Summer 8-3-2021

Nutrition Resources for Patients with Chronic Kidney Disease, Type 2 Diabetes, and Heart Disease: A Resource Guide for Teaching Kitchens and Medical Professionals

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# Table of Contents

**Literature Review**  
Origins and Purpose of Culinary Medicine 3-4

**Etiologies and nutritional intervention of Diabetes, Heart Disease, and Chronic Kidney Disease**  
Diabetes 4-5  
Chronic Kidney Disease 5-6  
Heart Disease 6-7

**Efficacy of nutrition and teaching kitchen interventions with Diabetes, Heart Disease, and Chronic Kidney Disease**  
Diabetes 8  
Heart Disease 8  
Chronic Kidney Disease 9  
Other Effects 9

**Teaching Kitchens Become a Growing Trend** 10

**Challenges and Future Directions of Culinary Medicine** 10-11

**Conclusion** 11-12

**The Cookbook**  
Diabetes Nutrition Parameters 13  
Chronic Kidney Disease Nutrition Parameters 14  
Heart Disease Nutrition Parameters 14-15

**Methods** 15

**Conclusions**  
Barriers and Future Directions 15-16

**References** 16-19

**Appendix** 20
Literature Review

Origins and Purpose of Culinary Medicine and Teaching Kitchens

The shift from traditional pharmacological treatments to more holistic approaches, led to the creation of a new field known as culinary medicine. Culinary medicine is aimed at helping people make good personal medical decisions about accessing and eating high-quality meals that help prevent and treat disease and restore well-being. Culinary Medicine can be defined as the evidence-based approach to translate nutrition research into common use in the home kitchen.

As early as 2003, State University of New York Upstate Medical University Upstate offered cooking and nutrition as an elective. A few years later in 2007, the first annual Harvard Healthy Kitchens, Healthy Lives offered a postgraduate course for medical professionals. In 2013, Des Moines University, in conjunction with Santa Barbara Cottage Hospital offered the first senior elective in culinary medicine. Founded in 2012, the Goldring Center for Culinary Medicine at Tulane University with a mission to train future medical personnel to understand and apply nutrition principles in order to support patients with chronic diseases positively modify diet and lifestyle. At Tulane, a dedicated team of chefs, registered dietitians, and doctors lead medical students, professionals, and participants from the community through their Health meets Food curriculum. Culinary medicine is taught in spaces known as teaching kitchens. Teaching Kitchens are learning environments that include a kitchen that students, professionals, and community members can gather to receive instruction in nutrition, cooking skills, physical activity, mindfulness, internet focused resources, and even health coaching. They are designed as an incubator of life skills education that emphasizes health and wellness.

Several clinical trials conducted by the Cleveland Clinic, McGill University, and Tulane University have shown that nutrition education in conjunction with hands-on culinary
instruction and behavior change strategies can positively influence behaviors, biomarkers such as blood pressure and lipid levels, as well as clinical outcomes in various patient populations.³

**Etiologies and nutritional intervention of Diabetes, Heart Disease, and Chronic Kidney Disease**

**Diabetes**

According to the Centers for Disease Control and Prevention, Diabetes has decreased over the last decade.⁷ Even though there is a downward trend in new cases, there is still ample need to prevent diabetes complications. 34.2 million Americans have diabetes and about 88 million have prediabetes. New cases were most common among youth in the United States, especially, non-Hispanic African Americans.⁷ Diabetes is also one of the top 10 leading causes of death in the United States.⁸ If left untreated, diabetes can cause a variety of complications such as neuropathy, poor eye health, nephropathy, and cardiovascular disease. First line treatments usually address lifestyle factors such as dietary guidance, weight loss, and physical activity. Second line treatments involve pharmacological intervention such as insulin and different classes of medications such as sulfonylureas and glitazones. As with any medication, there are risks of unintended side effects or interactions with other medications.⁹ According to a 2018 study published in the American Health & Drug Benefits estimates that direct costs of health care associated with diabetes were over $300 billion in 2014.¹⁰

Dietary Intervention is not a one size fits all approach according to the American Diabetes Association¹¹,¹². However, there are some general guidelines that individuals with Diabetes should consider. The Diabetes Plate Method provides a visual guide to building nutritious meals that help manage blood sugar. With this method, half the plate is filled with non-starchy vegetables, such as broccoli. Proteins, like chicken or fish, account for a quarter and carbohydrates or starchy vegetables, like bread or corn, make the other quarter of the plate.
Chronic Kidney Disease

Along with Diabetes, Chronic Kidney Disease (CKD) ranks among the top 10 leading causes of death in the United States. This condition occurs when the kidneys are no longer able to filter nutrients, minerals, and electrolytes from the blood which can cause toxic wastes to accumulate in the body and cause other complications. CKD affects more than 37 million adults in the United States. Risks of developing CKD are escalated in the presence of diabetes, high blood pressure, and heart disease. Ethnic and racial minorities have a greater probability of developing CKD due to the increased rates of diabetes and high blood pressure that disproportionately affect these groups. Treatment begins with medications and dietary intervention. Even though nutrition recommendations may be individualized and vary by the stage, dietary guidance is usually based on reducing sodium, incorporating lean sources of protein, and monitoring the intake of phosphorus, and potassium.

Patients may or may not progress through 5 stages of kidney disease before they reach End Stage Renal Disease. In September 2020 the American Journal of Kidney Diseases in conjunction with the Academy of Nutrition and Dietetics published the Kidney Disease Outcomes Quality Initiative (KDOQI) Clinical Practice Guidelines for Nutrition in CKD: 2020. The updated guidelines do not provide dietary guidance for individuals in the first two stages of CKD because of lacking clinical relevance and limited data. Overall energy intake for any stage of CKD or transplant, should consume 25-35 calories (kcal) per kilogram (kg) body weight per day. In adults with CKD stages 3-5, they recommend a low protein diet of 0.55-0.60g/kg body weight/day or dietary intake of 0.28-0.43 g protein/kg body weight/ day with the rest being supplemented by keto or amino acid supplements to meet the 0.55-0.60 g protein
recommendation. KDOQI guidelines recommend the consumption of 0.6 to 0.8g/kg body weight/day for those who are not on dialysis but have Diabetes. For the patients in stage 5 on dialysis who do and do not have diabetes, they suggest consuming 1.0-1.2g/kg body weight per day. There is not enough clear evidence to suggest vegetable or plant protein is more beneficial as it relates to nutritional status. The guidelines also recommend a Mediterranean Diet pattern would be appropriate for patients in any stage of Chronic Kidney Disease. Increased fruit and vegetable intake may decrease various markers such as blood pressure and net acid production. KDOQI has also made recommendations for the electrolytes and major minerals. In CKD stages 3-4, patients who are not taking active vitamin D analog should aim for their calcium intake to fall between 800-1000mg/day. This range includes dietary calcium, supplements, and calcium-based phosphate binders. At stage 5, this range may be adjusted to reduce the risk of developing hypercalcemia or overload. The amount of phosphorus and phosphate are not well established. The previous recommendations ranged from 800mg to 1000mg/day for patients in stages 3-5. Since other factors influence phosphate levels such as bone absorption, the committee thought it better to allow practitioners to create individualized treatment plans. Like phosphorus, the committee advises practitioners to make appropriate recommendations for patients because there is very limited data on how diet effects serum potassium levels. Sodium levels for patients who are in stages 3-5 of CKD should be less than 2.3g per day.16

