

# Today's **Kidney Diet**

Healthy Summertime Recipes

*DaVita*

# Today's **Kidney Diet**

Dear Reader,

Celebrate summer with this collection of fresh, easy-to-prepare recipes you can enjoy throughout the entire season.

The Today's Kidney Diet cookbook series from DaVita serves as a reminder that a kidney-friendly eating plan doesn't have to be stressful or restrictive, and it certainly doesn't have to compromise flavor. Our goal is to help you create enjoyable meals while taking time to relax during those lazy—or busy—summer days. Recipes include fresh ingredients with a balance of healthy proteins and produce, and less sodium, potassium and phosphorus.

From the savory Chicken and Summer Vegetable Kebabs to a refreshing Watermelon Summer Cooler, this recipe collection is sure to help you find flavorful dishes to keep you nourished and satisfied all summer long.

You'll also get hydration and thirst-control suggestions, food-safety advice and tips for eating out while on vacation. 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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# Festive Egg Scramble

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

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

**Diet types:** Chronic kidney disease non-dialysis, dialysis, diabetes

**Nutrients per serving:** Calories: 92, Protein: 11 g, Carbohydrates: 5 g, Fat: 3 g, Cholesterol: 0 mg, Sodium: 190 mg, Potassium: 148 mg, Phosphorus: 82 mg, Calcium: 39 mg, Fiber: 0.4 g **Food choices:** 1-1/2 meat, 1/2 vegetable, low potassium **Carbohydrate choices:** 0

## Ingredients

- 1/2 cup onion
- 1/2 cup red bell pepper
- 1/2 cup green bell pepper
- 3-1/2 cups liquid low-cholesterol egg substitute
- 1 teaspoon black pepper
- 2 tablespoons trans-fat free margarine

## Preparation

1. Finely chop onion and bell peppers.
2. Combine egg product, onion, bell peppers and black pepper in a bowl.
3. Melt margarine in a skillet. Add egg mixture and cook until eggs are set. Stir often to prevent sticking.
4. Serve hot or place in warmer until ready to serve.

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# Veggie Strata

Recipe submitted by **DaVita** dietitian Roselyn from Colorado.

**Portions: 9**      **Serving size: 3" square**

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

**Nutrients per serving:** Calories: 212, Protein: 11 g, Carbohydrates: 15 g, Fat: 12 g, Cholesterol: 165 mg, Sodium: 218 mg, Potassium: 347 mg, Phosphorus: 207 mg, Calcium: 151 mg, Fiber: 2.0 g **Food choices:** 1 meat, 1/2 vegetable, medium potassium, 1 starch, 1 fat **Carbohydrate choices:** 1

## Ingredients

- 7 slices sourdough bread, 1/2" thick
- 1 tablespoon unsalted margarine
- 1 cup onion
- 1 cup raw mushrooms
- 1 cup red bell peppers
- 15 fresh spinach leaves
- 7 large eggs
- 1/4 cup tarragon vinegar
- 1-3/4 cups half & half
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Tabasco® hot sauce
- 1/2 teaspoon black pepper
- 1 ounce shredded sharp cheddar cheese

## Preparation

1. Cut bread into cubes. Place on a baking sheet and bake at 225° F for 15 minutes. Turn cubes over and continue baking 15 minutes or until dry and crisp.
2. Dice onion, mushrooms and bell peppers.
3. Melt margarine in a small skillet and sauté onion, mushrooms and red peppers.
4. Grease a 9" square baking dish with nonstick cooking spray. Arrange half of the bread cubes in a single layer in the dish and sprinkle with half of the vegetable mixture. Arrange spinach leaves on top.
5. Form a second layer with remaining bread and vegetables on top.
6. Whisk together eggs, vinegar, half & half, Worcestershire sauce, hot sauce and black pepper. Pour evenly over the bread.
7. Cover surface with plastic wrap and refrigerate at least 1 hour or overnight.
8. Allow strata to stand at room temperature for 20 minutes.
9. Pre-heat oven to 325° F. Remove plastic wrap and bake for 50 minutes.
10. Remove from oven and sprinkle cheddar cheese over the top. Cook for an additional 10 minutes or until a knife inserted near the center comes out clean.
11. Cut into 9 servings and serve hot.



