

Kidney-Friendly Cooking with Chef Linda

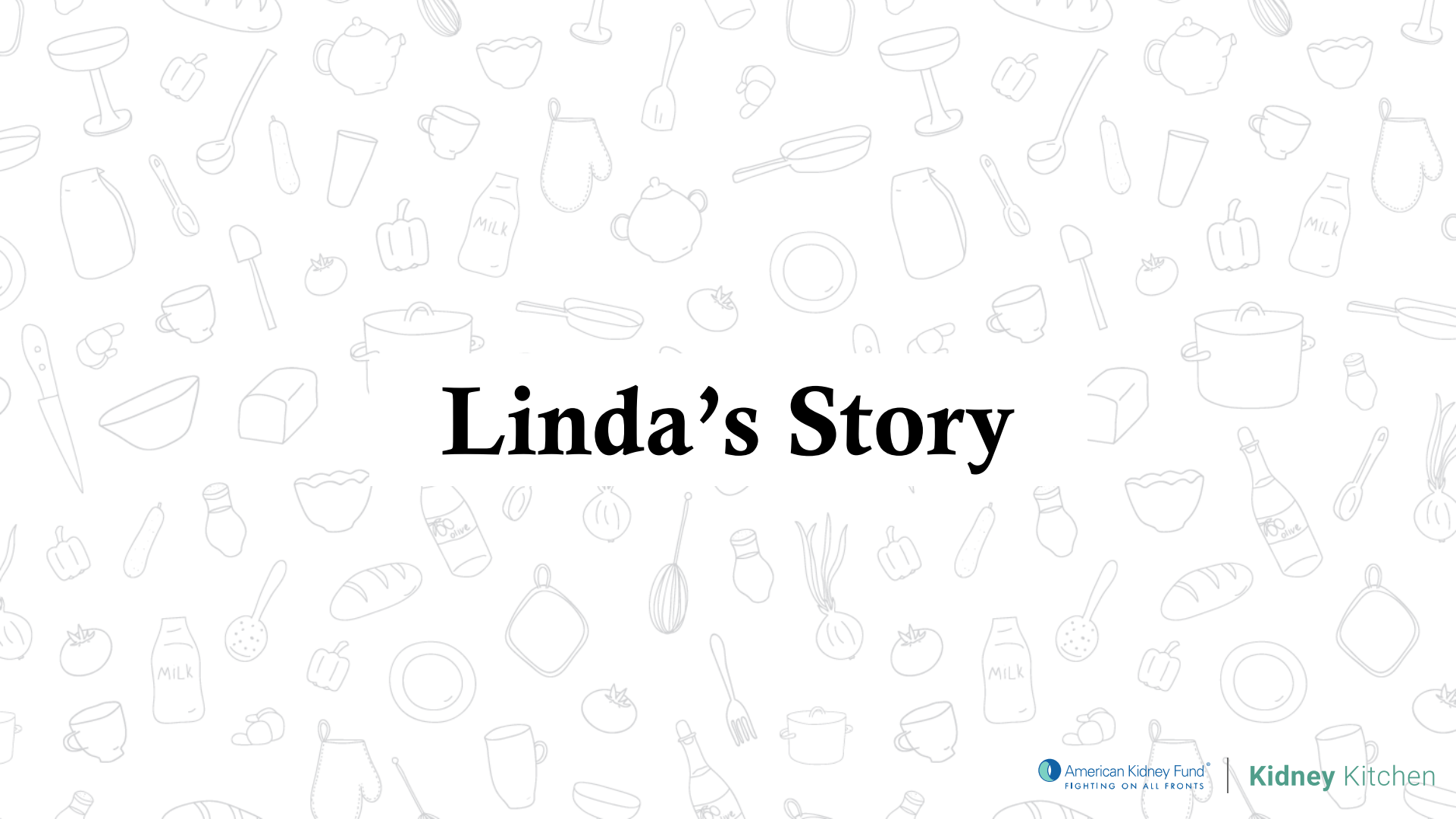
Chef Linda Blaylock

Thanks to our speaker!