Heart Disease

Heart Disease tops the list as the leading cause of death for all races and ethnicities in the United States.8,17 Heart Disease is a collection of chronic conditions that include many illnesses such as Coronary Artery Disease, Atherosclerosis, and Hypertension. According to the Centers for Disease Control, risk factors include, high cholesterol, diabetes, and unhealthy diets.18 Even
more alarming, the United States spent about $219 billion on health care expenditures, medicines, and lost productivity between 2014 and 2015.\textsuperscript{17} Patients and doctors have to work together to evaluate the costs of taking medications as well as potential adverse effects.\textsuperscript{19} Typically, there is an increased risk of developing heart disease as systolic and diastolic blood pressure increase. Depending on the form of cardiovascular disease, there may be non-pharmacologic approaches to treat this condition.\textsuperscript{20} For instance, to reduce blood pressure, patients may be encouraged to lose weight if they are considered overweight or obese, follow a heart healthy diet such as the Dietary Approaches to Stopping Hypertension (DASH) and the Mediterranean Diet (MD), reduce sodium and alcohol intake, and increase dietary potassium intake unless contraindicated by medication or in the presence of CKD.\textsuperscript{20,21} Effective non-pharmacological approaches to treat heart disease have been proven.\textsuperscript{20,22} Common nutritional interventions that have been proven effective in treating heart disease are the DASH and MD. DASH emphasizes a high fruits and vegetables and low dairy intake.\textsuperscript{22} When combined with weight loss and reduced sodium, DASH was even more effective in lowering blood pressure. The MD emphasizes legumes and monosaturated fat, decreasing red meat consumption, and a moderate intake of wine has also been shows to reduce blood pressure and lipid profiles.\textsuperscript{20,22} Sodium reduction has also been proven to work with medications to increase their effectiveness and decrease systolic blood pressure.\textsuperscript{20,22} They suggested intake levels for sodium restricted diets was set between 1500mg to 2000mg per day. Regarding potassium, some studies have seen a reduction in blood pressure from both dietary intake and supplementation.\textsuperscript{20,22} The 2020-2025 version established the adequate intake levels for adult women ages 19 to 30 at 2,600mg and men in the same age range as 3,400mg.\textsuperscript{23}
Efficacy of nutrition and teaching kitchen interventions with Diabetes, Heart Disease, and Chronic Kidney Disease

Diabetes

As early as 2015, culinary medicine as an intervention to treat chronic conditions was proven to be effective. The Goldring Center for Culinary Medicine conducted a randomized controlled trial that compared the effectiveness of cooking classes led by a RD with experiential cooking classes led by a chef, physician, and medical students with 27 patients with diabetes and who lived in a USDA designated food desert. They were researching the how Mediterranean Diet based cooking and nutrition curriculum for patients with Type 2 Diabetes could affect HbA1c and diastolic blood pressure. They found that diastolic blood pressure was reduced, and lipid lab tests improved among the participants in the cooking class. In addition, they also found there was a slight, but not significant improvement in HbA1c and nutrition knowledge. Having a successful outcome of improved biometrics due to the hands-on cooking and nutrition education facilitated by physicians, warrants the need for more clinical trials. This study set the stage for other schools and organizations to adopt the culinary medicine model.

Heart Disease

In 2011, Cleveland University conducted a study with 429 participants with multiple chronic conditions such as hypertension and diabetes. The participants also did not complete traditional disease programs and enrolled in the Lifestyle 180 program which focused on nutrition, physical activity, and stress management over a 6-week period. Six months after the end of the program, the authors concluded that the implementation of a lifestyle intervention plan led to clinical important improvements in biometric and laboratory test results.
**Chronic Kidney Disease**

In 2017, a team of Registered Dietitians from the Veterans Administration Health Care System created the Healthier Kidneys Through Your Kitchen to help Veterans make healthy behavior changes, cook at home, and implement regular exercise to prevent the need for dialysis or a transplant. Participants are usually in stage 3, as confirmed by their GFR rate, and are at the stage that dietary intervention could make a difference. At the time of the study in November 2020, over 400 veterans have completed the program and have learned appropriate nutrition guidelines to manage CKD. More providers are referring potential participants to this outpatient program.

**Other Effects**

McGill examined how weight can change over a 24-week intervention due to step count, glycemic control, blood pressure, and control of eating. They also researched the association between weight and step count with HbA1c and blood pressure. Seventy-two adults with Type 2 Diabetes participated in 6-month intervention. By the end, the program led to improvements in eating and physical activity habits, glycemia, which possibly led to blood pressure reduction.

In 2017, Eisenberg, Righter, and Matthews tested the feasibility of a Teaching Kitchen self-care intervention that offer that combined culinary, nutrition, exercise, and mindfulness instruction with health coaching. A total of forty participants completed either a fourteen- or sixteen-week program and saw significant changes in biomarkers from baseline to the end. Significant decreases in body weight, waist circumference, blood pressure, and cholesterol were seen even at a 12 month follow up appointment.
Teaching Kitchens Become a Growing Trend

In 2016, the Harvard T. H. Chan School of Public Health and The Culinary Institute of America joined forces to host the Healthy Kitchen, Healthy Lives summit. This annual conference brings together many different areas of health such as researchers, physicians, chefs, allied health professionals, food service directors to learn about the latest nutrition research and cooking techniques. Dr. David Eisenberg, who is also responsible for creating the Healthy Kitchen, Healthy Lives conference, launched the Teaching Kitchen Collaborative in 2016. Over 35 teaching kitchens, that are found in medical, corporate, school, and community contexts formed a group to enhance teaching kitchen effectiveness. Health meets Food curriculum is the self-purported most comprehensive Culinary Medicine curriculum for doctors, healthcare practitioners, patients, and community members. Almost 60 medical schools, residency programs, and nursing schools have implemented this program.

Challenges and Future Directions of Culinary Medicine

The worsening landscape of nutrition related chronic disease has prompted experimentation of using food as a viable treatment option. Patient interaction with the healthcare system provide an opportunity for healthcare practitioners to provide sound dietary advice in order to treat, manage, and prevent the development of certain conditions. Barriers to further culinary medicine include lack of research, little clinician nutrition knowledge, lack of awareness of alternative interventions, and restricted access to services. The “food is medicine” initiative is designed to complement the healthcare system and emphasize alternative interventions such as medically tailored meals and produce prescriptions rather than traditional nutrition interventions that provide supplements or commercial medical foods. In order to sustain the future of culinary medicine and its ability to potentially decrease hospital admissions,
reduce healthcare costs, decrease consumption of fast food, and lower HbA1c in patient with diabetes, more research is needed. Clinicians will also have to be trained in proper dietary recommendations and outside organizations may be able to deliver the appropriate food and nutrition interventions. Guidelines and frameworks should be created to govern food as medicine interventions.\textsuperscript{31} La Puma suggests culinary medicine should be a tool in the medical professional toolkit. Culinary medicine prescriptions may follow the FOOD guidelines that detail the frequency of certain foods and drinks to be consumed, objective, options, and duration.\textsuperscript{1}

Another aspect of culinary medicine that deserves further research is its potential ability to save healthcare costs. A 2019 study published by Razavi, Monlezun, Sapin, and et al studied 1,031 Heart Failure related readmissions within a 30-day period.\textsuperscript{31} The study found that readmission was mostly attributed to medication non-compliance and not adhering to the dietary guidelines. They also found that culinary medicine education for Heart Failure patients may prevent future readmission and save almost 4 million dollars in a four-year period. It is also interesting to note that most research between Heart Failure and noncompliance focused more on medication than diet as the primary means to manage this condition.\textsuperscript{31}

**Conclusion**

In an interview with the Kerri Dotson, RDN, LDN who is the Director of Operations and Executive Chef at The George Washington University Culinary Medicine explained that researching, testing, and adapting recipes is an ongoing basis.\textsuperscript{32} The directors of the Culinary Medicine Specialist Board use the feedback of partner sites to implement suggested changes to improve the recipe. During the review process, recipes are built based on ingredients that are easily obtainable at most grocery stores and are less than $2.50 per serving. Breakfast is no more than 400 calories; lunch is no more than 500 calories; dinner is no more than 600 calories; and
snacks are no more than 200 calories per serving. Their goal is to have saturated fat less than 5 grams per serving. Sodium should be less than 550 milligrams for meals and less than 400 milligrams for snacks. Carbohydrates should be less than 50 grams for entrees and sides. Fiber should be greater than 5 grams for entrees and greater than 3 grams for snacks or breakfast. They desire to keep sugar less than 15 grams per serving. Recipes may be adjusted depending on the condition or disease specific module.\textsuperscript{32}

Nutrition care should become a treatment pillar in the healthcare delivery system and more resources should be provided to support the growth and development of teaching kitchens. Based on the evidence and growing interest in culinary medicine, having a collection of recipes would be beneficial to medical professionals in outpatient settings and teaching kitchens working with individuals with various chronic conditions such as Diabetes, Heart Disease, and Chronic Kidney Disease. Recipes that are easily accessible and organized by disease state will allow medical professionals to share them with clients knowing they are appropriate for their condition. As the growing interest in nutrition intervention continues, this e-cookbook will serve as a resource to help practitioners work with patients and clients to facilitate dietary adjustments based on their disease state. It will fill the need for a trusted resource designed by a nutrition professional to enhance patient centered care delivered by medical practitioners. There are available resources supplied by various institutions such as the Health Meets Food Culinary Medicine program, DaVita, The American Heart Association, and The American Diabetes Association but they are not inclusive of all disease states and not all are open to the public. Instead of searching for recipes for each condition individually, medical professionals working with those who have Heart Disease, Diabetes, or Chronic Kidney Disease, will have a resource that is easily accessible and appropriate for the above disease states.
The Cookbook

