sodium or less per cup. Avoid low-sodium broth with potassium chloride—it’s high in potassium.)
3. Chop onion; slice celery and carrots.
4. Add chicken, vegetables and noodles to stock pot.
5. Bring to a boil and cook approximately 15 minutes until noodles are done.

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Tuna Veggie Salad

Recipe submitted by DaVita dietitian Noelle from Oregon.

Portions: 4  Serving size: 3/4 cup

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 88, Protein: 10 g, Carbohydrates: 3 g, Fat: 4 g, Cholesterol: 11 mg, Sodium: 23 mg, Potassium: 248 mg, Phosphorus: 80 mg, Calcium: 21 mg, Fiber: 1 g  Food choices: 1 meat, 1 vegetable, medium potassium, 1/2 fat  Carbohydrate choices: 0

Ingredients

- 1/2 cup red bell pepper
- 1/2 cup green bell pepper
- 1 cup zucchini
- 1/4 cup green onions
- 1/4 cup fresh basil
- 1 garlic clove
- 5 ounces canned tuna packed in water
- 2-1/2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1/8 teaspoon black pepper

Preparation

2. Pour 3/4 cup of water into a medium saucepan.
3. Place diced bell peppers and sliced zucchini into a steamer basket and place over the saucepan. Heat water to a boil and steam vegetables for 10 minutes.
4. Remove vegetables from heat, drain off any excess water and transfer to a serving bowl.
5. Add tuna, green onions and basil. Toss to combine ingredients.
6. To make dressing, combine vinegar, oil, garlic and black pepper in a jar with a tight-fitting lid and shake well.
7. Pour dressing over tuna and vegetable mixture, and mix well.

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Hawaiian Chicken Salad Sandwich

Recipe submitted by DaVita dietitian Linda from Michigan.

Portions: 4  Serving size: 1 cup chicken salad, 1 piece flatbread or tortilla

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 349, Protein: 22 g, Carbohydrates: 24 g, Fat: 17 g, Cholesterol: 62 mg, Sodium: 398 mg, Potassium: 333 mg, Phosphorus: 167 mg, Calcium: 15 mg, Fiber: 1.5 g  Food choices: 3 meat, 1 starch, 1/2 fruit, low potassium, 1/2 vegetable, low potassium  Carbohydrate choices: 1-1/2

Ingredients

- 2 cups chicken, cooked
- 1 cup pineapple tidbits
- 1/2 cup low-fat mayonnaise
- 1/2 cup green bell pepper
- 1/3 cup carrots
- 1/2 teaspoon black pepper
- 4 pieces flatbread or tortillas

Preparation

1. Dice cooked chicken.
2. Drain pineapple; chop bell pepper and shred carrots.
3. Combine all ingredients in a bowl.
4. Refrigerate until chilled.
5. Serve chicken salad open-face on flatbread or wrapped in a 6-inch flour tortilla. Adjust portion for a lower or higher protein diet.

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Spicy Basil Beef Stir-Fry

Recipe submitted by DaVita dietitian Erin from Illinois.

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

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

**Nutrients per serving:** Calories: 352, Protein: 25 g, Carbohydrates: 27 g, Fat: 16 g, Cholesterol: 54 mg, Sodium: 172 mg, Potassium: 390 mg, Phosphorus: 258 mg, Calcium: 32 mg, Fiber: 0.9 g  **Food choices:** 3 meat, 1-1/2 starch 1 vegetable, low potassium  **Carbohydrate choices:** 2

**Ingredients**

- 1-1/2 pounds beef, flank or sirloin steak
- 1/2 cup basil leaves, fresh
- 1-1/2 tablespoon peanut oil
- 1-1/2 tablespoon garlic, minced
- 1/2 cup onion, diced into 1/2” pieces
- 1/4 teaspoon red pepper flakes
- 1 tablespoon reduced-sodium soy sauce
- 1-1/2 cup low-sodium beef broth
- 1/4 cup lime juice, fresh
- 1/2 cup red bell pepper, diced into 1/4” pieces
- 1 tablespoon cornstarch
- 3 cups cooked rice