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# Chicken Fruit Salad

Recipe submitted by DaVita dietitian MaryJo from Minnesota.

**Portions:** 8

**Serving size:** 1-1/3 cups

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

**Nutrients per serving:** Calories: 380, Protein: 17 g, Carbohydrates: 31 g, Fat: 21 g, Cholesterol: 47 mg, Sodium: 183 mg, Potassium: 291 mg, Phosphorus: 159 mg, Calcium: 23 mg, Fiber: 1.7 g **Food choices:** 2 meat, 1 fruit, low potassium, 1 starch, 2 fat **Carbohydrate choices:** 2

## Ingredients

- 8 ounces small shell pasta, uncooked
- 3 cups cooked chicken
- 1-1/2 cups celery
- 1-1/2 cups seedless grapes
- 15 ounces canned mandarin oranges
- 3/4 cup mayonnaise

## Preparation

1. Cube cooked chicken. Slice celery and slice grapes into halves. Drain mandarin oranges.
2. Cook pasta according to package, omitting the salt. Rinse pasta in cold water to cool. Drain well.
3. In a large bowl, combine cooked pasta and all ingredients. Mix well to combine.
4. Cover and refrigerate until serving time.

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# Creamy Orzo and Vegetables

Recipe created by **Michele**, wife of DaVita patient **Charlie**, and submitted by **DaVita renal dietitian Maria** from North Carolina.

**Portions: 6**

**Serving size: 3/4 cup**

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

**Nutrients per serving:** Calories: 176, Protein: 10 g, Carbohydrates: 25 g, Fat: 4 g, Cholesterol: 4 mg, Sodium: 193 mg, Potassium: 170 mg, Phosphorus: 68 mg, Calcium: 53 mg, Fiber: 2.6 g **Food choices:** 1/2 meat, 1-1/2 starch, 1 vegetable, medium potassium **Carbohydrate choices:** 1-1/2

## Ingredients

- 1 garlic clove
- 1 small onion
- 1 small zucchini
- 1/2 cup carrots
- 2 tablespoons olive oil
- 1 teaspoon curry powder
- 3 cups low-sodium chicken broth
- 1/4 teaspoon salt
- 1 cup orzo pasta, uncooked
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fresh parsley
- 1/2 cup frozen green peas
- 1/4 teaspoon black pepper

## Preparation

1. Finely chop garlic. Chop onion and zucchini. Shred carrots.
2. In a large skillet heat olive oil over medium heat. Sauté the garlic, onion, zucchini and carrots for 5 minutes.
3. Add curry powder, chicken broth and salt. Bring to a boil.
4. Add orzo pasta and stir until mixture returns to a boil. Cover and reduce heat to a simmer. Cook, stirring occasionally for about 10 minutes until the liquid is absorbed and pasta is al dente.
5. Add cheese, chopped parsley and the frozen peas. Heat until the vegetables are hot, adding a bit more broth if necessary to maintain creaminess. Add pepper to taste.





# Kidney-Friendly Barbecue and Picnic Food Swaps

Sometimes it can be a challenge to know what to eat at summer barbecues and picnics. Help take the worry out of food decisions by considering these food swaps.

## Instead of ...

Hot dogs, sausage, ham, processed luncheon meats or cheeses, meat smothered in commercial barbecue sauces

Potato salad, spinach or tomato salad, baked beans or butter beans

Nectarines, cantaloupe, honeydew, large portions of watermelon, chocolate desserts, ice cream or cream pies

## Enjoy this ...

→ Grilled hamburgers, steaks, pork chops, fish, shrimp or chicken with homemade barbecue sauce, or sandwiches with roast beef, turkey, tuna, egg or chicken salad

→ Tossed green salad with oil and vinegar dressing, macaroni salad, pasta salad, celery and cucumber sticks, green pepper strips, coleslaw and green beans

→ Fresh grapes, small fresh peach or pear, pineapple, watermelon (in small quantities), fruit-flavored Popsicles, sherbet or fruit ice



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# Chicken and Summer Vegetable Kebabs

Recipe submitted by DaVita dietitian Sara from California.