Diabetes Nutrition Parameters

According to the American Diabetes Association, there is no specific diet for diabetes.\(^{33}\) One of the focuses of Type 2 Diabetes is keeping the amount of carbohydrates steady to manage blood sugars. The ideal amount of carbohydrates to consume during meals is dependent on many factors such as, the individual's body size, appetite, and activity level. The Center for Disease Control suggest that patients with diabetes eat about half of their daily calories in carbohydrates.\(^{34}\) In terms of protein, the Diabetes Standards of Care does not identify advantages or disadvantages to adjusting protein outside of the Recommended Daily Allowances of 15-20% of total calories.\(^{35}\) There is some preliminary research that higher levels of protein intake, 20-30%, may increase satiety between meals.\(^{36}\) Patients with kidney disease should aim for intakes of 0.8 g/kg per day. Fats should be consumed in the form of polyunsaturated and monounsaturated forms.\(^{35}\) Minimizing saturated fat, dietary cholesterol and trans-fat should be minimized as much as possible. Sodium intake recommendations are the same for the general population for 2,300 mg. Those with heart disease, such as hypertension, may need to restrict sodium intake to 1,500 mg.\(^{35}\)

Based on the available research, I decided to focus on carbohydrates, protein, fat and sodium while developing these recipes. The carbohydrates range from 0 to 45 grams per recipes and are complex to help keep blood sugars steady. Protein comes from lean cuts of poultry, fish, red meat, and beans. The recipes use olive oil and have higher amounts of unsaturated fats than saturated fats. Sodium is limited to 500 mg per recipe.
Chronic Kidney Disease Nutrition Parameters

The National Kidney Foundation has established guidelines that focus on protein, phosphorus, potassium, and sodium.¹⁶ Protein recommendations, as outlined above, vary depending on the stage of Chronic Kidney Disease, and the form of dialysis treatment. For instance, patients on peritoneal dialysis require 1.2-1.3 g/kg/day which is much higher than those who are not on dialysis. Recommended phosphorus intakes for patients not on dialysis are 800-1,000 mg/day. For those who are on hemodialysis NKF suggests 10-17 mg/kg/day and 800 mg/day for patients on peritoneal dialysis. Potassium is recommended to be less than 2,000 mg/day for those not on dialysis. The intakes are much higher for those on peritoneal dialysis. The sodium guidelines are similar to the Recommended Daily Allowance of 2,000-2,3000 mg/day for patients not on dialysis. For those on hemodialysis and peritoneal the upper limit is recommended to be about 2,000 mg/day.¹⁶ Sodium may need to be further restricted in the presence of heart diseases, like hypertension. These guidelines allow individualized clinical judgment to reach goals of care.

While developing recipes, I tried to choose a variety of ingredients while considering amounts of protein, phosphorus, potassium, and sodium. Protein is sourced from fish, lentils, and lean cuts of red meat and poultry. Due to higher potassium and phosphorus ingredients and snack list suggestions, some recipes may require substitutions to be meet nutrition goals. These recipes are indicated with an asterisk and note at the bottom. Sodium in recipes is limited to 500 mg per serving.

Heart Disease Nutrition Parameters

The American Heart Association has published research on various nutrients that effect
heart health such as sodium, potassium, and saturated fat. They recommend restricting sodium to 1,500 mg/day. Some conditions may benefit from even lower intakes. Suggested potassium intake is 3,500 mg to 5,000 mg/day\textsuperscript{20}, which is higher than the current Dietary Guidelines of 2,600 mg to 3,600 mg/day\textsuperscript{23}. The AHA suggests limiting saturated fat to 5-6\% of total calories. Unsaturated fat should be prioritized over saturated fat.\textsuperscript{37} Common dietary interventions for Heart Disease are the Mediterranean Diet and DASH Diet.\textsuperscript{20,21} Both emphasize fruit and vegetable forward lifestyle eating plans with limited red meats and added sugars.\textsuperscript{20,21} The recipes were developed with special attention to potassium rich foods, limited red meats and added sugars, and low amounts of saturated fat. The recipes have less than 500 mg of sodium and less than 5 grams of saturated fat. Olive oil is mostly used to increase unsaturated fat consumption. There are plenty of fruit, vegetable, and lean meat recipes. There is one recipe with red meat and one dessert that has 13 grams of added sugar. The recipes complement the Mediterranean Diet and DASH Diet patterns.

**Methods**

The cookbook was drafted and designed using Canva. All nutritional labels and phosphorus content was generated in Food Processor. Information to compile the nutrition parameters were sourced from the National Kidney Foundation, American Diabetes Association, American Heart Association, and the USDA Dietary Guidelines for Americans 2020-2025. See Appendix for recipe inspirations.

**Conclusions**

**Barriers and Future Directions**

Due to time and material constraints, all recipes were unable to go through the proper testing process for exact measures and to determine yields. The recipes that were tested were
reviewed by the writer and one taste tester without a structured evaluation process. Future directions would be to taste test each recipe with a focus group who would evaluate the prepared food on taste, appearance, and direction accuracy. Additionally, this cookbook could be turned into a trusted resource for medical professionals who work with patients with these conditions and teaching kitchens that work with the target audience. Diabetic exchanges could be added. The recipes could have subsequent pages on how to scale recipes too. This resource could also be turned into a course with a workbook.

**References**


32. Dotson K. Email Interview. January 26, 2021


Appendix

Recipe Inspirations

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Nutrition Resources for Patients with Chronic Kidney Disease, Type 2 Diabetes, and Heart Disease:

A Resource Guide for Teaching Kitchens and Medical Professionals

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Special Thanks

I appreciate all the Georgia State University professors, preceptors, and National Organization of Blacks in Nutrition and Dietetics mentors who trained me to be a patient and client-centered health professional.

To my dear family and friends, thank you for your encouragement and prayers!
Culinary medicine is an emerging field of nutrition and dietetics that offers patients guidance and practical skills on how to self-manage their chronic condition. The goal is to empower and equip them with cooking skills in order to make recommend dietary changes.

As the number of people with Heart Disease, Type 2 Diabetes, and Chronic Kidney Disease continue to grow, there should be more emphasis on alternative treatments, such as dietary intervention.

As an attempt to fill this need, this cookbook was designed to help medical professionals and teaching kitchens provide evidence-based dietary guidance and recipes to manage these conditions. What is unique about this cookbook is that it allows medical professionals and teaching kitchen leaders to find recipes for multiple conditions instead of searching multiple recipes for extended periods of time.

I sincerely hope this cookbook helps medical professionals and teaching kitchens with sourcing appropriate recipes to fit the target audience. I also hope that patients use these recipes at home and that they serve as inspiration of what to eat to help improve or manage the medical condition.

Have fun cooking and enjoy the food!
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Nutrient Content</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disclaimer</td>
<td>1</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td>2</td>
</tr>
<tr>
<td><strong>Key Nutrients</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>Nutrition Parameters</strong></td>
<td>4</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>5</td>
</tr>
<tr>
<td>Simple Crustless Quiche</td>
<td>6</td>
</tr>
<tr>
<td>Sweet Potato Pancakes</td>
<td>7</td>
</tr>
<tr>
<td>Fruited Yogurt Parfait</td>
<td>8</td>
</tr>
<tr>
<td>Banana Bread</td>
<td>9</td>
</tr>
<tr>
<td>Breakfast Sausage</td>
<td>10</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>11</td>
</tr>
<tr>
<td>Sloppy Joe</td>
<td>12</td>
</tr>
<tr>
<td>Turkey, Bean, and Corn Chili</td>
<td>13</td>
</tr>
<tr>
<td>Tasty Tuna Salad</td>
<td>14</td>
</tr>
<tr>
<td>Buffalo Chicken Fingers</td>
<td>15</td>
</tr>
<tr>
<td>Chef's Special Salad</td>
<td>16</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>17</td>
</tr>
<tr>
<td>Superb Meatloaf</td>
<td>18</td>
</tr>
<tr>
<td>Tender Pork Tenderloin</td>
<td>19</td>
</tr>
<tr>
<td>Quick Chicken Fried Rice</td>
<td>20</td>
</tr>
<tr>
<td>Nacho Bowl</td>
<td>21</td>
</tr>
<tr>
<td>Broiled Lemon Pepper Fish</td>
<td>22</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>23</td>
</tr>
<tr>
<td>Baked Apple</td>
<td>24</td>
</tr>
<tr>
<td>Colorful Fruit Salad</td>
<td>25</td>
</tr>
<tr>
<td>Oatmeal Raisin Cookies</td>
<td>26</td>
</tr>
<tr>
<td>Strawberry Chocolate Mug Cake</td>
<td>27</td>
</tr>
<tr>
<td>Blondies</td>
<td>28</td>
</tr>
<tr>
<td><strong>Snack List</strong></td>
<td>29</td>
</tr>
</tbody>
</table>
# Table of Contents