**Preparation**

1. Slice beef into bite-size pieces.
2. Wash and dry the basil leaves, and chop coarsely.
3. Mix the beef, basil and 1/2 tablespoon peanut oil in a bowl.
4. Preheat a wok or large skillet over medium heat for 3 minutes. Add the remaining peanut oil and swirl it around the pan.
5. Add the garlic and onion, stirring a few times. Cook until the onion is soft, about 5 minutes.
6. Turn the heat up to high and add the beef-basil mixture. Stir quickly and add the red pepper flakes. Cook just until meat loses its redness, about 3 to 5 minutes depending on the size of the beef pieces.
7. Stir soy sauce into cornstarch, beef broth and lime juice. Add to beef and cook until bubbling. Turn off heat, stir in raw red pepper and serve over rice.
8. Change portion to 1/2 cup for a lower protein diet and increase the amount of rice for extra calories if needed.
Easy Chicken and Pasta Dinner

Recipe created by DaVita dialysis patient Michael and submitted by DaVita dietitian Mary Anne from California.

Portions: 2          Serving size: 1 cup pasta, 2-1/2 ounce chicken, 2/3 cup vegetables

Ingredients

• 1/2 cup red bell pepper
• 1 cup zucchini
• 1 tablespoon olive oil
• 2 cups cooked pasta, any shape

• 5 ounces cooked chicken breast
• 3 tablespoons low-sodium Italian dressing

Preparation

1. Slice bell pepper and zucchini.
2. In a nonstick skillet, heat olive oil and sauté zucchini and peppers until tender-crisp. Remove to a plate.
3. Cut chicken into strips.
4. Heat cooked pasta and chicken strips in microwave in separate dishes.
5. Toss pasta with Italian dressing. Top with chicken strips and sautéed vegetables. If you require a higher or lower protein diet adjust the portion of chicken in this dish.

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 400, Protein: 30 g, Carbohydrates: 45 g, Fat: 11 g, Cholesterol: 60 mg, Sodium: 328 mg, Potassium: 455 mg, Phosphorus: 270 mg, Calcium: 33 mg, Fiber: 3.5 g Food choices: 3 meat, 2-1/2 starch, 1 vegetable, medium potassium Carbohydrate choices: 3

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Cilantro-Lime Cod

Recipe submitted by DaVita dietitian Debbie from Maryland.

Portions: 4  Serving size: One 3-ounce fillet

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 292, Protein: 20 g, Carbohydrates: 1 g, Fat: 23 g, Cholesterol: 57 mg, Sodium: 228 mg, Potassium: 237 mg, Phosphorus: 128 mg, Calcium: 14 mg, Fiber: 0 g  Food choices: 3 meat, 3 fat  Carbohydrate choices: 0

Ingredients

- 1/2 cup mayonnaise
- 1/2 cup fresh cilantro
- 2 tablespoon lime juice
- 1 pound cod fillets

Preparation

1. In medium bowl, combine mayonnaise, chopped cilantro and lime juice. Transfer 1/4 cup to a small bowl and set aside to serve as sauce with fish.
2. Brush fish with remaining mayonnaise mixture.
3. Spray a large skillet with cooking spray and heat over medium-high heat. Add cod fillets and cook turning once, for 8 minutes or until fish is firm but moist. Serve with cilantro-lime sauce.

4 Budget Tips to Save on Groceries

Whether you’re feeding yourself or your entire family, food can take a big bite out of your paycheck. Put these suggestions into play to save on groceries.

1. Buy only what you need and reduce packaging waste—and cost—by shopping for items in bulk bins.
2. Buy fresh produce in season and frozen or canned produce on sale.
3. Plan meals, and make a store list and stick to it. Create meals around grocery ad specials and use coupons unless the store brand is cheaper.
4. Forego pre-packaged grain and pasta mixes, which are often higher priced and packed with additives. Instead, create your own with simple ingredients, herbs and spices.
Ravioli and Zucchini

Recipe submitted by DaVita dietitian Sandra from Colorado.