**Portions:** 6

**Serving size:** 1 large kebab or  
2 small kebabs

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

**Nutrients per serving:** Calories: 284, Protein: 24 g, Carbohydrates: 10 g, Fat: 16 g, Cholesterol: 80 mg, Sodium: 215 mg, Potassium: 456 mg, Phosphorus: 194 mg, Calcium: 30 mg, Fiber: 1.7 g **Food choices:** 3 meat, 2 vegetable, low potassium **Carbohydrate choices:** 1/2

## Ingredients

- 1 tablespoon peach jam
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Mrs. Dash® herb seasoning blend
- 1/4 teaspoon salt
- 1 pound boneless, skinless chicken thighs (6 thighs)
- 1 medium zucchini
- 1 medium yellow summer squash
- 1 red bell pepper
- 1 medium onion

## Preparation

1. To make marinade, measure peach jam into a small microwave safe bowl and heat for 10 to 15 seconds to liquefy. Add olive oil, lemon juice, Mrs. Dash® herb seasoning and salt. Stir until well blended.
2. Rinse chicken thighs and pat dry with a paper towel. Cut each thigh into 4 pieces and place in a zip-lock bag.
3. Add 3 tablespoons marinade to chicken pieces. (Reserve 2 tablespoons marinade to use on vegetables.) Seal zip-lock bag and refrigerate to marinate.
4. Cut vegetables into even bite-sized pieces for kebabs (zucchini: 8 slices; yellow squash: 8 slices; red pepper: 16 pieces; onion: varies). Place in a medium bowl and add reserved marinade. Stir to coat vegetable pieces.
5. Thread vegetables and chicken pieces onto skewers (4 large or 8 small skewers).
6. Heat barbecue grill to medium heat. Place skewers on the grill and cook covered for 12 to 15 minutes. Turn skewers two or three times to cook evenly.



# Crunchy Oven-Fried Catfish

Recipe submitted by DaVita dietitian Sharon from Louisiana.

**Portions:** 4

**Serving size:** 3 ounces

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

**Nutrients per serving:** Calories: 250, Protein: 22 g, Carbohydrates: 19 g, Fat: 10 g, Cholesterol: 53 mg, Sodium: 124 mg, Potassium: 401 mg, Phosphorus: 262 mg, Calcium: 26 mg, Fiber: 1.2 g **Food choices:** 3 meat, 1 starch **Carbohydrate choices:** 1

## Ingredients

- 1 egg white
- 1/2 cup all-purpose flour
- 1/4 cup cornmeal
- 1/4 cup panko bread crumbs
- 1 teaspoon salt-free Cajun seasoning
- 1 pound catfish fillets

## Preparation

1. Heat oven to 450° F.
2. Spray the surface of a flat, nonstick baking sheet with nonstick cooking spray.
3. Beat the egg white in a shallow bowl until very soft peaks form. Do not over-beat.
4. Place flour on a sheet of wax paper.
5. On a separate sheet of wax paper, combine the cornmeal, panko and Cajun seasoning.
6. Cut catfish fillet so you have a total of four pieces. Dip the fish in the flour and shake off excess.
7. Dip in the egg white.
8. Roll in the cornmeal mixture.
9. Place fish on the baking pan, and repeat steps 6 to 9 with all the fish fillets.
10. Spray the tops of the fish fillets with cooking spray and bake for 10 to 12 minutes, until the bottoms of the fish are browned and the fish is sizzling. Remove pan from the oven and turn fish over.
11. Return fish to oven and bake about 5 minutes longer until fillets are browned and crisp.

# Ground Sirloin Pasties

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

**Portions: 8**      **Serving size: 1 pastie**

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

**Nutrients per serving:** Calories: 354, Protein: 11 g, Carbohydrates: 28 g, Fat: 22 g, Cholesterol: 40 mg, Sodium: 382 mg, Potassium: 214 mg, Phosphorus: 72 mg, Calcium: 12 mg, Fiber: 0.7 g **Food choices:** 1-1/2 meat, 1-1/2 starch, 1/2 vegetable, low potassium, 2-1/2 fat **Carbohydrate choices:** 2

## Ingredients

- 1/4 cup carrot
- 1/4 cup onion
- 1 pound ground sirloin
- 1/4 cup frozen corn
- 1/4 cup frozen green peas
- 1 tablespoon reduced-sodium Worcestershire sauce
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- 15-ounce package (2 crusts) rolled, refrigerated, unbaked pie crust
- 1 egg whites
- 8 teaspoons ketchup