**Heart Disease**

- **Key Nutrients** 30
- **Nutrition Parameters** 31

**Breakfast**
- Swiss Cheese Toast with Chicken Sausage 34
- Express Very Berry Oatmeal 35
- Garden Omelette 36
- Blueberry Pancakes 37
- Chocolate Banana Muffins 38

**Lunch**
- Lemon Garlic Salmon 40
- Chicken Noodle Soup 41
- 3 Bean Burrito 42
- Shrimp and Veggie Kabobs 43
- Veggie Flatbread 44

**Dinner**
- Steak Pita 46
- Chicken Sausage and Red Bean Jambalya 47
- A Very Veggie Spaghetti 48
- Rainbow Salad 49
- Island Style Rice and Beans 50

**Dessert**
- Decadent Brownies 51
- Fruit and Oatmeal Bites 52
- Strawberry Smoothie Popsicles 54
- Carrot Cake Cookies 55
- Peaches and Cream Pudding 55

**Snack List** 56
# Table of Contents

## Chronic Kidney Disease
- Key Nutrients 58
- Nutrition Parameters 59

### Breakfast
- Breakfast Tortilla 61
- Apple Pie Cream of Wheat 62
- Cinnamon Spice French Toast 63
- PB and J Bagel 64
- Sunrise Smoothie 65

### Lunch
- Cajun Cod 67
- Zesty Pasta Salad 68
- Creamy Chicken Salad 69
- Kitchen Sink Sandwich 70
- Split Pea and Veggie Soup 71

### Dinner
- Teriyaki Chicken and Pineapple 73
- Garlic Grilled Steak 74
- Chicken Fajitas 75
- Loaded Turkey Burger and Zucchini Fries 76
- Roasted Turkey Wings and Collard Greens 77

### Dessert
- Lemon Pie Squares 78
- Cinnamon Raisin Bread Pudding 80
- Piña Colada Smoothie 81
- Blueberry Muffins 82
- Strawberry Shortcake 83

### Snack List 84

### References 85

### Appendix 86
Nutrient Content

Disclaimer

The nutrient calculations for all recipes in this cookbook were completed by ESHA Food Processor. While nutrient calculations were based on the information at hand, it is necessary to note that some inconsistencies will occur. The provided information should serve as an estimate.

Always read ingredients and nutrition labels for any foods that may be contraindicated depending on the disease state or may have potential allergens.

Consulting with a Registered Dietitian or other medical professional is advised.
Diabetes

Image provided by National Institute of Diabetes and Digestive and Kidney Diseases
https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes
Did you know there is not a specific diabetes diet? Many people believe that a Type II Diabetes (T2D) diagnosis means totally eliminating many different foods such as breads and desserts. However, they can still fit into an overall healthful eating pattern when planned and portioned accordingly. According to the American Diabetes Association, recommend eating plenty of non-starchy vegetables, fruits, whole grains, lean protein, and low-fat dairy. The ADA created the recognizable Diabetes Plate Method to help with planning and portioning.
**Nutrition Parameters**

**Protein:** 10-20% of daily calories
   lean animal and plant sources

**Carbohydrates:** 44-50% of daily calories

**Fat:** 20-35% of daily calories
   Unsaturated
   Saturated fat should be less than 10% of daily calories

**Sodium:** 1500mg-2300mg per day
   (about 500-766mg per meal)

For more information, please visit:
https://www.diabetes.org/
Breakfast
Simple Crustless Quiche

Ingredients

6 eggs
1 cup milk or non dairy variety
1 cup shredded mozzarella cheese
1 tbsp olive oil
1/2 tsp salt
Pepper to taste
1 tbsp italian seasoning
1 cup sauteed spinach
1/4 cup diced yellow onion
1/2 cup diced tomatoes

Preparation

Preheat oven to 350 F.
Coat pan with olive oil and sautee diced yellow onion until tender.
Add spinach and tomato and cook until spinach is starting to wilt and tomato is softer. Season with 1/2 tbsp Italian seasoning, salt, and pepper.
In a bowl, beat eggs, add 3/4 cup cheese, and mix well.
Add vegetable mixture to bowl and stir well.
Add mixture to standard 9 inch round pan
Add remaining 1/4 cup cheese on top and bake for 35-40 minutes or until knife or toothpick can be inserted and comes out clean.

Servings Size: 1 piece; Makes 8 servings
Sweet Potato Pancakes

Ingredients
1 cup cooked mashed sweet potato
2 eggs
1/2 tsp vanilla extract
1 tsp cinnamon
non-stick spray

Preparation
In a bowl, mix mashed sweet potato, eggs, vanilla extract, and cinnamon.
Heat skillet on stovetop to medium heat and spray with non-stick spray.
Spoon 3 tablespoons of batter per pancake
Cook on one side for 2-3 minutes before flipping to other side.
Cook on other side until firm.

Serving Size: 2 pancakes; Makes about 2.5 servings
Fruited Yogurt Parfait

Ingredients
1-8oz glass or mason jar
1/2 cup vanilla greek yogurt, nonfat
1/2 cup of your favorite fresh or frozen fruit
1/4 cup chopped walnuts

Preparation
In a glass, layer yogurt and fruit.
Top with walnuts.

Nutrition Facts

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Makes 1 Serving
Cook's Note: Nutrition label calculated with 1/2 cup frozen strawberries.
Banana Bread

Ingredients
1 1/4 cup whole wheat flour
3 ripe mashed bananas
1/2 tsp vanilla extract
3/4 cup 1% milk or non dairy variety
1/2 cup unsweetened applesauce
1 1/2 tsp baking soda
1/2 tsp salt
1/2 cup smooth or crunchy peanut butter

Preparation
Preheat oven to 325 F
In a bowl, mix mashed bananas, vanilla, milk, peanut butter, and applesauce.
In another bowl, combine flour, salt, and baking soda.
Add flour mixture to banana mixture and stir well.
Add dough to 9x5 loaf pan and bake for 50-60 minutes.
Bread is done when toothpick or knife is inserted into middle and comes out clean.

Serving Size: 1 slice; Makes 12 slices
Breakfast Sausage

Ingredients
1 lb 93/7 ground turkey
1 egg
1/4 tsp black pepper
1/2 tsp Italian seasoning
1 tbsp olive oil
Optional: pinch of red pepper flakes

Preparation
In a bowl, combine ingredients.
Heat pan with olive oil on stovetop
Form 10 patties and place in pan for 3-5 minutes or until brown.
Flip to other side and cook until brown.
Patties are ready when toothpick or knife is inserted and comes out clean.

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Vitamin D 1mcg 6%
Calcium 20mg 2%
Iron 1mg 6%
Potassium 203mg 4%

*The % Daily Value 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.

Serving Size: 2 patties; Makes 5 servings
Cook’s Note: Ground chicken can be substituted for ground turkey. Patties are done when inserted meat thermometer reads 160 degrees.
Lunch
Sloppy Joe

Ingredients

Filling
1/2 cup dry green lentils
1/2 lb 93/7 ground turkey
1/2 cup chopped onion
1 tbsp olive oil
1/2 cup chopped green bell pepper
4-5 whole wheat hamburger buns

Sauce
1 1/2 cup of no salt added tomato sauce
1 tsp yellow mustard
1/2 tsp black pepper
1 tsp garlic powder
1 tsp onion powder
1 tsp Worcestershire sauce
1 tsp hot sauce

Preparation

In a pot with lid, pour in 1 1/2 cup of water and allow to boil, and then add lentils. Cook for 20-25 minutes until lentils are tender.
Coat skillet with olive oil and turn on stovetop to medium heat. Sautee onion and bell pepper until fragrant.
Add turkey and cook until thoroughly brown and meat is no longer pink. Drain liquid from lentils and add to skillet with meat.
Add tomato sauce, mustard, pepper, garlic, onion, Worcestershire sauce, and hot sauce.
Mix well and simmer for 2-3 minutes.

