

Healthier Bites For Your Kidneys!

VA Nutrition & Food Services Renal Nutrition Toolkit

Recipes for Veterans with Chronic Kidney Disease



Recipe on pg 6



U.S. Department of Veterans Affairs
Veterans Health Administration

www.nutrition.va.gov

People with chronic kidney disease benefit from eating more whole foods, and fewer processed foods. Added sodium and phosphate additives are often hidden in processed food. When you have kidney disease, be selective about the food you eat to protect your kidneys. Eating more plant based foods, such as vegetables, and less animal foods, such as meat, helps slow the progression of kidney disease. These delicious recipes have something for everyone, making it easy to “grab and go” and still keep animal protein and sodium low.

We invite you to enjoy these easy, delicious recipes. Thank you to the Veterans and their families who are committed to finding wellness while living with chronic kidney disease.

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Recognize Cues and Symbols in this Issue!



RECIPE



EDUCATION

TIPS!

NOTES

About this issue: Healthier Bites for Your Kidneys is published by the Department of Veterans Affairs and does not replace the advice of your healthcare team. Each recipe has been reviewed by Registered Dietitians, and nutrient content verified using the USDA Nutrient Data Lab. Due to the broad range of medical conditions, no single diet or recipe is ideal for all people. Please consult your own Registered Dietitian for guidance on your unique nutrient needs.



Classic Lentil Soup

A steaming bowl of lentil soup is a perfect fall meal!



Ingredients

1 tablespoon olive oil
¾ cup finely chopped onion
½ cup finely chopped celery (2 stalks)
1 cup finely chopped carrots (2 or 3)
1 ½ teaspoons minced garlic (or ½ teaspoon dried salt free garlic powder)
4 cups of water or no salt added vegetable broth
1 sweet potato, peeled, diced (optional)
1 ¼ cups green or brown lentils
½ teaspoon dried thyme
½ teaspoon dried basil
½ teaspoon marjoram
½ teaspoon smoked paprika
1 bay leaf
1 14 ounce can No Salt Added Diced Tomatoes
1 cup chopped spinach leaves or other greens

Dash of balsamic or red wine vinegar

Serves 6

Serving Size: 1 ½ cups

Preparation Time: 10 minutes Cooking Time: 40 minutes

Total Time: 50 minutes

Lentils provide plant based protein with slow burning carbohydrates

Directions

In large Dutch oven, heat oil over medium heat, add onion, stir until softened and translucent;

Add celery, carrots, garlic, stir about 3 minutes.

Add water, potato (optional), lentils, seasoning, bay leaf and simmer uncovered for 30 minutes until lentils are tender. Add tomato with juice; Add chopped spinach, a dash of Balsamic vinegar and cook for a couple of minutes to wilt and soften the spinach.

Remove the bay leaf before serving. Refrigerate leftovers up to 3 days.

Cooked Lentils may be frozen up to 3 months.

Nutrition Facts Per Serving contains: calories: 210 | protein: 12 g | carbohydrates: 35 g | fat: 2.8 g | sodium: 41 mg | potassium: 604 mg | fiber: 14 g |



Baked Peanut Butter Banana Oatmeal



Ingredients

4 tablespoons of walnuts, finely chopped

1 ½ cups old fashioned oatmeal (do not use instant or quick cook oats)

1 teaspoon baking powder

½ teaspoon cinnamon

2 small bananas, one mashed and one sliced

2 tablespoons butter, melted

1 tablespoon peanut butter

2 tablespoons maple syrup

1 egg beaten

¾ cup milk or almond milk

1 teaspoon of vanilla

Serves 4

Serving Size: 1 Cup

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Try making this breakfast treat ahead of time. It's easily refrigerated.

Directions

Preheat oven 350° F.

Coat the inside of 4 individual **oven proof** containers, or an 8 inch square pan, with cooking spray.

Place butter in a small dish, microwave butter to melt, add peanut butter stirring to soften and mix it into the butter.

In large bowl combine walnuts, oats, baking powder, cinnamon.

In a small bowl combine the melted butter/peanut butter mixture, one mashed banana, maple syrup, egg, milk and vanilla. Add to the dry ingredients. Stir to mix.

Pour the batter into prepared pan. Top with the remaining banana slices. Bake for 30 minutes or until set.

Serve warm. Refrigerate unused portions up to 3 days.

Reheat by adding 2 tablespoons of milk and microwave 1 minute to heat through.

Note: Most early stage CKD patients eat bananas and do not require a potassium restriction. If you require less potassium, omit the bananas and add ½ cup applesauce and ¼ cup dried cranberries instead.