## Preparation

1. Preheat oven to 375° F. Let pie crust stand at room temperature according to package directions.
2. Dice carrot and chop onion.
3. Brown ground sirloin in a large skillet over medium heat. Drain and set aside.
4. Place carrot in a microwave dish. Add 1 tablespoon water; cover and cook on high for 2 minutes. Add frozen corn and peas; microwave for 2 minutes. Drain.
5. To make filling, combine meat, vegetables, onion, Worcestershire sauce, black pepper and thyme in a bowl.
6. On a lightly floured surface, unroll pie crusts. Cut each pie crust into four pieces.
7. Spoon 1/4 cup of the filling onto half of each piece of piecrust. Lightly moisten pie crust edges with a small amount of milk or egg white.
8. Fold other half of pie crust over filling. Seal edges by crimping with a fork. Cut slits in the top of the pasties. Brush top with egg white. Place on a large, ungreased baking sheet.
9. Bake for 15 to 20 minutes or until crust is golden brown. Cool slightly on wire racks.
10. Serve each pastie with 1 teaspoon ketchup.



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# Linguine with Garlic and Shrimp

Recipe submitted by **DaVita dietitian Cesiah** from Florida.

**Portions: 6**      **Serving size: 1-1/2 cups**

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

**Nutrients per serving:** Calories: 322, Protein: 20 g, Carbohydrates: 47 g, Fat: 6 g, Cholesterol: 86 mg, Sodium: 106 mg, Potassium: 298 mg, Phosphorus: 220 mg, Calcium: 87 mg, Fiber: 2.4 g **Food choices:** 1-1/2 meat, 3 starch, 1 vegetable, low potassium **Carbohydrate choices:** 3

## Ingredients

- 3/4 pound raw shrimp
- 1 cup flat-leaf parsley
- 2-1/2 quarts water
- 12 ounces linguine, uncooked
- 2 tablespoons olive oil
- 2 heads of garlic, whole
- 1 tablespoon lemon juice
- 1/4 teaspoon black pepper

## Preparation

1. Peel and clean shrimp. Chop parsley.
2. Boil water in a large pot. Add pasta and cook for 10 minutes, or until tender.
3. While pasta is cooking, separate garlic cloves, leaving skin on. Heat cloves in a frying pan over medium heat, stirring frequently. Garlic is ready when it darkens and becomes soft to touch. Skin will be easy to remove. Remove garlic from pan and peel off skin.
4. Heat olive oil in the frying pan and return peeled garlic to the pan. Cook garlic until golden. (Cloves can be cut in half or left whole.)
5. Add parsley and shrimp and cook 1 to 2 minutes, until shrimp turns pink.
6. Drain pasta and reserve 1 cup of liquid. Add pasta to pan with shrimp and garlic. Mix all ingredients together and add the reserved cup of liquid.
7. Add lemon juice and black pepper. Mix and serve.

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# Pineapple and Pepper Curry

Recipe submitted by DaVita dietitian Brooke from California.

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

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

**Nutrients per serving:** Calories: 107, Protein: 1 g, Carbohydrates: 10 g, Fat: 7 g, Cholesterol: 0 mg, Sodium: 4 mg, Potassium: 232 mg, Phosphorus: 26 mg, Calcium: 19 mg, Fiber: 1.9 g **Food choices:** 1-1/2 vegetables, medium potassium, 1 fat **Carbohydrate choices:** 1/2

## Ingredients

- 2 cups green bell pepper
- 1/2 cup red onion
- 1 tablespoon cilantro
- 5 cherry tomatoes
- 1 tablespoon ginger root
- 2 tablespoons vegetable oil
- 1/2 cup pineapple tidbits, canned in juice
- 1 teaspoon curry powder
- 1/2 tablespoon lemon juice

## Preparation

1. Chop bell pepper, onion and cilantro. Cut cherry tomatoes in half. Shred ginger root.
2. Heat oil and, when hot, add ginger and red onion. Cook until onion is translucent.
3. Microwave peppers on high for 6 minutes. Add the peppers to onion mixture. Close the lid of the pan and cook on low for 10 minutes, stirring to avoid burning peppers.
4. Add pineapple tidbits and simmer for 2 minutes. Add curry powder and cilantro. Turn the vegetables once and let them simmer on low for 2 minutes.
5. Garnish with cherry tomatoes and lemon juice before serving.