Serves 1/2 cup meat, lentil, and sauce warm on bun; Makes about 5 servings
Turkey, Bean, and Corn Chili

Ingredients
1/2 lb 93/7 ground turkey
1-15 oz canned black bean no salt added, do no discard liquid
1/2 cup low sodium vegetable broth
1 cup frozen corn
1 tbsp olive oil
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 1/2 tsp garlic powder
1 tsp black pepper
1 1/2 chili powder
1 tsp onion powder

Preparation
Coat pot with lid with olive oil and turn on stovetop to medium heat.
Sautee onion and bell pepper until fragrant, and add turkey.
Cook turkey until thoroughly brown, and no longer pink.
Add black beans, corn, and seasonings.
Stir well and simmer over low heat for 10-15 minutes.

Nutrition Facts

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Serving Size: 1 cup, Makes about 5 servings
Tasty Tuna Salad

Ingredients

- 2-5 oz cans of tuna, in water, drained
- 2 tbsp mayonnaise with olive oil
- 1 tbsp yellow mustard
- 1/4 cup diced red onion
- 1/3 cup diced celery
- salt and pepper to taste
- 1/2 tsp lemon juice

Preparation

In a bowl, mix all ingredients.
Chill until ready to serve.

Nutrition Facts

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Serving Size: 1/3 cup; Makes 3 servings
Cook notes: Can be used as a sandwich with 2 slices of whole wheat bread, as an appetizer, or scooped on top of a green salad.
Nutrition calculated with 1/8 tsp table salt.
Buffalo Chicken Fingers

Ingredients

Chicken
1 lb chicken breast, boneless, skinless
2 tbsp olive oil

Sauce
1/2 cup hot sauce
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp paprika
1/2 tsp pepper

Preparation

Chicken
Cut chicken breast in about 5 -6 pieces.
Heat skillet with olive oil on medium heat on stovetop and add chicken.
Cook chicken for 3-4 minutes on each side until no longer pink in center and meat thermometer reads 165 degrees.

Sauce
In a bowl, mix hot sauce and seasonings.

Reduce heat to low and slowly pour hot sauce mixture over chicken in skillet.
Toss chicken to coat evenly with sauce.
Keep stove on warm for 1 -2 minutes

Serving Size: 1 tender; Makes about 5 servings
Cook Notes: Can be served on a salad, tortilla, or whole wheat sandwich bread.

Nutrition Facts

servings per container: 1
Serving size: (112g)

Amount per serving
Calories 160

% Daily Value*
Total Fat 8g 10%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 65mg 22%
Sodium 440mg 19%
Total Carbohydrate 1g 0%
Dietary Fiber 0g 0%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 21g

Vitamin D 0mcg 0%
Calcium 9mg 0%
Iron 1mg 6%
Potassium 339mg 8%

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Chef's Special Salad

Ingredients

Salad
2 cups salad greens (ex. spinach, romaine, iceberg)
1/3 cup bell pepper-any color, diced
1/4 cup shredded carrots
5 cherry tomatoes
2 chopped hard boiled eggs
1/4 cup shredded mild cheddar cheese, low fat

Dressing
jar or container with lid
1/2 cup olive oil
1/4 cup lemon juice or apple cider vinegar
1 tsp honey

Preparation

Salad
On a plate or bowl, arrange lettuce, bell pepper, carrots, and cherry tomatoes.

Dressing
In a jar, combine olive oil, lemon juice or apple side vinegar, and honey. Shake well.
Top with eggs, cheese, and 2 tbsp of dressing.
Makes 1 serving
Cook Notes: You can add different vegetables or even fruit such as apples or oranges. dressing can be served on the side if desired.
Dinner
Superb Meatloaf

Ingredients
1 lb ground beef 93/7
4 ounces finely chopped mushrooms
1/2 cup chopped yellow onion
1/2 cup green bell pepper
1/3 cup 1% milk
1 tbsp Worcestershire sauce
1/2 tsp black pepper
1 tsp garlic powder
1 tsp basil

Sauce
see sloppy joe sauce

Preparation
Preheat oven to 375 F
In a bowl combine all ingredients mix well.
Pour and smooth mixture in 9x 5 loaf pan
Around 40 minutes pour sauce on top for last 10 minutes of baking
Bake additional 10 minutes until knife or toothpick is inserted and comes out clean.

Nutrition Facts

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Tender Pork Tenderloin

Ingredients
1 lb pork tenderloin
1 tsp paprika
2 tsp onion powder
2 tsp garlic powder
1 tsp oregano
1/2 tsp pepper
1 tbsp olive oil
1/2 cup reduced or low sodium chicken broth

Nutrition Facts
servings per container
Serving size (100g)
Amount per serving
Calories 110

% Daily Value*

Total Fat 4g 5%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 50mg 17%
Sodium 45mg 2%
Total Carbohydrate 2g 1%
Dietary Fiber 0g 0%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 17g

Vitamin D 0mcg 0%
Calcium 14mg 2%
Iron 1mg 6%
Potassium 351mg 8%

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Preparation
Preheat oven to 400 F.
In a small bowl, mix all the seasonings and rub spies over tenderloin.
In a skillet, heat oil and add pork and cook until the sides are brown.
Remove pork from skillet and place in 9x13 baking dish.
In the same skillet, add chicken broth and allow to boil for 1 minute and then pour over pork in pan.
Cover pan with foil and cook for 20-25 minutes.
Allow pork to rest for 5-6 minutes before slicing in rounds.

Serving Size: about 3.5 oz; Makes about 6 servings
Cook's Note: Meat is done when meat thermometer is inserted and reads 145 degrees.
Quick Chicken Fried Rice

Ingredients
1 lb chicken breast cutlets shredded
3 eggs
1 tbsp vegetable oil
1/2 cup diced yellow onion
1/2 cup chopped red bell pepper
2 cups frozen broccoli florets
1 cup diced carrots
1- 8.8 oz ready made brown rice packages
3 tbsp low sodium soy sauce
1 tbsp garlic powder
1/2 tsp black pepper
pinch of red pepper flakes (optional)

Preparation
In a skillet, heat oil with onion and bell pepper cook over medium heat for 3-4 minutes.
Add chicken cutlets and cook for 4-6 minutes on one side. Flip to the other side and cook for 4-5 minutes or until center is no longer pink and juices run clear.
Remove from pan and set on cutting board to shred.
Add all vegetables and cook for 2-3 minutes before adding the eggs.
Scramble eggs with vegetables
Mix in rice, shredded chicken, soy sauce, and seasonings.
Cook for 2-3 minutes over low heat until chicken and rice are thoroughly heated.

Serving Size: 1 cup; Makes about 6 servings
Cook's Note: Chicken is done when inserted meat thermometer reads 165 degrees.
Nacho Bowl

Ingredients
3-4 oz cooked ground chicken 93/7
1 oz corn tortilla chips
1/2 cup canned diced tomatoes, drained, no salt added
1/4 cup red or black beans, drained, no salt added
1 tbsp olive oil
1/2 cup diced yellow onion
1/2 cup bell pepper, diced, any color
1 cup shredded romaine lettuce
1/4 cup shredded cheese
2 tbsp salsa
1/2 tbsp garlic
1/2 tbsp cumin
1/2 tsp black pepper
1/2 tsp paprika
pinch of red pepper flakes (optional)

Preparation
In a skillet, heat oil with onion cook over medium heat for 3-4 minutes.
Add chicken and cook for 4-6 minutes or until pieces are no longer pink
Add beans, tomatoes, bell pepper, and seasonings to skillet and mix in ground chicken.
Simmer on low heat until beans and chicken are heated, and tomatoes and bell peppers are soft.
Pour heated mixture from skillet into a bowl.
Top with cheese, lettuce, and salsa.
Garnish with red pepper if desired.