Portions: 4  Serving size: 1 cup

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 258, Protein: 12 g, Carbohydrates: 27 g, Fat: 9 g, Cholesterol: 57 mg, Sodium: 258 mg, Potassium: 405 mg, Phosphorus: 155 mg, Calcium: 54 mg, Fiber: 2.4 g Food choices: 1-1/2 meat, 1-1/2 starch, 1 vegetable, medium potassium Carbohydrate choices: 2

Ingredients

- 9 ounces frozen beef ravioli
- 2 cups zucchini
- 3 green onions
- 1 medium red bell pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil leaves
- 1/8 teaspoon black pepper
- 1/4 cup reduced-sodium chicken broth

Preparation

1. Julienne cut zucchini; slice green onions; coarsely chop bell pepper.
2. Cook ravioli as directed on the package.
3. Spray a large, nonstick skillet with cooking spray and heat over medium-high heat.
4. Add zucchini, green onions, bell pepper, garlic powder, basil and black pepper. Cook for 3 to 5 minutes until veggies are crisp-tender.
5. Drain ravioli, add broth and stir into the vegetable mixture.
6. Cover skillet and cook over medium-low heat for another 5 minutes, or until thoroughly heated. Stir occasionally, being careful not to break the ravioli.

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Better Than Packaged Rice Pilaf

Recipe submitted by DaVita dietitian Brooke from California.

Portions: 6  Serving size: 3/4 cup

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

**Nutrients per serving:** Calories: 180, Protein: 4 g, Carbohydrates: 30 g, Fat: 5 g, Cholesterol: 11 mg, Sodium: 154 mg, Potassium: 87 mg, Phosphorus: 68 mg, Calcium: 22 mg, Fiber: 1.1 g  **Food choices:** 2 starch, 1/2 fat

**Carbohydrate choices:** 2

Ingredients

- 2 ounces vermicelli noodles, uncooked
- 2 tablespoons unsalted butter
- 1 cup parboiled rice, uncooked
- 2 cups water
- 1 cube chicken-flavor bouillon
- 1 tablespoon Mrs. Dash® Onion and Herb seasoning blend

Preparation

1. In a skillet over medium heat, melt butter.
2. Break vermicelli noodles into 2” pieces and cook, stirring often until noodles begin to brown. (Angel hair or thin spaghetti noodles can be used in place of vermicelli.)
3. Add rice and stir to coat rice evenly with remaining melted butter.
4. Crush chicken bouillon and add to skillet along with water and Mrs. Dash herb seasoning. Stir to blend ingredients.
5. Cover and bring to a boil. Reduce to low heat and cook 20 minutes. Do not remove the cover.
6. Turn off heat and allow to sit covered for an additional 5 minutes.
7. Fluff with a fork and serve.
Cucumbers with Sour Cream

Recipe submitted by DaVita dietitian Anne from Pennsylvania.

Portions: 4  Serving size: 1/2 cup

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

**Nutrients per serving:** Calories: 64, Protein: 1 g, Carbohydrates: 4 g, Fat: 5 g, Cholesterol: 3 mg, Sodium: 72 mg, Potassium: 113 mg, Phosphorus: 24 mg, Calcium: 21 mg, Fiber: 0.8 g  

**Food choices:** 1 vegetable, low potassium, 1 fat  

**Carbohydrate choices:** 0

**Ingredients**

- 2 medium cucumbers  
- 1/8 teaspoon salt  
- 1/2 medium sweet onion  
- 1/4 cup white wine vinegar  
- 1 tablespoon canola oil  
- 1/8 teaspoon black pepper  
- 1/2 cup reduced-fat sour cream

**Preparation**

1. Peel and thinly slice cucumbers and place in a medium-sized serving bowl.  
2. Sprinkle with salt. Allow to sit for 15 minutes, then rinse and press out excess moisture.  
3. Thinly slice onion.  
4. Add remaining ingredients to cucumbers and toss.  
5. Chill in the refrigerator before serving.