# Marinated Fresh Vegetables

Recipe submitted by DaVita dietitian Joyce from Texas.

**Portions: 12**      **Serving size: 3/4 cup**

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

**Nutrients per serving:** Calories: 174, Protein: 2 g, Carbohydrates: 10 g, Fat: 14 g, Cholesterol: 0 mg, Sodium: 112 mg, Potassium: 250 mg, Phosphorus: 50 mg, Calcium: 33 mg, Fiber: 1.9 g **Food choices:** 1-1/2 vegetable, low potassium, 3 fat **Carbohydrate choices:** 1/2

## Ingredients

- 3 cups broccoli florets
- 3 cups cauliflower florets
- 2 cups sliced mushrooms
- 1 cup green bell pepper
- 1 cup celery
- 1/2 cup onion
- 1/2 cup sugar
- 2 teaspoons dry mustard
- 1/2 teaspoon salt
- 1/2 cup vinegar
- 1 cup olive oil
- 1 tablespoon poppy seeds

## Preparation

1. Cut broccoli and cauliflower into bite-sized pieces. Slice bell peppers and celery. Finely chop onion.
2. Combine broccoli, cauliflower, mushrooms, bell pepper and celery.
3. In a separate bowl, combine remaining ingredients to make marinade. Mix well and pour over vegetables. Refrigerate at least 3 hours before serving.
4. Use a slotted spoon to remove vegetables from marinade before serving.



# 4 Food Safety Tips for Summer

Help keep summer barbecues and picnics fun and safe with these four food-safety tips.

- 1. Practice proper handling:** Prepare, handle and store food properly. Wash your hands frequently and take hand wipes and/or hand sanitizer with you when you eat outside.
- 2. Watch your time and temps:** Bacteria that can cause food poisoning grow quickly in warm temperatures. The danger zone for bacteria growth in food is between 40° F to 140° F. Don't allow food to remain in this zone for more than two hours. Carry food to your summertime events in a cooler with a cold pack or ice. When possible, put the cooler in the shade with the lid on.
- 3. Mind your meats:** Marinate meat in the refrigerator. Remember to throw away the excess marinade after removing the meat. Do not use marinade on cooked meat. Always thaw frozen meat and seafood in the refrigerator or in the microwave—not on the kitchen counter. Cook hamburgers until there is no pink-colored meat left in the middle.
- 4. Cover it up:** Keep food covered when eating outdoors to avoid flies and other insects, as they may carry bacteria.



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# Kale Slaw

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

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

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

**Nutrients per serving:** Calories: 143, Protein: 2 g, Carbohydrates: 18 g, Fat: 7 g, Cholesterol: 0 mg, Sodium: 29 mg, Potassium: 245 mg, Phosphorus: 38 mg, Calcium: 46 mg, Fiber: 2.0 g **Food choices:** 1 vegetable, medium potassium, 1-1/2 fat, 1/2 high calorie **Carbohydrate choices:** 1

## Ingredients

- 1/2 bunch fresh kale
- 2 tablespoons shallots
- 6 medium Brussels sprouts
- 1/3 cup dried, sweetened cranberries
- 3 tablespoons olive oil
- 3 tablespoons cider vinegar
- 3 tablespoons honey
- 1 teaspoon Mrs. Dash® garlic and herb seasoning blend
- 1/2 teaspoon yellow mustard
- 1/8 teaspoon black pepper

## Preparation

1. Remove kale from stalks and finely chop. Measure 3 cups for slaw. Chop shallots.
2. Shred Brussels sprouts and measure 2 cups.
3. In a medium bowl, combine kale, Brussels sprouts, cranberries and shallots.
4. In a small bowl, combine olive oil, vinegar, honey, Mrs. Dash seasoning blend, mustard and pepper. Pour over vegetables and mix.
5. Refrigerate for 30 minutes before serving.