Chef Linda Blaylock



- CKD culinary consultant for the American Kidney Fund
- Graduated with honors from the Auguste Escoffier Culinary School of Arts
- Caregiver to her husband who was diagnosed with stage 3 chronic kidney disease (CKD)
- Teaches community education classes about healthy meal preparation and kidney disease prevention in her community



Linda's Story

Kidney-Friendly Eating

- When you have chronic kidney disease (CKD), you need to have a kidney-friendly meal plan.
- Watching what you eat, and drink will help you:
 - Stay healthier
 - Protect your kidneys from further damage
 - Prevent other health issues caused by certain minerals building up in your body
- Talk to your doctor or dietitian to create a meal plan that is right for you.

Moderation is Key

- There are many nutrients found naturally in foods that your body needs but moderation is key.

- Sodium
- Potassium
- Phosphorus
- Protein
- Liquids
- Carbohydrates



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Sodium

- Added to processed foods
- Used to preserve fresh and frozen foods
- Different types of salt have different amounts of sodium per serving.
 - 1 tsp kosher salt = 1,800 mg
 - 1 tsp standard table salt = 2,325 mg
 - 525 mg difference
- Limit use when cooking and eating.



Sodium Per Serving	
High	400 mg or more
Medium	141 mg – 399 mg
Low	140 mg or less

Potassium

- Most used salt substitute in low-sodium foods and as a preservative.
- Always check ingredients on packaged foods.
- Choose fruits and vegetables low in potassium.
 - Fresh, canned, or frozen? There is a difference.
- Dialyze (double boil or soak) potatoes and root vegetables.
- Watch for potassium (and phosphorous) in grains and legumes.



Potassium Per Serving	
High	600 mg or more
Medium	301 mg – 599 mg
Low	300 mg or less

Phosphorus

- Plant based sources of phosphorus are best.
 - Half absorbed
- Dairy and Meat
 - Fully absorbed
 - Reduce dairy and meat portions. To feel more satisfied, shred or grate cheeses and dice meats for better distribution throughout the dish.
- Look for ingredients with “phos”.
- Aside from phosphorus, be mindful of the potassium and protein in grains, beans, and legumes.



Phosphorus Per Serving

High	300 mg or more
Medium	151 mg – 299 mg
Low	150 mg or less

Protein

Types

- Complete – contain all 9 amino acids
 - Meat, poultry, fish, eggs, dairy
- Incomplete – missing 1 or more amino acids
 - Nuts, grains and rice, beans, legumes
- Complementary – two or more incomplete proteins that make a complete protein when eaten together
 - Nuts, grains and rice, beans, legumes

Protein

- 3-4 oz portions if not on dialysis
- Reduce meat portions.
 - Instead of having a small piece of meat on your plate, shred or dice for better distribution throughout the dish. You will not feel as though you are limiting your portions.
- Grains and Legumes
 - Contain protein, potassium and phosphorus. Be mindful of amounts you are adding to your dish, especially when combining it with other proteins.
- Vegetables
 - Contain some protein, but more potassium. You can bulk up a meal by adding vegetables.



Protein Per Serving	
High	21 g or more
Medium	9 g – 20 g
Low	8 g or less

Fluids

- Drink slowly from smaller cups.
- Chew sugar-free gum.
- Chill or freeze fresh fruit.
- Freeze juice in an ice cube tray.
- Choose unsalted snacks.
- Track all fluids including:
 - Ice cream
 - Gelatin
 - Soup
 - Other liquid-based foods

Recommended Daily Fluid Intake	
Stage 1, 2	64 oz
Stages 3, 4, 5 (non-dialysis)	May have to limit
Stage 5 (on dialysis)	32 oz plus the volume of liquid lost from urination

Carbohydrates

Types

- Simple – sugars, fruits and vegetables
 - if it ends in “ose”, it’s sugar.
- Complex – whole grains and starches. Whole grains contain fiber.
- Soluble fiber – absorbs water, forms a gel
- Insoluble fiber – absorbs less water, forms bulk in the intestines



Carbohydrates

- Recommended daily fiber intake:
 - Men: 30+ grams
 - Women: 21+ grams
- Talk to your doctor about what's right for you.
- Consider amounts in recipes.
- Reduce amount used.