**5 Ways to Manage Your Food Stress**

With a little preparation and mindfulness, you can keep your food-related stress at bay and your body nourished. These tips may help.

1. Always have a quick, back-up meal planned for unexpected time crunches.  
2. Clean as you go in the kitchen. In-between recipe steps take time to wash utensils, cups, bowls and cookware.  
3. Set the table. Create a relaxing meal-time atmosphere with place settings and soft lighting.  
4. Ask for help. Make meal planning and preparation a family activity to share tasks and make it more fun.  
5. Go easy on the caffeine. Coffee, tea, soda and energy drinks may increase stress, cause cravings and interfere with sleep.
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Spicy Green Bean Salad

Recipe submitted by DaVita dietitian Margaret from Texas.

Portions: 6  Serving size: 1/2 cup

Diet types: CKD non-dialysis, dialysis, diabetes  
Nutrients per serving: Calories: 85, Protein: 3 g, Carbohydrates: 7 g, Fat: 5 g, Cholesterol: 0 mg, Sodium: 112 mg, Potassium: 223 mg, Phosphorus: 37 mg, Calcium: 36 mg, Fiber: 2.9 g  
Food choices: 1 vegetable, medium potassium, 1 fat  
Carbohydrate choices: 1/2

Ingredients

• 1 pound fresh green beans 
• 2 tablespoons onion 
• 1 red Serrano chili 
• 1/4 cup fresh cilantro 
• 1/4 teaspoon salt 
• 1 teaspoon dried oregano 
• 3 tablespoons lime juice 
• 2 tablespoons olive oil 
• 2 large hard-boiled egg whites

Preparation

1. Remove tips from green beans and cut into pieces. (Substitute frozen green beans when fresh beans are out of season.) Finely chop onion. Seed and slice chili and chop cilantro.
2. Steam the green beans to desired doneness (5 to 10 minutes). Rinse with water to cool.
3. Toss green beans with all remaining ingredients except egg whites.
4. Chop egg whites and sprinkle on top shortly before serving. Serve chilled or at room temperature.
Stuffed Strawberries

Recipe submitted by DaVita dietitian Lisa from New York.

Portions: 12    Serving size: 2 strawberries

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 56, Protein: 1 g, Carbohydrates: 4 g, Fat: 4 g, Cholesterol: 12 mg, Sodium: 31 mg, Potassium: 75 mg, Phosphorus: 22 mg, Calcium: 18 mg, Fiber: 0.8 g    Food choices: 1/4 fruit, medium potassium, 1 fat    Carbohydrate choices: 0

Ingredients

- 24 large strawberries
- 1/2 cup strawberry-flavored cream cheese
- 3 tablespoons reduced-fat sour cream

Preparation

1. Rinse and remove stems from strawberries. (One large strawberry is 1-3/8" diameter, not to be confused with extra-large strawberries, 1-5/8" diameter.)
2. Place point down side up on a cutting board and cut a deep “x” in the tip of each strawberry. Carefully spread berries apart.
3. In a small bowl, beat cream cheese and sour cream until smooth.
4. Pipe or spoon filling into each berry.
5. Refrigerate until ready to serve.

5 Kidney-Friendly Snacks to Keep on Hand

Stash these snacks in your pocket, backpack or desk so you’re armed and ready when hunger strikes.