## Read Kidney Diet Tips

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

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



# Summer Garden Eggplant

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: 101, Protein: 2 g, Carbohydrates: 10 g, Fat: 6 g, Cholesterol: 0 mg, Sodium: 66 mg, Potassium: 183 mg, Phosphorus: 30 mg, Calcium: 20 mg, Fiber: 2.1 g **Food choices:** 1/2 starch, 1 vegetable, medium potassium, 1 fat **Carbohydrate choices:** 1/2

## Ingredients

- 3 cups eggplant
- 1 tablespoon onion
- 1 tablespoon celery
- 1 tablespoon parsley
- 1/4 cup green bell pepper
- 1/4 cup red bell pepper
- 2 tablespoons unsalted margarine
- 1 teaspoon Mrs. Dash® onion herb seasoning
- 1 cup soft bread crumbs

## Preparation

1. Preheat oven to 350° F.
2. Cut eggplant into 1/2" pieces. Measure 3 cups for recipe. Chop onion, celery, parsley and bell peppers.
3. Mix vegetables together.
4. Spray a 1-1/2 quart baking dish with cooking spray. Add vegetable mixture and cover.
5. Bake for 40 minutes.
6. While the vegetables are baking, mix melted margarine and Mrs. Dash® herb seasoning with the soft bread crumbs.
7. Uncover baking dish and sprinkle with crumb mixture. Return the uncovered dish to oven. Bake 10 minutes longer or until the topping is lightly browned.

\* Recipe from "Cooking for David: A Culinary Dialysis Cookbook" by Sara Colman, RD, CSR, CDE and Dorothy Gordon, RN.



# Watermelon Summer Cooler

Recipe submitted by DaVita dietitian MaryAnn from North Carolina.

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

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

**Nutrients per serving:** Calories: 52, Protein: 0 g, Carbohydrates: 13 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 1 mg, Potassium: 96 mg, Phosphorus: 9 mg, Calcium: 6 mg, Fiber: 0.3 g **Food choices:** 1 fruit, low potassium  
**Carbohydrate choices:** 1

## Ingredients

- 1 cup crushed ice
- 1 cup seedless watermelon cubes
- 2 teaspoons lime juice
- 1 tablespoon sugar
- 2 small watermelon wedges for garnish

## Preparation

1. Place all ingredients except garnish wedges in a blender and blend for 30 seconds.
2. Pour into two small glasses, garnish with wedges and enjoy!

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# Red, White and Blue Pie

Recipe submitted by DaVita dietitian Heather from Missouri.

**Portions: 8**      **Serving size: 1/8 pie**

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

**Nutrients per serving:** Calories: 237, Protein: 4 g, Carbohydrates: 35 g, Fat: 9 g, Cholesterol: 19 g, Sodium: 220, Potassium: 162, Phosphorus: 91, Calcium: 75, Fiber: 2.6 g **Food choices:** 1/2 starch, 1/2 fruit, low potassium, 1 milk **Carbohydrate choices:** 2

## Ingredients

- 8 ounces light cream cheese
- 1/2 cup low-sugar red raspberry preserves
- 3 cups Reddi-wip® fat-free dairy whipped topping
- 1 prepared graham cracker crust, 9" size
- 1 cup fresh blueberries
- 1-1/2 cups fresh raspberries

## Preparation

1. To make filling, beat cream cheese and preserves until smooth with an electric mixer on medium speed.
2. Fold whipped topping into cream cheese mixture.
3. Spread filling evenly over the bottom of the graham cracker crust.
4. Arrange blueberries around outer ring of pie. Layer raspberries around inner ring of pie.
5. Chill at least 30 minutes before serving.
6. Before serving, finish decorating with a dollop of whipped topping in the center and a raspberry or strawberry on top.

# Blueberry Cream Cones

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

**Portions: 6**      **Serving size: 1 cone**

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

**Nutrients per serving:** Calories: 138, Protein: 2 g, Carbohydrates: 17 g, Fat: 7 g, Cholesterol: 21 mg, Sodium: 66 mg, Potassium: 65 mg, Phosphorus: 28 mg, Calcium: 20 mg, Fiber: 1.1 g **Food choices:** 1/2 starch, 1/2 fruit, low potassium, 1 fat **Carbohydrate choices:** 1

## Ingredients

- 4 ounces cream cheese
- 1 cup whipped topping
- 1-1/4 cups fresh or thawed frozen blueberries
- 1/4 cup blueberry jam or preserves
- 6 small ice cream cones (Comet® cones, 4-1/2 grams each, were used in the nutritional analysis.)