Carbohydrates Per Serving	
High	6 g or more
Medium	46 g – 60 g
Low	45 g or less
Snack Serving	15 – 30 g

Carbohydrates

- Substitute no or low-starch spiralized or riced vegetables.
- Substitute one-quarter of the flour with a lower phosphorus nut flour.
- Make sandwiches with 1 slice of bread or use low carb bread or wraps.
- Use slider sized hamburger buns.
- Use mini croissants.
- Use taco or street taco sized tortillas.
- Limit sides to $\frac{1}{4}$ – $\frac{1}{2}$ cup serving sizes.
- Choose sugar-free or low-carb versions of products.
- Always check ingredients and food labels. Potassium, phosphorus and sodium are common in low-carb products.
- Choose products with low sodium that have potassium and/or phosphorus listed at the end of the ingredient list.



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Carbohydrates: Sugar Alternatives

- **Agave nectar:** contains more fructose than regular sugar.
- **Aspartame** (NutraSweet®, Equal®): made of aspartic acid and phenylalanine (amino acids). Body breaks it down into methanol which is toxic in large quantities or when heated. Use sparingly.
- **Erythritol:** sugar alcohol made from wheat or corn. Often combined with other sugars to boost sweetness.
- **Mannitol:** sugar alcohol made from fructose and hydrogen. Can lead to increased urination.
- **Monk fruit:** made from fruit. May be mixed with other sweeteners.
- **Saccharin** (Sweet 'N Low®, Necta Sweet®): synthetic sweetener. Often combined with Aspartame.
- **Sorbitol:** sugar alcohol made from corn syrup or potato starch. Has laxative effects.
- **Stevia** (or Truvia® any product ending in “via”): made from plants.
 - May affect kidneys. There have been some studies done that suggest benefits and negative effects. As of yet, there isn't conclusive information. Please use your best judgement
- **Sucralose** (Splenda®): made from sugar. Best for baking.
- **Xylitol:** sugar alcohol made from corn or birch. Fatally toxic to dogs.

Carbohydrates: Sugar Alternatives

- Many do not withstand high temperatures
- Expensive
- Hard to find
- Taste
- Natural vs. artificial
- Limit consumption
- Count half the grams of sugar alcohol carbohydrates, since half get digested



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Talk to your doctor or dietician!

Carbohydrates: Non- Starchy Vegetables

- Artichoke and artichoke hearts
- Asparagus
- Avocado*
- Baby corn
- Bamboo shoots*
- Beans (green, wax, Italian...)
- Bean sprouts
- Bell peppers
- Brussels sprouts*
- Broccoli (raw*)
- Cabbage (green, red/purple, bok choy* cooked, Savoy*...)
- Cauliflower
- Celery and celeriac
- Cucumber
- Daikon (oriental radish)
- Eggplant
- Fennel*
- Greens (raw*) (collard, kale, mustard, turnip....)
- Hot peppers (raw*)
- Jicama (yambean)
- Kohlrabi*
- Leeks
- Mushrooms* (canned OK, maitake, shiitake cooked OK)
- Okra
- Onions (dehydrated flakes*)
- Pea pods & sugar snap peas
- Radishes
- Rutabaga* (cooked OK)
- Salad greens (raw*) (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Summer squash (cushaw, summer, crookneck, spaghetti)
- Swiss chard*
- Tomato*
- Turnips
- Water chestnuts* (canned OK)
- Zucchini