1. Fruit: apples, grapes, tangerines or strawberries; dried cranberries or blueberries; or packaged fruit cups with diced peaches, pears, pineapple, mandarin oranges or mixed fruit
2. Package of low- or no-sodium microwave popcorn
3. Low-sodium crackers, pita chips or unsalted pretzels
4. Small can or pouch of tuna or chicken and individual-serving packages of mayonnaise
5. Kidney-friendly nutrition bars or liquid supplements, such as the ones from Balance, ZonePerfect and PowerBar, if they meet these general guidelines*:
   - Protein: 15 g or more
   - Potassium: 200 mg or less
   - Phosphorus: 150 mg or less
   - Sodium: 300 mg or less

* Check with your dietitian before adding nutrition bars or supplements to your diet.

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High-Protein Apple Oatmeal in a Mug

Recipe submitted by DaVita dietitian Maryann from Virginia.

Portions: 1    Serving size: 1 mug

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 substitute, 1 fruit, low-potassium Carbohydrate choices: 2

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

Preparation
1. Core and chop apple half.
2. Combine oatmeal, egg and almond milk in a large mug. Stir well with a fork. Add cinnamon and apple. Stir again until fully mixed.
3. Cook in microwave on high for 2 to 3 minutes. Fluff with a fork. Stir in a little more milk or water if thinner cereal is desired. Drizzle oatmeal with 2 teaspoons of honey if desired.

* Oatmeal is higher in potassium and phosphorus compared to refined grains, but can be included in most kidney diets. Discuss with your dietitian if you are unsure.

3 Grab-and-Go Portable Lunch Tips

Put these tips into practice to create convenient, kidney-friendly lunches.
1. Recycle leftovers that can go from the freezer or refrigerator to the microwave.
2. Stock up on plastic food storage containers with dividers or glass Mason jars with lids. These will help you portion out servings that match your specific dietary needs.
3. Use an insulated bag with an ice pack or bottle of frozen water to keep foods cold when you’re on the road.

For lunch recipes and more create-and-carry tips, visit Pinterest.com/DaVitaPins.

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Microwave Coffee Cup Egg Scramble

Recipe submitted by DaVita dietitian Maryann from Virginia.

Portions: 1          Serving size: 1 cup

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 117, Protein: 15 g, Carbohydrates: 3 g, Fat: 5 g, Cholesterol: 188 mg, Sodium: 194 mg, Potassium: 226 mg, Phosphorus: 138 mg, Calcium: 72 mg, Fiber: 0 g  Food choices: 2 meat

Carbohydrate choices: 0

Ingredients

• 1 large egg
• 2 large egg whites
• 2 tablespoons 1% low fat milk
• 1/8 teaspoon black pepper

Preparation

1. Spray a 12-ounce coffee cup with cooking spray. Combine the milk, egg and egg whites in the mug and beat until blended.
2. Place coffee cup in microwave and cook for 45 seconds; remove and stir. Microwave an additional 30 to 45 seconds, until eggs are almost set. (Microwaves vary in cooking time. Adjust as needed to avoid overcooked eggs.)
3. Sprinkle with pepper and enjoy. Add a dash of hot sauce if desired.

10 Microwave Cooking Tips

Microwaves can save you time in the kitchen, but they cook foods differently from the oven or stovetop. These pointers may help.

1. For even results, pause cooking to stir, turn or rotate food.
2. Cover dishes to speed cooking and avoid splatters for easy cleanup.
3. Cut meats and vegetables into uniform sizes for even cooking.
4. Look for the microwave-safe symbol on glassware, ceramic dishes and plastic containers.
5. Don’t use metal containers or gold or silver-rimmed cups, which will cause sparks.
6. Adjust cooking times according to your specific microwave.
7. Remove foam trays or plastic wrap before defrosting or heating foods unless the package instructs otherwise.
8. Check eggs after 30 to 45 seconds.
9. Use a large bowl for hot cereals to prevent overflowing.
10. Pierce skins on dense vegetables such as potatoes before microwaving. This will allow the steam to release so they don’t explode.
Microwave Meat Loaf in a Mug

Recipe submitted by DaVita dietitian Maryann from Virginia.