Makes 1 serving
Cook's Note: Nutrition label calculated with black beans.
Broiled Lemon Pepper Fish

Ingredients
4 flounder fillets
1 tbsp olive oil
3 whole lemons grated makes 2 tbsp
1 tsp pepper
1/2 tsp onion powder
1/2 tsp garlic powder

Preparation
Preheat oven to 500 F.
In a bowl, mix together oil and seasonings.
Grate lemon peel into mixture.
Sit to the side and line baking sheet with foil or parchment paper and spray.
with non stick cooking spray.
Coat each side of fillets with mixture.
Bake for 5 minutes or until done or when fish appears opaque and flaky.

Serving Size: 1 fillet; Makes 4 servings
Cook’s Note: Fish is done when inserted meat thermometer into thickest part reads 145 degrees.

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Desserts
Baked Apple

Ingredients
1 small red apple sliced
1 tsp cinnamon
1/2 tsp vanilla extract
1/4 tsp lemon juice

Preparation
In a microwave safe bowl, place sliced apples with lemon juice, and sprinkle cinnamon and vanilla extract on top. Heat for about 2 minutes until apple is fork tender.

Nutrition Facts

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Colorful Fruit Salad

Ingredients
1 cup fresh strawberries, sliced
1/2 cup blueberries
1 medium orange cut in chunks
1 small granny smith apple
1/2 tsp lemon juice

Nutrition Facts

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Preparation
In a bowl, combine strawberries and blueberries.
On a cutting board, peel orange and divide in 4 sections. Then cut the sections in half.
Place orange chunks in bowl with berries
Cut apple in 4 quarters and sprinkle lemon juice on top.
Cut quarters into pieces.
Place apple chunks in bowl with other fruit and mix together.

Serving Size: 1/2 cup; Makes 4 servings
Cook Notes: Lemon juice helps prevent apple from quickly browning.
Oatmeal Raisin Cookies

Ingredients
1 ripe banana
1 cup quick oatmeal
1/4 cup milk or non dairy variety
2/3 cup raisins
1 1/2 tsp cinnamon
1 tsp vanilla extract

Preparation
Preheat oven to 350 F.
In a bowl, combine banana and oats very well, making sure there are no chunks of banana.
Add milk, raisins, cinnamon, vanilla and stir well.
Set to the side and prepare a baking pan with foil or parchment paper.
Spray with non-stick spray.
Scoop 1 tablespoon of batter onto baking pan and repeat.
Bake for 12-15 minutes until middle is firm.

Serving Size: 2 cookies; Makes 6 servings
Cook's Note: Nutrition label calculated with 1% milk.
Strawberry Chocolate Mug Cake

Ingredients
2 chopped strawberries
2 tbsp whole wheat flour
1 tbsp unsweetened cocoa powder
1 tbsp unsweetened applesauce
1/4 tsp baking powder
1 egg white
2 tbsp milk or non dairy variety
1/2 tsp vanilla extract
non stick cooking spray

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Preparation
Spray microwave safe mug with non-stick spray,
Add flour, strawberries, cocoa powder, baking powder, applesauce, milk, and vanilla. Mix well in mug.
Microwave for 35-40 seconds until center is firm.

Makes 1 Serving
Cook Notes: Nutrition label calculated with 1% milk.
Blondies

Ingredients
1-15 oz can chickpeas, drained and rinsed
1/2 cup smooth or crunchy peanut butter
1 tsp vanilla
1/4 cup quick oats
1/4 applesauce unsweetened
2 tbsp prepared regular or decaffeinated coffee
1 tsp cinnamon
1/4 tsp baking soda
1/4 tsp baking powder
1/2 cup chocolate chips
non-stick spray

Preparation
Preheat oven to 350 F.
In a food processor or blender, combine all ingredients except chocolate chips.
Pulse well until batter appears smooth and no whole chickpeas remain.
Spray non-stick spray into 8x8 brownie pan and pour in batter. Mix in chocolate chips spreading throughout batter.
Baked for 17-20 minutes until firm.
Allow to cool and cut into 8 squares.

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Snack List
Choose 1 from 2 categories

**Fruits**
1/2 cup is a serving unless otherwise noted
- 1 small apple
- grapefruit
- berries
- 1 medium banana
- pears
- pineapple
- honeydew
- watermelon
- 1 peach
- 1 plum

**Dairy**
1/2 cup is a serving unless otherwise noted
- 1 cup low fat milk
- greek yogurt
- low fat and low sodium cottage cheese
- 1 slice/oz of low fat cheese cheese stick

**Vegetables**
1/2 cup is a serving unless otherwise noted
- celery
- cucumber
- carrots
- broccoli
- bell pepper
- cauliflower
- tomatoes
- zucchini
- mushrooms

**Grains**
whole grains, 1/2 cup is a serving unless otherwise noted
- 2 slices bread
- 10-12 crackers
- 1 oz corn tortilla chips
- 3 cups unsalted popcorn

**Nuts and seeds**
1/4 cup or 1 oz is a serving, unsalted
- almonds
- walnuts
- peanuts
- pecans
- cashews
- sunflower seeds

**Spreads and dips**
2 tbsp is a serving
- salsa
- guacamole
- hummus
- bean dips
- salad dressing/vinaigrette

**Protein**
1 oz is a serving
- grilled chicken
- 2 hard boiled eggs
- roasted edamame
- turkey slices
- shrimp cocktail
- tuna fish
- low sodium jerky

2 tbsp is a serving
- peanut butter
- almond butter
- sunflower seed butter
- sesame seeds
- chia and flax seeds
Heart Disease

Image courtesy of menshealth.com
Heart Disease is a collection of chronic conditions that include many illnesses such as Coronary Artery Disease, Atherosclerosis, and Hypertension. According to the Centers for Disease Control, risk factors include, high cholesterol, diabetes, and unhealthy diets.

Typically, there is an increased risk of developing heart disease as systolic and diastolic blood pressure increase. Depending on the form of cardiovascular disease, there may be non-pharmacologic approaches to treat this condition. For instance, to reduce blood pressure, patients may be encouraged to lose weight if they are considered overweight or obese, follow a heart healthy diet such as the Dietary Approaches to Stopping Hypertension (DASH) and the Mediterranean Diet (MD), reduce sodium and alcohol intake, and increase dietary potassium intake unless contraindicated by medication or in the presence of CKD.

Common nutritional interventions that have been proven effective in treating heart disease are the DASH and MD. DASH emphasizes high fruits and vegetables and low dairy intake. When combined with weight loss and reduced sodium intake, DASH was even more effective in lowering blood pressure. The MD emphasizes legumes and monosaturated fat, decreasing red meat consumption, and a moderate intake of wine has also been shown to reduce blood pressure and lipid profiles. Sodium reduction has also been proven to work with medications to increase their effectiveness and decrease systolic blood pressure. They suggested intake levels for sodium restricted diets was set between 1,500mg to 2,000mg per day. Regarding potassium, some studies have seen a reduction in blood pressure from both dietary intake and supplementation. The 2020-2025 version established the adequate intake levels for adult women ages 19 to 30 at 2,600mg and men in the same age range as 3,400mg. The American Heart Association suggests even higher ranges of potassium between 2,600 and 5,000 mg per day.
Nutrition Parameters

**Grains:** Whole grain

**Dairy:** Low fat and fat-free

**Protein:** lean and extra lean

**Fat:** Unsaturated fat

  Saturated fat should be less than 10% of daily calories

  Some may aim for 5-6% of daily calories

**Sodium:** 1,500mg-2,300mg per day

  (about 500-766mg per meal)

**Potassium:** 2,600-5,000 mg/day

For more information, please visit:

https://www.heart.org/en
Breakfast
Swiss Cheese Toast With Chicken Sausage

Ingredients

*Cheese Toast*
1 slice of whole wheat bread
1 slice of swiss cheese

*Chicken Sausage*
1 lb ground chicken 93/7
3/4 tsp salt
2 tsp oregano
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp cayenne pepper
2 tsp Worcestershire sauce
1 tbsp olive oil

Preparation

*Cheese Toast*
Spray skillet with non-stick cooking spray and lightly toast bread on each side for 1-2 minutes.
Place slice of cheese on bread and allow cheese to melt and bottom of toast is golden brown.

*Sausage*
In a bowl, combine all seasonings, and chicken.
Heat oil in skillet on medium heat.
Form 10-11 patties and cook in skillet for 3-4 minutes on each side until done and knife or toothpick inserted in middle comes out clean.