***high potassium**

Carbohydrates: Starchy Vegetables, Grains, and Beans

VEGETABLES

- Beets* (canned OK)
- Carrots (mature, raw*)
- Cassava (yuca)
- Corn & hominy
- Edamame*
- Parsnips*
- Flour based pasta
- Peanuts (only dry-roasted OK)
- Peas
- Plantain*
- Potatoes*
- Pumpkin (canned & cooked OK)
- Rice
- Split peas & legumes
- Squash, winter* (cooked OK) (acorn, butternut)
- Sweet potatoes* (cooked OK) & Yams*

GRAINS (high in phosphorus)

- Amaranth
- Barley, pearl
- Buckwheat groats
- Bulgur
- Cornmeal
- Couscous
- Kamut
- Millet
- Oat Bran
- Quinoa
- Spelt*
- Teff
- Wheat*
- Wild Rice

BEANS (canned OK) (high in phosphorus)

- Baked beans*
- Cowpeas (blackeye, crowder, southern)
- Fava
- Garbanzo/Chickpeas
- Kidney/Red
- Lima
- Mung
- Navy
- Northern
- Pinto
- Refried*
- Soy*
- Tofu* (silken OK)
- White
- Yellow*

***high potassium and/or sodium**

Fats

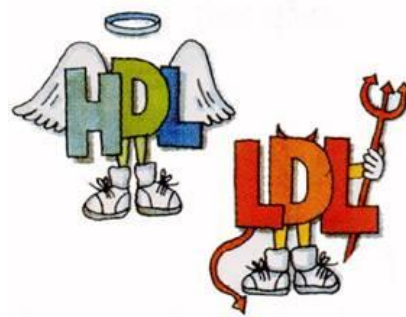
- Saturated – solid at room temperature
 - Animal products, butter
- Trans fats – manufactured; treated with hydrogen to change from liquid to solid.
 - Solid shortening, margarine (check ingredients)
- Monounsaturated – liquid at room temperature; heart healthy
 - Olive oil, canola oil, nut and seed oils, avocado
- Polyunsaturated – liquid at room temperature; heart healthy
 - Vegetable oils (corn, soybean), nut and seed oils (sunflower), fish oils



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Fats

- **Saturated** fats raise **LDL** “**Lousy**” cholesterol and raise **HDL** “**Helpful**” cholesterol
 - Neutral
- **Trans** fats raise LDL
 - If possible, avoid trans fats.
- **Unsaturated** (poly and mono) fats raise HDL cholesterol.
 - These are heart healthy fats.
- Use natural products such as butter and heavy cream.
- Avoid using products such as margarine which are created using chemicals, additives, flavorings, or coloring. Unnatural products are unhealthy, and the chemicals or additives can affect the flavors and textures of your food.
- Refrigerate oils with added flavors and ingredients as well as some perishable oils (avocado, safflower, sesame).



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Fats: Frying and Flavor

- When frying, the fat you are using must tolerate high heat (i.e., high smoke point), 400° or higher
 - Avocado oil
 - Canola oil
 - Refined Coconut oil
 - Corn oil
 - Ghee (clarified butter)
 - Hemp seed oil
 - Lard (tallow)
 - Light or refined Olive oil
 - (not virgin)
 - Palm oil
 - Peanut oil
 - Safflower oil
 - Sesame oil
 - Soybean oil
 - Sunflower Seed oil
 - Vegetable oil



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Fats: Frying and Flavor

- Flavored
 - Avocado oil
 - Coconut oil – unrefined or virgin
 - Flaxseed oil
 - Ghee (clarified butter)
 - Hemp seed oil
 - Toasted nut oils
 - Olive oil – virgin or extra virgin
 - Peanut oil
 - Safflower oil
 - Sesame oil
 - Sunflower seed oil
- Neutral- Flavored
 - Canola oil
 - Coconut oil - refined
 - Corn oil
 - Grapeseed oil
 - Lard
 - Olive oil – light, pure or refined
 - Palm oil
 - Vegetable oil