Nutrition Facts Per Serving: Calories: 235 kcal | Protein: 7 g | Carbohydrate: 34 g | Dietary Fiber: 6 g | Total Fat: 8 g | Sodium: 137 mg | Potassium: 398 mg |



Roast Vegetable Salad with Turmeric Honey Dressing



Ingredients

1 Tablespoon extra virgin olive oil
1/8 teaspoon kosher salt (optional)
1/2 teaspoon ground black pepper
1 red beet peeled, diced into 1/2 inch cubes
2 carrots peeled, diced into 1/2 inch cubes
1 large Pink Lady, Braeburn, or Honey Crisp apple, cored, diced into 1/2 inch cubes
6 to 8 cups of mixed greens of your choice
1 ounce (19 halves) unsalted pecans, chopped (optional)

Turmeric Honey Dressing

4 teaspoons honey
1 Tablespoon lemon juice (about one small lemon)
1/8 teaspoon kosher salt (optional)
1 tablespoon white balsamic vinegar
1/4 teaspoon ground black pepper
1 teaspoon ground turmeric

Serves 4 Serving Size: 3/4 cup vegetables on top of
1 1/2 cup to 2 cup salad greens

Preparation Time: 20 minutes Total Time: 40 minutes

Roasted vegetables drizzled with Turmeric Honey Dressing- a delicious way to reduce inflammation.

Directions

Preheat oven to 400° F

Line a baking sheet with foil, spray with cooking spray.

Combine diced beets, carrots, and apples with olive oil, salt (if used), and pepper. Spread on baking sheet in an even layer and roast 20-25 minutes until tender and lightly browned on the edges.

Make the dressing: put all the ingredients into a jar with a lid; close the jar tightly, and shake vigorously for 2 minutes to combine the ingredients. Set aside.

Set the roasted vegetables aside to cool.

Assemble the salad by topping greens with roasted vegetables, sprinkle with chopped pecans. Drizzle with salad dressing.

TIP: Customize your choice of vegetables according to your taste and labs.

Nutrition Facts Per Serving: Calories: 166/**77** kcal | Protein: 1.7/**1.7** g | Carbohydrate: 5.5/**4.7** g |
Dietary Fiber: 3/**1** g | Total Fat: 8/**8** g | Sodium: 93/**59** mg | Potassium: 173/**2.5** mg |

(dressing denoted in red)



Skillet Braised Garlicky Collard Greens



Ingredients

2 slices low sodium bacon or turkey bacon

1 small onion diced

3 tablespoons minced garlic

¼ cup apple cider vinegar

8 cups collard greens (washed and chopped)

½ teaspoon pepper

Note: Green vegetables vary in the amount of vitamin K they contain. While the newer types of blood thinners do not require controlling vitamin K, people using Warfarin (coumadin) should maintain a consistent intake of vitamin K for stable drug dosing and talk to their doctor before changing the amount of dietary vitamin K they consume.

(<https://ods.od.nih.gov>)

Serves 6: *Serving Size: 1 Cup*

Preparation Time: 10 minutes Cooking Time: 30 minutes

Total Time: 50 minutes

Directions

Preheat oven to 375° F

Cut bacon into small pieces and add it to oven safe skillet

Cook over medium heat for five minutes, stirring

Add onions and garlic to bacon, leaving oil in the pan and cook for 2-3 minutes longer

Pour apple cider vinegar in the pan

Add the collard greens immediately and toss in the pan to wilt the greens.

Season with pepper

Continue to cook for 2-3 minutes.

Cover the top of the pan with foil and place the foil tented pan in the oven. Cook 40 minutes

Nutrition Facts Per Serving: Calories: 59 kcal | Protein: 4 g | Carbohydrate: 5 g | Dietary Fiber: 2 g | Total Fat: 3 g | Sodium: 157 mg | Potassium: 60 mg |



One Bowl Pumpkin Muffins



Ingredients

1 cup granulated sugar
½ cup canola oil
2 eggs
1 cup canned 100% pumpkin puree – not pie filling (note: use one cup, not the entire can)
½ cup applesauce
½ teaspoon vanilla extract
1 teaspoon baking soda
½ teaspoon baking powder
¾ teaspoon salt
2 cups all-purpose flour, sifted
1 teaspoon cinnamon
1 teaspoon pumpkin pie spice (or ½ teaspoon nutmeg, ¼ teaspoon allspice, ¼ teaspoon ginger)
8 Tbsp Dark Mini Chocolate Chips (optional)

Serves 12

Serving Size: 1 muffin

Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Muffins are an easy “grab and go” breakfast on a busy morning. Store a few extra in freezer to reheat in the microwave in seconds.

Directions

Preheat oven to 375° degrees F.

Line 12 muffin cups with paper liners. Set aside.

In a large bowl, stir together sugar, oil and eggs. Add pumpkin, applesauce and vanilla. Sprinkle baking soda, baking powder and salt over top. Stir until well blended.

Stir in flour and spices. Add optional chocolate chips if desired. Stir gently to combine - avoid over mixing.

Divide batter evenly among prepared muffin cups. Bake for 15-20 minutes, or until a toothpick inserted in a muffin comes out clean.

Note: Dark chocolate contains more cocoa flavonoids for greater health benefits than milk chocolate, which contains more sugar. Chocolate does not have any known negative effect on kidney function. It naturally contains potassium and phosphorus which are limited during late stage kidney disease. Use moderation with these sweet treats.