Serving Size: 1 slice of cheese toast and 1 sausage patty; Makes 10-11 sausage patties
Express Very Berry Oatmeal

Ingredients
1/2 cup oatmeal
1 cup low fat milk or non dairy variety
1/4 cup sliced strawberries
1/4 cup blueberries
1 tsp ground flaxseed
1 tsp honey

Preparation
In a bowl, combine all ingredients except milk.
Microwave milk or non-dairy variety for 30 seconds to a minute or until warm.
Pour milk into bowl with oatmeal mixture and stir well.
Can be eaten immediately or allowed to sit for a few minutes to absorb liquid.

Nutrition Facts

Makes 1 serving
Cook's Note: Try different fruits like peaches or savory ingredients like carrots.
Add more liquid for thinner consistency and less liquid for thicker consistency.
Can be prepared the night before.
Garden Omelette

Ingredients
2 tbsp olive oil
2 large eggs
1/4 cup diced onion
1/4 cup canned diced tomatoes, drained
1/2 cup chopped broccoli
1/4 cup diced mushrooms
1/4 tsp salt
1/4 tsp pepper
1/2 tsp garlic powder

Preparation

In a skillet, heat oil over medium heat and add onion. Cook until onion is tender and add tomatoes, broccoli, and mushrooms. When done, place vegetables in a bowl or on a plate.

In another bowl, beat eggs, salt, pepper, and garlic.

Reheat same skillet on medium heat and spray with non stick cooking spray and pour egg mixture into pan.

Allow eggs to cook for about 2 minutes and begin to brown on the bottom. With a spoon, scoop vegetables onto one half of omelette and fold other half over vegetables.

Serve warm on a plate.

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Makes 1 serving

Cook's Note: Try different vegetables like spinach and bell peppers.
Blueberry Pancakes

Ingredients
1 cup whole wheat flour
3/4 cup low fat milk or non-dairy variety
1 egg
1 tbsp vegetable oil
1 tsp vanilla extract
1 tsp baking powder
1/4 tsp baking soda
1 tsp lemon juice
1/2 tsp cinnamon
1 tbsp honey
3/4 cup blueberries fresh or frozen

Preparation
In a skillet, heat oil over medium heat.
In a bowl, combine flour, baking powder, baking soda, and cinnamon.
In another bowl, mix egg, milk, oil, vanilla extract, lemon juice, and honey.
Add dry ingredients into bowl of wet ingredients and and mix well until smooth. Add blueberries to mixture.
Scoop 2-3 tbsp of batter into skillet and cook for 2-3 minutes on one side. When bubbles begin to form, flip to other side and cook for additional 2-3 minutes.

Serving Size: 2 pancakes; Makes 4 servings

Cook's Note: Try different fruits like sliced bananas or apples.
Nutrition label is calculated with 1% milk
Ingredients
1 cups whole wheat flour
1/2 cup applesauce
1/3 cup prepared coffee
1/2 cup unsweetened cocoa powder
3/4 cup mashed banana
1/3 cup white sugar
1/4 tsp salt
1 tsp baking powder
1/2 tbsp honey

Preparation
Preheat oven to 400 F.
Line and spray non stick spray in muffin tin.
In a bowl, mix applesauce, coffee, mashed banana, and honey.
In a separate bowl, mix flour, cocoa powder, sugar, salt, and baking powder.
Mix flour mixture into applesauce mixture and combine well.
Fill muffin tins 3/4 full.
Bake about 20-22 minutes or until knife or toothpick inserted into center comes out clean.

Serving Size: 1 muffin; Makes 8 servings
Cook's Note: Coffee can be substituted for milk or non-dairy variety.
Lunch
Lemon Garlic Salmon

Ingredients
1 lb salmon (4-5 filets)
32 oz bag frozen broccoli
1/4 cup olive oil
1 tbsp garlic powder
1 tsp pepper
2 whole lemons sliced into wedges or 1 tbsp lemon juice

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Preparation
Preheat Oven to 400 F
Line baking sheet with foil and spray with non-stick cooking spray.
Spread broccoli on outer edges of pan and put salmon in middle.
In a bowl, mix olive oil and seasonings and brush over broccoli and fish. on both sides. (If using lemon juice, add to mixture)
Place lemon wedges throughout pan.
Bake for 15 minutes or until fish is flaky and broccoli is slightly brown.

Serving Size: 1 salmon filet (3-4 oz) and 1 cup of broccoli is a servings; Makes 4 servings
Cook's Note: To check fish is done, inserted tip of meat thermometer into thickest part and reads 145 degrees.
Chicken Noodle Soup

Ingredients

**Chicken**
1 lb boneless chicken breast filets
1 tbsp olive oil
1/4 cup diced yellow onion
1/2 tsp garlic powder
1/2 tsp pepper

**Broth and Pasta**
1 tbsp olive oil
1 cup sliced carrots
1 cup sliced celery
3/4 cup diced yellow onion
2/3 tbsp garlic powder
32 oz low sodium chicken broth
1 tsp oregano
12 oz whole wheat noodles
1 tbsp dried parsley

Preparation

**Chicken**
Heat oil in skillet on medium heat and add onions. Sprinkle seasonings on both sides of chicken before placing in skillet. Cook on each side for 5-7 minutes until done and no longer pink in center. Remove from heat and shred. Cover and place to the side.

**Broth and Pasta**
In a large pot, heat oil over medium heat and add carrots, celery, and onion. Sauté for 5-7 minutes until vegetables begin to soften and add garlic powder. Increase stove to high heat and boil broth and noodles. Allow to boil for 8-10 minutes until pasta is done and vegetables are fork tender. Reduce stove to low heat and add chicken and parsley

Serving Size: 1 cup; makes about 6 servings

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3 Bean Burrito

Ingredients
1-15oz can tri bean blend, no salt added, drained
1 cup low fat cheddar cheese
1/2 tbsp cumin
1/2 tsp paprika
1/2 tsp pepper
1/2 tsp cilantro
1 pack of 6" corn tortillas
2 tbsp salsa
1/2 tsp crushed red pepper (optional)

Nutrition Facts

Preparation
Preheat oven to 375 F. Line baking pan with foil or parchment and spray with non-stick spray
In a bowl, mix drained beans, seasonings, and cheese.
Scoop about 1/4 cup mixture into tortilla. Roll and tuck in sides. Lay folded side down on baking sheet.
Bake for 12-15 minutes until heated through.

Serving Size: 1 burrito; Makes 7 servings
Shrimp and Veggie Kabobs

Ingredients
1/2 lb frozen medium deveined, peeled, and tail off shrimp
1/4 cup olive oil
1 tsp garlic powder
1/4 tsp red pepper
1/2 tbsp lemon juice
1 medium zucchini thickly sliced
1 cup red bell pepper cut in chunks
1 cup yellow bell pepper cut in chunks

Skewers

Preparation
Defrost shrimp by leaving in refrigerator overnight or running water over shrimp.
In a larger bowl, place shrimp and vegetables.
Preheat stovetop skillet to medium heat and spray with non-stick spray.
Combine oil and seasonings in a small bowl and pour over shrimp and vegetables.
Thread 3-4 shrimp and various vegetables in no particular order on each skewer.
Grill for 3-5 minutes on each side or until shrimp are pink and vegetables are tenders.

Serving Size: 3-4 skewers ; Makes about 4 servings
Ingredients
1/2 whole wheat tortilla
1/2 cup raw spinach
1/4 cup sliced red onion
2 tbsp hummus
1/4 cup diced tomatoes (canned or fresh)
1/2 tbsp olive oil
1/2 tsp oregano

Preparation
Toast whole wheat flatbread in non stick pan for 1-2 minutes on each side. Remove from pan and heat skillet with oil. Sautee all vegetables for 2-3 minutes until spinach wilts and vegetables are tender. Spread hummus on pita and top with spinach, onion, and tomato. Finish with oregano.

Makes 1 pita
Dinner
Steak Pita

Ingredients
1 lb flank steak cut into pieces
3 tbsp olive oil
1 tsp rosemary
1 tsp oregano
2/3 tsp garlic powder
1 tsp lemon juice
1/2 tsp black pepper
1/2 cup raw spinach
1/4 cup sliced raw onion
2 tbsp store bought hummus
3 whole wheat pitas cut in half

Preparation
In a bowl with lid or ziplock bag, mix 2 tbsp olive oil, rosemary, oregano, garlic powder, lemon juice, salt, and pepper. Set aside
Cut 1lb steak into pieces and add to bowl or bag with marinade. Allow to marinate for at least 30 minutes.
Heat skillet with 1 tbsp olive oil and add marinated steak to pan.
Cook for 3-4 minutes per side, until there is little pink in the center of the pieces.
Remove from heat
If desired, lightly toast 1/2 pita, and coat inside with hummus
Layer spinach, onion, and 3-4oz steak to your liking.