Shopping



- **Name brands:** You will become familiar with name brand products that are acceptable for CKD and will purchase often.
- **Store brands:** There are many store brands that are often better than name brand products.
- **Imported / international:** This section can contain a wealth of products with much lower sodium and few preservatives. They may be more expensive, but you will be able to incorporate more into your dish. There are often acceptable items that standard American products do not offer, such as olives.
- **Organic and health food sections:** Many products exist in this section with much lower sodium.
Example: grated parmesan cheese and low sodium broth powders.
- **Health / Ethnic food stores:** May carry hard to find items such as spices and condiments.
- **Co-ops:** Organic foods abound! They also have many items that are lower sodium, natural, and fewer preservatives.
- **Online:** There are some things you just can't find at local grocers.

Reading Food Labels

- **Avoid**: high sodium; potassium and phosphates listed midway or high in the list of ingredients
- **Better**: low sodium; potassium or phosphates listed at the end of the list of ingredients
- **Best**: low sodium (under 140 mg); no potassium or phosphates added
- Hidden or not listed:
 - ☐ Meats commonly do not state preservatives or will list “retained water solution”.
 - ☐ Store-made bakery items are usually high in sodium, often use potassium and phosphates for preservatives and stabilizers.
 - ☐ Ask, plan, or avoid.



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Finding Your Nutrient Intake

- Scenario: Recipe calls for lower sodium soy sauce
 - 1 tablespoon = 575 mg sodium
 - Recipe calls for 2 tablespoons
 - $575 \text{ mg} \times 2 \text{ tablespoons} = 1,150 \text{ mg sodium}$
 - $1,150 \text{ mg sodium} / 6 \text{ (number of servings)}$
 $= 191.67 \text{ mg sodium per serving}$
- Medium-sodium level meal
- Plan accordingly

Detective Work



- When starting out, carry reference lists of high and low foods.
 - Visit [KidneyFund.org/Kitchen](https://www.kidneyfund.org/Kitchen) to download food lists.
- Next...
 - Identify local grocers.
 - Note acceptable products.
 - Plan trips accordingly.
 - Stock up if needed.

Detective Work

	Sodium	Potassium	Phosphorus	Protein	Preservatives
Fruits, Vegetables		X			
Grains, Legumes		X	X	X	
Meats	X	X	X	X	X
Dairy	X	X	X	X	X
Prepackaged, Processed	X	X	X		X

Proper Food Storage

- To store food:
 - Label and date your leftovers and opened products.
 - Freeze or refrigerate.
 - You'll need baggies, Tupperware, dry erase or permanent marker, and freezer tape
- Technique for proper thawing:
 - Under cold running water
 - In a sink of cold water, changed frequently
 - Sealed in the fridge
 - Cold temperatures will inhibit bacteria growth and sealed containers will prevent contamination



Tools & Gadgets

- Calculator
- Digital thermometer
- Food scale (ounces & grams)
- Extra measuring spoons and cups for solids
- Extra measuring cups for liquids
 - (1 cup, 2 cup & 4 cup, liquids measure differently than solids)
- Fine mesh strainer, small and large, or cheesecloth
- Food processor, small and large

- Fruit zester and citrus juicer
- Frywall Splatter Guard



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- Instant Pot or slow cooker
- Nonstick pan
- Spice/coffee grinder
- Small saucepans

Seasoning

- When to add ingredients:
 - Dried spices and herbs need heat, fat or liquid, and time.
 - Add fresh, delicate herbs at the end.
 - Add fresh, robust herbs early (robust = woody stems).
 - Acid is the new salt.
- Fresh vs. dried spices and herbs
 - Want to use fresh instead of dried? Use 3 times the amount.
 - Want to use dried instead of fresh? Use $\frac{1}{3}$ the amount.
 - 1 tsp dried or $\frac{3}{4}$ tsp ground = 1 tbsp fresh
- When you rub seasonings into meat or add them with the liquid ingredients, they become more thoroughly distributed and the meat or liquid will take on the flavors.
- Switch to kosher (coarse grain) salt, except for baking.