## Preparation

1. Soften cream cheese. Place in a bowl and beat with a mixer on high until smooth and fluffy.
2. Fold fruit and jam or preserves into the whipped topping.
3. Fill cones, and chill in the freezer until ready to serve.

## 10 No-Cook Meals for Hot Summer Days

When it's too hot to turn on the oven or stove, these no-cook recipes will help you enjoy summertime cooking and keep you cool.

1. Angel Food Whipped Cream Cake
2. Blueberry Blast Smoothie
3. Cilantro Coleslaw
4. Cool Cucumber Soup
5. Garden Vegetable Salad
6. Island Shrimp Slaw
7. Lemon Curry Chicken Salad
8. No Tomato Salsa
9. Refreshing Raspberry Punch
10. Triple Berry Protein Parfait

All of these recipes and dozens more are available at [DaVita.com/NoCook](https://www.davita.com/NoCook).

# Citrus Shake

Recipe submitted by **DaVita dietitian team.**

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

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

**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 meat, 1/2 fruit, medium potassium, 1/2 nondairy milk substitute, 1 high calorie **Carbohydrate choices:** 2-1/2

## Ingredients

- 1/2 cup pineapple juice
- 1/2 cup almond or rice milk without phosphate additives
- 1 cup orange sherbet
- 1/2 cup low-cholesterol egg product (do not use raw eggs)

## Preparation

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

## 3 Summer Hydration Tips

You may feel thirstier and feel inclined to hydrate more during the summer. However, when your kidneys don't function at 100 percent, more may not be better. Get the right amount of fluid for your level of kidney function with these tips.

1. **Set a daily fluid goal:** Your fluid goal should be based on what your healthcare team recommends is an appropriate amount of fluid for your level of kidney function.
2. **Choose water first:** Plain, filtered water is the No. 1 hydration choice because it doesn't include unwanted additives or unnecessary ingredients.
3. **Add thirst quenchers:** If fluids are limited, try quenching thirst with hard candy; frozen grapes or berries; or homemade ice pops.



# Dining Out While on Summer Vacation

Whether it's a weekend road trip or an adventure to a far-away place, vacations often involve eating at restaurants. It's easy to stick with your diet while dining out when you know the three basic steps for success.

## 1. Go In with a Game Plan

- Review the online menus of restaurants you plan to dine at with your dietitian prior to vacation.
- Look over the restaurant's online menu to select the foods that are closest to your eating plan.
- Pack a small container of your favorite low-sodium seasoning to use instead of salt.
- If you take phosphate binders, pack them before you go out.
- Consume less during the day before eating out in the evening to stay within your nutrition goals.

## 2. Request Away

- Ask for food prepared without added salt.
- Request dressing, gravy and sauce on the side.
- Order baked, broiled or grilled instead of fried.
- Ask for substitutions that are lower in sodium and other nutrients of concern.

## 3. Shake Off Portion Distortion

- Share an entrée with others in your party.
- If your hotel room has a fridge, ask for a to-go container and save half of your meal for the next day.
- Order appetizer-sized portions to help you control how much you eat.
- Check out the vegetarian choices and items designated as heart-healthy.