Nutrition Facts Per Serving (without chocolate chips): Calories: 246/**281** kcal | Protein: 3/**4** g | Carbohydrate: 36/**40** g | Dietary Fiber: 2/**2** g | Total Fat: 11/**14.5** g | Fiber: 1/**2** g | Sodium: 278/**279** mg | Potassium: 86/**112** mg | Phosphate: 64/**104** mg |

(with chocolate chips denoted in red)

Scoop on Sugar



Sugar, honey, agave, high fructose corn syrup, or artificial sugar—all of these can make our food a little sweeter but which one is best for health when you have chronic kidney disease?

- ★ **Added Sugar**, refined from sugar cane or sugar beets, is a processed, caloric sweetener added to foods and beverages in a larger amount than found in a similar natural food. Examples include cane sugar, high fructose corn syrup, and other sugar concentrates, which add calories but do not provide any vitamins.¹
- ★ **High fructose corn syrup** is an inexpensive, artificially manufactured sweetener made from corn syrup. Some research has shown that drinking beverages sweetened with high fructose corn syrup can increase your risk of developing kidney disease.
- ★ **Artificial sweeteners** are sugar substitutes that are chemically manufactured to provide more sweetness than sugar, without calories or carbohydrate. Artificial sugars can be good alternatives for people with diabetes who enjoy an occasional treat without raising blood sugar.
- ★ **Natural sugars** are found in whole foods such as fruit, which contains fructose, as well as added benefits from fiber, vitamins and antioxidants.



Your body uses naturally occurring sugar differently than refined sugar, which affects your overall health. Refined sugar is digested quickly, causing blood sugar to spike without any nutritional benefits.

Aim for less than 10% of total calories to be from added sugar a day for general health. Eating high amounts of added sugar or high fructose corn syrup is linked to obesity and greater risk of diabetes.

For a person with diabetes artificial sugar can be a way to enjoy special occasion treats without the increased blood glucose values. But in general choosing naturally occurring sugars through fruits can be healthy sweet treats to your day in a consistent carb diet.

Eating a diet high in added sugar, especially high fructose corn syrup and agave, increases the formation of advanced glycation end products (or AGEs). AGEs increase the risk of chronic diseases, including chronic kidney disease, by causing inflammation.

Choosing plant dominant meals, rich in vegetables, low in animal products, with fruit as a sweet treat, to slow the progression of kidney disease.

¹ Food and Drug Administration (FDA).

Spotlight! Lentils



Lentils are an excellent source of plant-based kidney friendly protein, rich in vitamins, minerals and fiber. Whether used in a soup, salad, or main dish, lentils are a hearty, healthy addition to any meal. Buy lentils in dried, canned, or frozen forms. Dried lentils are naturally low in sodium, do not require pre-soaking, and cook quicker than beans.



Type of Lentil	Flavor and use in recipes	Cooking time	Protein in ½ cup cooked	Fiber in ½ cup cooked
Green	Green lentils have a mild earthy flavor, used in soup or salad. Puy lentils are a special green lentil from the Le Puy region of France. They have a peppery flavor and have a firmer shape than typical green lentils when cooked	40 minutes	12 grams	9 grams
Brown	Brown lentils have a mild, earthy flavor, and hold their shape when cooked. They are used in veggie burgers, veggie loaf, salad topping and soup.	40 minutes	12 grams	13 grams
Red or yellow	Red or yellow lentils are split, meaning the seed coat is removed. They have less fiber, and resemble mashed potatoes when cooked. They are used to add a mild, sweet flavor, color, or thickness to soup.	20 minutes	12 grams	4 grams
Black, or "Beluga"	Beluga lentils resemble shiny black caviar, with an earthy flavor, and a firmer shape than green or brown lentils. The healthy antioxidant, "anthocyanin" provides their dark color. Use them as a salad topping.	25 min	13 grams	9 grams

Find more lentil recipes at www.lentils.org



Nutrition Label Quick Guide

Your tool for kidney protection.

Portion size - Does the amount you eat match this serving size? If not, your nutrient intake will be different than the amount shown on the label.

Sodium: Look at the "mg" not the "%DV". Aim for less than 2300 mg sodium per day, or according to your doctor's advices;
 Less than 700 mg per meal;
 Less than 140 mg per single serving of one food.

Carbohydrates: Carbohydrates include fiber as well as added sugar and starch. Healthy meals include higher fiber foods, such as vegetables and whole grains, and limit added sugar and high fructose corn syrup. If you have diabetes eat a similar amount of carbohydrate at each meal to keep blood sugar stable.

Potassium: Potassium may be listed as percent daily value and is based on the RDA of 4700 mg/d. Low potassium foods have less than 200 mg while very high potassium foods are greater than 300 mg per serving. Ask your dietitian or renal doctor what are your potassium needs.

Phosphate: A listing is not required even if the food contains phosphorus. Phosphorus food additives should be avoided. Identify this type of food additive in the ingredient list. The name contains "**phos**".
 If phosphorus is listed, avoid foods with over 15% of DV (150 mg).

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: whole wheat pasta; sauce pasteurized milk, processed cheese, olive oil, butter, salt, sugar, corn, green beans, potatoes, sodium benzoate, sodium tripolyphosphate, BHA, BHT