Portions: 1  Serving size: 1 mug

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving: Calories: 252, Protein: 25 g, Carbohydrates: 13 g, Fat: 10 g, Cholesterol: 75 mg, Sodium: 170 mg, Potassium: 397 mg, Phosphorus: 246 mg, Calcium: 65 mg, Fiber: 1.4 g  Food choices: 3 meat, 1/2 starch  Carbohydrate choices: 1

Ingredients

- 2 tablespoons 1% low fat milk
- 2 tablespoons ketchup (plus more for garnish)
- 2 tablespoons quick cooking oats
- 1 teaspoon onion powder
- 1/4 pound lean ground beef or turkey (7% fat)

Preparation

1. Spray a 12-ounce microwave-safe mug with cooking spray.
2. In a bowl, combine the milk (or milk substitute), ketchup, oats and onion powder.
3. Crumble beef over the mixture and mix well. Pat into the mug.
4. Cover and microwave on high for 3 minutes or until meat is no longer pink.
5. If desired top meat loaf with 1 teaspoon ketchup before serving.

Assess What You Eat

Learn how the foods you eat stack up by finding values for 10 nutrients.

Visit DaVita.com/FoodAnalyzer.
3-2-1 Cupcakes

Recipe submitted by DaVita dietitian Mary A. from California.

Portions: 33          Serving size: 1 cupcake

Diet types: CKD non-dialysis, dialysis, diabetes
Nutrients per serving: Calories: 97, Protein: 1 g, Carbohydrates: 21 g, Fat: 1 g, Cholesterol: 0 mg, Sodium: 163 mg, Potassium: 17 mg, Phosphorus: 80 mg, Calcium: 21 mg, Fiber: 0 g  Food choices: 1 starch, 1/2 high-calorie
Carbohydrate choices: 1-1/2

Ingredients

- 1 box angel food cake mix
- 1 box lemon cake mix
- 2 tablespoons water

Preparation

1. In a large plastic bag with a zip lock, pour in angel food cake mix and lemon (or other flavor) cake mix. With the plastic bag sealed, mix the two dry cake mixes together. Use mix to make a single cupcake or a whole batch by following steps 2 through 6.
2. Spray a small custard dish with non-stick cooking spray.
3. Measure 3 tablespoons of the dry cake mix and place into custard dish.
4. Add 2 tablespoons of water to each cupcake and mix with a fork.
5. Place in the microwave and cook on high for one minute.
6. Slip cupcake out of the custard dish. Cool one minute before enjoying.
7. Store remaining dry cake mix in an air-tight container.

Read Kidney Diet Tips

Learn how to make delicious foods and how to stay healthy on DaVita dietitian Sara Colman’s blog.
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14 Tips to Stock a Kidney-Friendly Kitchen

A well-stocked kitchen can help ensure you have everything you need to cook kidney-friendly meals. Use these 14 tips to get started.

1. Compare brands. Sodium and potassium levels can vary significantly from one brand to another.
2. Look for low-sodium labels on packaging. Stock up on the lowest sodium broths, stocks and condiments.
3. Choose fresh vegetables, or frozen or canned veggies with no added salt or sodium. If they’re not available or unaffordable, drain canned vegetables and rinse to remove some of the sodium.
4. Use only 1/4 as much of the tomato sauce and canned tomatoes that a recipe calls for to limit potassium and sodium.
5. When using canned fish or chicken with added salt, rinse to reduce the sodium. Try to limit use of canned goods in general.
6. Avoid baking and pancake mixes that have salt and baking powder added. Instead, make a kidney-friendly recipe from scratch. Check out our Super Simple Baked Pancake recipe on DaVita.com.
7. Use sweet pickles instead of dill pickles and check for added salt.
8. Check cold and instant hot cereals for sodium amounts. Although oatmeal contains more phosphorus than some cereals, it may be okay one to two times a week if phosphorus is well-controlled.
9. Check the ingredients in vinegar. Some vinegars, such as seasoned rice vinegar, contain added salt and sugar.
10. Avoid store-bought sauces and gravies that have mystery ingredients in them. Make your own instead from real-food ingredients. Check out our collection of kidney-friendly sauce recipes on DaVita.com.
11. Try homemade soup recipes, such as Rotisserie Chicken Noodle Soup on p.5, instead of premade or canned soups. Some soups contain more than 800 mg sodium per serving.
12. Low- and reduced-sodium broth is great for use in cooking. Save the homemade broth from stewed or boiled chicken or beef.
13. Don’t trade sodium for potassium. Some products replace salt with potassium chloride.
14. Limit nuts, seeds and chocolate as they are high in potassium and phosphorus.