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Mis en Place = everything in its place

Seasonings: Fresh and Dried Seasoning Substitutes

- **Bay leaf:** 1 fresh = 2 dried leaves
- **Cinnamon stick:** 1 whole = $\frac{1}{2}$ tsp ground
- **Cumin:** 1 Tbsp seeds = 2 $\frac{1}{2}$ tsp ground
- **Garlic:** 1 large clove = 1 tsp minced = $\frac{1}{2}$ tsp powder
- **Garlic:** 1 small clove = $\frac{1}{2}$ tsp minced = $\frac{1}{8}$ tsp powder
- **Ginger:** 1 Tbsp fresh grated = $\frac{1}{4}$ tsp ground
- **Ginger:** 1 Tbsp fresh minced = $\frac{1}{2}$ tsp ground
- **Onion:** 1 medium fresh (1 cup) = 1 tsp powder
- **Onion:** $\frac{1}{2}$ medium fresh ($\frac{1}{2}$ cup) = $\frac{1}{2}$ tsp powder
- **Onion:** $\frac{1}{4}$ medium fresh ($\frac{1}{4}$ cup) = $\frac{1}{4}$ tsp powder
- **Star Anise:** 1 whole = $\frac{1}{2}$ tsp seeds = $\frac{1}{4}$ tsp ground



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Meal Planning

- Benefits of meal planning:
 - Helps you succeed
 - Reduces trips to the grocers
 - Reduces food waste
 - Helps you stick to your list
 - Make more, cook less
 - Budget- friendly
- Handy tools:
 - Dry erase marker
 - White board
 - Pen & notepad
 - Food scale
 - Calculator
 - Storage containers

Meal planner

Shopping List:	Sunday	Monday	Tuesday
<input type="checkbox"/>			
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<input type="checkbox"/>	Wednesday	Thursday	Sat/Sun
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www.Creative-Calendars.com

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If you are really organized, choose and coordinate meals for the week with sales at local grocers.

How Do I Plan?



- ❑ Take note of ingredients that need to be used up and plan recipes that will use those ingredients during the week.
 - If you have leftover tomato paste, choose a recipe or two that will use it.
- ❑ Choose recipes with similar ingredients for the week.
 - If a recipe calls for $\frac{1}{2}$ pound of beef, find another recipe that calls for $\frac{1}{2}$ pound beef.
 - If a recipe calls for $\frac{1}{4}$ cup fennel bulb, find another recipe that will also use fennel bulb.
- ❑ Print out or jot down the recipes you plan to use. It helps you plan and figure out everything you need all at once.

How Do I Plan?



- ❑ Decide what will be for breakfast, lunch, dinner, or a snack.
 - Choose your dinner (or biggest meal of the day) and note the nutrient contents.
 - Choose remaining meals for each day that fall within your required limit.
 - Add totals for each day to confirm you are meeting your goals.
 - If your phosphorus limit is 900 mg per day, and the dinner chosen is 300 mg, you now have 600 mg left for remaining meals and snacks. If lunch is 250 mg, you now have 350 mg left for breakfast and snacks.
- ❑ Tip: Make extra, or a double batch of dinner. Use for lunch the next day or freeze.

How Do I Plan?



MONDAY	Potassium	Phosphorus	Sodium	Protein	Carbs
Limit per day	1900 mg	900 mg	1900 mg	60 grams	No limit
<i>Dinner</i>					
Chili	393 mg	166	122	10	48
side of fruit	54 mg	9	1	1	4
Vanilla souffle	127 mg	104	101	10	25
Total:	574	279	224	21	77
	1900-574 =				
	1326 mg left				
<i>Lunch</i>					
Bread roll	54 mg	46	32	4	32
soup	349 mg	212	158	17	26
Total:	403	258	190	21	58
	1326-403 =				
	923 mg left				
<i>Breakfast</i>					
egg bake	248 mg	178	110	12	8
Coffee w/ 2T heavy cream	29 mg	18	0	0	0
Total:	277	196	110	12	8
	923-277 =				
	646 mg left				