**Mr. John Doe**  
**1234 South Windsor Road East**  
**Denver, CO 80112-0553**



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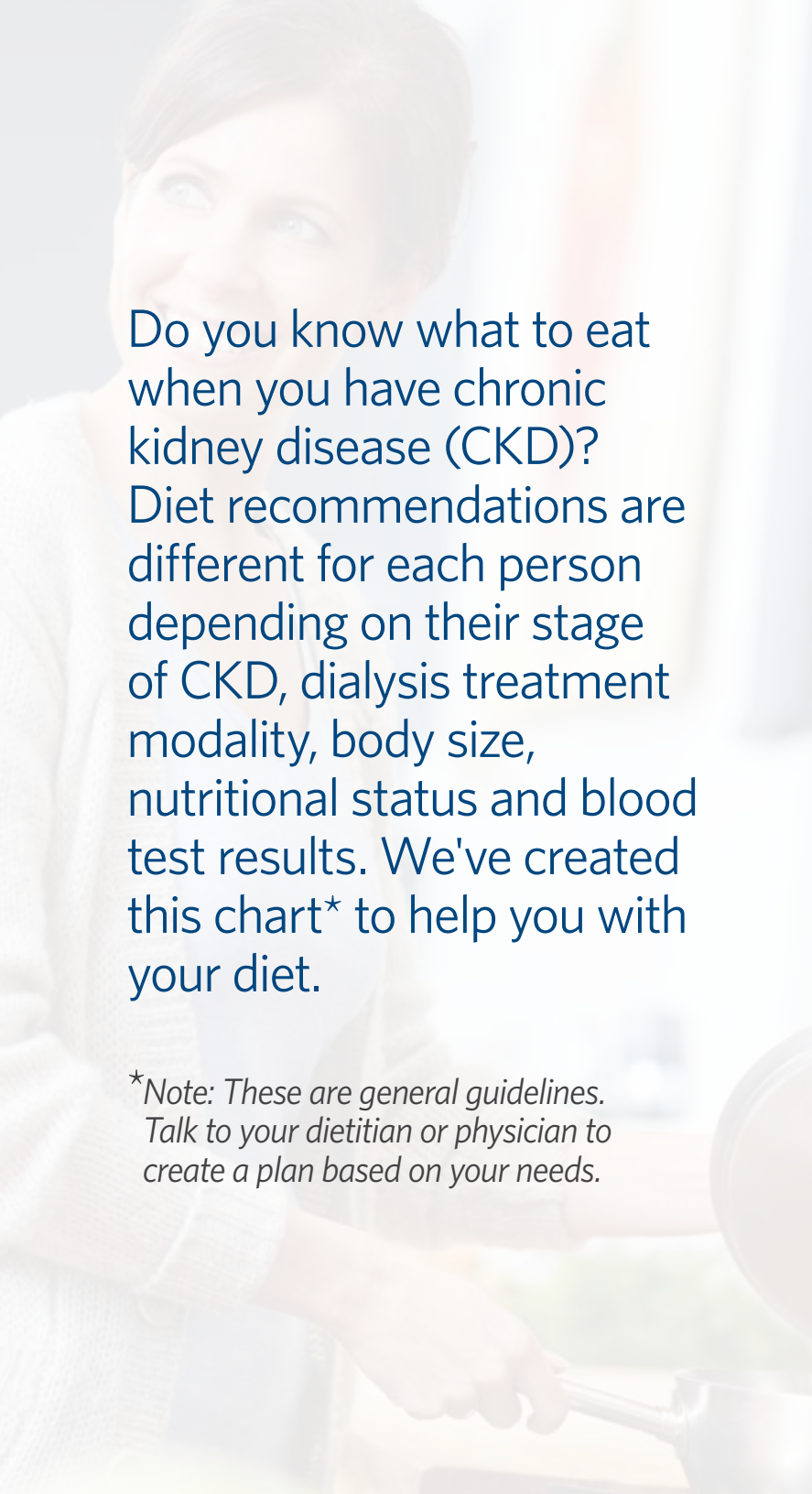
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Do you know what to eat when you have chronic kidney disease (CKD)? Diet recommendations are different for each person depending on their stage of CKD, dialysis treatment modality, body size, nutritional status and blood test results. We've created this chart\* to help you with your diet.

*\*Note: These are general guidelines. Talk to your dietitian or physician 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 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	<b>All types of dialysis:</b> 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	<b>All types of dialysis:</b> Increase
Grains, pasta and rice (whole and other grains)	Include	Include	<b>All types of dialysis:</b> 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	<b>In-center Hemodialysis:</b> Include; select lower potassium choices and limit portions <b>HHD and PD:</b> 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	<b>All types of dialysis:</b> 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	<b>All types of dialysis:</b> 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	<b>All types of dialysis:</b> Include
Unhealthy fats (saturated fat, trans fats)	Limit or avoid	Limit or avoid	<b>All types of dialysis:</b> Limit or avoid
Herbs and spices	Include	Include	<b>All types of dialysis:</b> Include
Salt, soy sauce, salty seasonings	Limit or avoid	Limit or avoid	<b>All types of dialysis:</b> Limit or avoid
Sweets/sugary foods and drinks	Limit	Limit	<b>All types of dialysis:</b> Limit
Phosphate additives	Avoid	Avoid	<b>All types of dialysis:</b> Avoid

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