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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, dialysis treatment modality, body size, nutritional status and blood test results. We’ve created this chart* to help you with your diet.

*Note: These are general guidelines. You may want to talk to your dietitian to create a plan based on your needs.

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# Today's Kidney Diet: Quick Reference Guide

## Knowing What to Eat for Chronic Kidney Disease (CKD) Stages

<table>
<thead>
<tr>
<th>Foods</th>
<th>Stages 1-2 CKD</th>
<th>Stages 3-4 CKD</th>
<th>Stage 5: End Stage Renal Disease (ESRD) (In-center Hemodialysis, Home Hemodialysis (HHD) and Peritoneal Dialysis (PD))</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non- and low-fat dairy</td>
<td>Include</td>
<td>Limit to 1/2 cup per day or amount decided with your dietitian</td>
<td>All types of dialysis: Limit to 1/2 cup per day or amount decided with your dietitian</td>
</tr>
<tr>
<td>Poultry, seafood, lean red meats, eggs, egg whites or meatless protein sources</td>
<td>Include; avoid excess</td>
<td>Include; avoid excess</td>
<td>All types of dialysis: Increase</td>
</tr>
<tr>
<td>Grains, pasta and rice (whole and other grains)</td>
<td>Include</td>
<td>Include</td>
<td>All types of dialysis: Include; make lower phosphorus whole-grain choices; be aware some whole grains are high in potassium</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td>Include</td>
<td>Include; change types and amount if potassium from blood test is high</td>
<td>In-center Hemodialysis: Include; select lower potassium choices and limit portions HHD and PD: Include; change types and amount if potassium from blood test is high</td>
</tr>
<tr>
<td>Legumes (beans, lentils, peas)</td>
<td>Include</td>
<td>Serving size and how often depends on potassium and phosphorus blood test results</td>
<td>All types of dialysis: Serving size and how often depends on blood test results</td>
</tr>
<tr>
<td>Seeds and nuts</td>
<td>Include</td>
<td>Serving size and how often depends on potassium and phosphorus blood test results</td>
<td>All types of dialysis: Very limited; avoid if potassium and phosphorus are high; serving size and how often depends on blood test results</td>
</tr>
<tr>
<td>Healthy fats (vegetable, canola, flax and olive oil; omega-3 fatty acids)</td>
<td>Include</td>
<td>Include</td>
<td>All types of dialysis: Include</td>
</tr>
<tr>
<td>Unhealthy fats (saturated fat, trans fats)</td>
<td>Limit or avoid</td>
<td>Limit or avoid</td>
<td>All types of dialysis: Limit or avoid</td>
</tr>
<tr>
<td>Herbs and spices</td>
<td>Include</td>
<td>Include</td>
<td>All types of dialysis: Include</td>
</tr>
<tr>
<td>Salt, soy sauce, salty seasonings</td>
<td>Limit or avoid</td>
<td>Limit or avoid</td>
<td>All types of dialysis: Limit or avoid</td>
</tr>
<tr>
<td>Sweets/sugary foods and drinks</td>
<td>Limit</td>
<td>Limit</td>
<td>All types of dialysis: Limit</td>
</tr>
<tr>
<td>Phosphate additives</td>
<td>Avoid</td>
<td>Avoid</td>
<td>All types of dialysis: Avoid</td>
</tr>
</tbody>
</table>

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