	646 mg left				
<i>Snack</i>					
veg and dip	177 mg	15	5	2	10
Total:	177	15	5	2	10
	646-177 =				
	469 mg left				
<i>Snack</i>					
pasta salad	102 mg	43	153	3	19
Total:	102	43	153	3	19
	469-102 =				
	367 mg left				
Total for day:	574+403+277+				
	177+102 =				
	1533 mg	791 mg	682 mg	59 mg	
	Potassium	Phosphorus	Sodium	Protein	Carbs

Helpful Guides & Tips to Adapt Recipes

- **Meat** — $\frac{1}{2}$ - $\frac{3}{4}$ pound for 4 servings; 1 – 1 $\frac{1}{2}$ pound for 6 servings depending on other proteins or high phosphorus ingredients in the dish.
 - If including beans with meats, use lower portion of meat and $\frac{1}{2}$ cup of beans (4 servings), $\frac{3}{4}$ cup of beans (6 servings).
- **Vegetables** – 4 servings: use $\frac{1}{2}$ cup each, up to 3 different vegetables, reduce to $\frac{1}{4}$ cup each if using more than 3 vegetables.
 - 6 servings: use up to $\frac{3}{4}$ cup each. If using more than 3 vegetables, reduce to $\frac{1}{2}$ cup each.
- **Fruit** – If served as a side, limit to $\frac{1}{4}$ cup per person. As a snack, limit to $\frac{1}{2}$ cup. If incorporating into a meal, limit to $\frac{1}{4}$ cup chopped.
- **Dairy** – Lower the phosphorus by using heavy cream or half and half mixed with water, instead of milk. Example: $\frac{3}{4}$ cup water mixed with $\frac{1}{4}$ cup heavy cream or half and half to replace 1 cup of milk. Hint! Most recipes use whole milk unless stated otherwise.
 - Lower phosphorus dairy: cream cheese, butter, fresh and soft cheeses. Surprise! 1-ounce slice of sharp cheddar is acceptable

Helpful Guides & Tips to Adapt Recipes

- **Nuts** – 1 tablespoon per person/serving, chopped
- **Beans and legumes** – $\frac{1}{2}$ cup for 4 servings, $\frac{3}{4}$ – 1 cup for 6 servings
 - May use up to 2 cups depending on servings and other proteins and high phosphorus ingredients in the dish.
- **Ground spices** – contain a lot of potassium and phosphorus. If adding, stick to smaller amounts (1 – 2 teaspoons). Think of ground or dried seasonings as a more concentrated source of potassium.
- **Fresh herbs** – do contain potassium but you can use more of them than dried or ground. The potassium is not as concentrated.
- **Fats** – depends on needs and preference. Use healthy fats often but don't sacrifice flavor!
 - Avoid low fat and nonfat dairy whenever possible; carbohydrates, sugars, sodium, and chemicals are often added to replace fat.

More Helpful Guides & Tips

- Bulk up a meal with lower potassium vegetables, rice, pasta, couscous, orzo, or lower phosphorus beans (garbanzo (chickpea), black eyed peas).
- Include a ¼ cup side of fruit.
- If using nuts or seeds (including seed spices), toast over a low heat first to add flavor. Grind, if desired.
- Dice, mince, shred, chop, or puree for distribution.
- Dual cooking methods increases flavor. Roast veggies before cooking in a meal, sear meat before dicing and adding into a dish.
- Simmer food on low to help create more flavor. Add ingredients in layers.
- Sweat aromatics (onions, celery, carrot, peppers, etc.) at the start.

More Helpful Guides & Tips

- Bloom mild seasonings (cumin seed, caraway seed, celery seed, dried herbs) with fat.
- Do not bloom pungent or powdered seasonings (cayenne, cloves, allspice, pepper, paprika).
- Add powdered seasonings with a carrier (fat, veggies, liquids, meat, etc.).
- Dried or ground seasonings need a minimum of 20 minutes to release their flavor.
- Cut meat against the grain.
- Higher fat meats and dairy = less phosphorus.
- Choose cheaper cuts of meat for braised or stewed dishes. The long cooking times will tenderize the meat and you save money.

Substitutions

Some substitutions listed are higher in nutrients. If using, keep amounts small.

- Brussel sprouts – chopped cabbage
- Celery – jicama
- Cilantro – dill, parsley, tarragon
- Citrus fruits – apple cider vinegar
- Eggplant – zucchini
- Eggs – applesauce, yogurt, buttermilk*, arrowroot powder, silken tofu, nut butters*, carbonated water, gelatin, aquafaba* (bean liquids), soy lecithin
- Fish – flaxseed oil*, nuts*, other meats
- Ginger – allspice, cardamom, cinnamon, mace, nutmeg
- Milk – variety of nut or seed milks. Heavy cream or half and half mixed with water
- Mushrooms – tofu*, tempeh*, zucchini, eggplant, seitan (wheat gluten)
- Nuts – legumes, semolina
- Olives and capers are interchangeable. minced
- Onions – chives, leeks, shallots*
- Pineapple – papaya*, mango*, guava*
- Potatoes – cauliflower, parsnips, turnips*, butternut squash, rutabaga*, celeriac*, acorn squash*
- Shellfish – fish
- Sour cream – yogurt, crème fraiche, buttermilk*
- Soy – chickpeas or chickpea flour
- Soy sauce – tamari, Worcestershire, coconut amino, fish sauce*
- Tomatoes – red peppers, pumpkin puree
- Turnips – parsnips, rutabaga*
- Wheat – alternate flours
- Worcestershire – 2 tsp soy sauce, ¼ tsp lemon juice, ¼ tsp sugar, mixed for 1 tbsp

***high potassium, phosphorous, and/or sodium
(use small amounts)**

On the Go or Dining Out

- Restaurants:

- Call ahead and research locations before going (*online, search: restaurant name + nutrition info*)
- Keep a list of acceptable menu options with you.
- Higher-end restaurants are more accommodating.
- Don't be afraid to have a splurge day once in awhile. But be mindful.

- Social gatherings:

- Bring a kidney-friendly dish to share.
- Eat before you go and bring snacks.
- Know your “safe” foods; bring a cheat sheet as a reminder.
- Have small portions, ask the cook.

- Holidays:

- Host your friends or family so you can control what's on the menu.
- Put out saltshakers for your other guests!
- If you're a guest, prepare a meal at home and bring it with you.



Quick Meals or On The Go

- Quick meals:
 - Chicken, Egg or Tuna Salad Sandwich, Fried Egg Sandwich, French Toast, Leftovers, Soup, Oatmeal, Veggie Couscous
- Fast food:
 - Perkins: Build a breakfast option.
 - Subway: 6-inch oven roasted chicken or rotisserie chicken on Italian white bread. Herbs, oil, or vinegar on top with limited vegetables (670 mg sodium). Slider sized options now available!
 - Noodles & Company: Small buttered noodles with marinated steak (570 mg sodium). They give options to remove seasonings and sauces!
 - *Note: these are higher sodium options and you should plan the remainder of your meals accordingly!*

You can still have great tasting food with CKD!

- American Kidney Fund's **Kidney Kitchen** is pioneering the way to bring the best tasting recipes to you, along with thorough directions so recipes are easy for you to make!
- Visit [KidneyFund.org/Kitchen](https://www.kidneyfund.org/Kitchen) for:
 - Kidney-friendly recipes
 - Information about kidney-friendly eating for all stages of CKD
 - Nutrient recommendations
 - Cooking tips and tricks
 - Chef-led cooking demo videos
 - Food guides
 - Nutrient trackers
 - Grocery shopping list
 - Guide for dining out





Send us your questions now!



Join us for our next webinar!

Go to www.KidneyFund.org/webinars to
learn more and register!