Serving Size: 3-4 oz of steak with 1/2 pita; Makes 4-5 servings.
Chicken Sausage and Red Bean Jambalaya

Ingredients
1 lb chicken sausage no salt added and sliced
1-15 oz can red kidney beans, no salt added
1/2 cup diced onion
1/2 cup diced green bell pepper
1/2 cup chopped celery
1/2 of 15 oz canned crushed tomato, no salt added
2- 8.8oz pouches instant brown rice
24 oz low sodium chicken broth
2 bay leaves
1 tbsp paprika
3/4 tsp garlic powder
1/2 tsp black pepper
1/4 tsp cayenne pepper

Preparation

Heat olive oil in skillet over medium heat and sautee onion, bell pepper, celery for 2-3 minutes until slightly soft.
Add chicken sausage and crushed tomatoes, and cook for 4-5 minutes.
Stir in all broth, seasonings and bay leaves
Add rice and reduce heat
Simmer for 2-3 minutes until liquid starts to reduce and rice is moist stirring occasionally.

Serving Size: 1 1/4 cups; makes about 8 servings
### A Very Veggie Spaghetti

**Ingredients**

- 1 cup cooked lentils
- 1 lb ground chicken (or 1 cup meatless crumbles)
- 15 oz can no salt added tomato sauce
- 1 cup spinach
- 1/4 cup diced bell pepper
- 1/2 cup diced mushroom
- 1/4 cup red onion
- 1 cup yellow squash or zucchini spiralized
- 1 cup whole wheat pasta
- 2 tbsp extra virgin olive oil
- 1 tbsp minced garlic (to taste)
- 1 tbsp Italian seasoning
- 1/2 tbsp black pepper (to taste)
- 1 tbsp Parmesan cheese (or nutritional yeast) (optional)

**Preparation**

**Pasta:** Cook pasta in 2 cups of boiling water for 10-12 minutes or until desired texture.
Spiralize 1 cup of yellow squash or zucchini and drizzle 1/2 tbsp of olive oil, 1/2 tbsp of Italian seasoning and 1/4 tsp black pepper and microwave for 30-45 seconds until slightly soft.

**Sauce:** Cook lentils in 1 1/2 cups of boiling water for 25-30 minutes until soft; or until desired texture
Sautee 1 tbsp olive oil, onion, garlic, mushroom bell pepper on medium heat, for 2-3 minutes add the ground chicken.
Cook ground chicken for 5 to 10 minutes or until no longer pink (if using meatless crumbles, cook for 5 to 7 minutes until heated throughout).
Measure 1 cup of cooked lentils and spinach and add to meat and vegetable mixture.
Sprinkle 1/2 tbsp of italian seasoning and 1/2 tsp black pepper on mixture and let stand 2-3 minutes or until spinach is wilted.
Then add can of tomato sauce.
Season with remaining italian seasoning and black pepper (may add more if desired).
Plate 1/2 cup pasta and 1/2 cup spiralized squash with 1/3 cup of sauce, meat, and vegetable mixture.
Garnish with 1 tbsp Parmesan cheese or 1 tbsp nutritional yeast if desired

**Serving Size:** 1/3 cup vegetable and meat mixture with 1/2 cup pasta and 1/2 cup zucchini spirals; Makes about 6 servings.
**Cook’s Note:** Nutrition Facts are based on ground chicken.

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<tr>
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</tr>
<tr>
<td><strong>Protein</strong></td>
<td>21g</td>
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</table>

*The % Daily Value 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.
Rainbow Salad

Ingredients

Salad
5 oz container mixed green salad
1 cup chickpeas, drained and rinsed
1/2 cup sliced or diced cucumbers
1/2 diced tomatoes
1/2 cup mandarin oranges drained
1/2 cup shredded carrots
1/4 cup unsalted almonds
1 avocado halved

Dressing
1/2 cup olive oil
1/4 cup lemon juice
1 tbsp honey

Preparation

Salad
Put salad into large bowl and layer with chickpeas, cucumbers, tomatoes, mandarin oranges, shredded carrots, almonds.

Dressing
Combine salad dressing ingredients in a jar with lid and shake well.

Serving Size: 1 cup of salad, 1/2 half avocado, and 2 tbsp dressing
Island Style Rice and Beans

Ingredients
2 tbsp olive oil
4 garlic cloves minced
1 head of cauliflower
1/2 cup diced yellow onion
1/2 tsp ground ginger
1/4 cup low sodium chicken or vegetarian stock
1/4 cups coconut milk
1 15 oz can black beans, no salt added, rinsed and drained
1 tsp thyme
1 whole habanero pepper

Nutrition Facts
servings per container
Serving size (315g)
Amount per serving
Calories 200
% Daily Value*
Total Fat 8g 10%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 65mg 3%
Total Carbohydrate 26g 9%
Dietary Fiber 9g 32%
Total Sugars 5g
Includes 0g Added Sugars 0%
Protein 8g

Vitamin D 0mcg 0%
Calcium 135mg 10%
Iron 4mg 20%
Potassium 859mg 20%

*The % Daily Value 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.

Preparation

Rice
Cut cauliflower heat into chunks and grate into large bowl. (Or put chunks into food processor)

Heat oil over medium heat and sauté onions and garlic for 2-3 minutes until they begin to brown.
Add cauliflower to skillet with whole habanero pepper, ginger, salt, stock, and coconut milk. for 2-3 minutes and add rinsed and drained beans
Simmer for 5 minutes

Serving Size: 1 cup; Makes 3-4 servings
Dessert
Decadent Brownies

Ingredients

1-15 oz canned black beans, no salt added, rinsed and drained
2 eggs, large
1/4 cup unsweetened applesauce
1 tsp vanilla extract
1/4 cup unsweetened cocoa powder
1/3 cup white sugar
1 tsp baking powder
1/4 tsp salt
1/2 cup dark chocolate chips
1/2 cup chopped walnuts

Preparation

Preheat oven to 350 F.
Spray non stick cooking spray into 8x8 pan.
In a blender, blend black beans until no chunks remains and smooth consistency.
In a bowl, combine eggs, oil, and vanilla with smooth black bean puree
In another bowl, combine cocoa powder, sugar, baking powder, chocolate chips, and salt.
Add dry ingredients to wet and mix well.
Pour batter into pan and sprinkle walnuts on top.
Bake for 30-35 minutes until done when knife or toothpick inserted into middle comes out clean

Serving Size: 1 brownie; Makes 16 servings
Fruit and Oatmeal Bites

Ingredients
1 cup quick oats
1/2 cup chopped pecans
1 tbsp honey
1/2 cup mashed banana
1 tsp cinnamon
1/2 tsp vanilla
3/4 cup unsweetened coconut flakes (optional)

Preparation
In a bowl, add mashed banana, vanilla, and honey.
Then combine oats, pecans, cinnamon, and coconut if using.
Form into balls with 1 to 1 1/2 tbsp

Serving Size: 2 balls; Makes 8 servings

Nutrition Facts

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*The % Daily Value 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.
Strawberry Smoothie Popsicles

Ingredients
2 ice trays
toothpicks
plastic wrap
2 cups fresh or frozen strawberries
1 cup milk or non dairy variety
1/2 tbsp lemon juice

Preparation
Blend strawberries, milk, and lemon juice together until smooth,
Pour mixture into ice trays until mostly full
Cover with plastic wrap and insert toothpicks into each ice tray square
Freeze until solid

Nutrition Facts
servings per container
Serving size (34g)
Amount per serving
Calories 15
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carbohydrate 2g 1%
Dietary Fiber 0g 0%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 1g

Vitamin D 0mcg 0%
Calcium 22mg 2%
Iron 0mg 0%
Potassium 51mg 2%

*The % Daily Value 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.

Serving Size: 2 popsicles; Servings vary based on ice cube trays
Cook's Note: Nutrition label made with 1% milk.
Carrot Cake Cookies

Ingredients
1 cup quick oats
2/3 cup whole wheat flour
1/2 cup raisins
3/4 cup shredded carrots
1 tsp vanilla extract
1 tsp baking powder
1 tsp cinnamon
1/8 tsp nutmeg
1/4 cup unsweetened apple sauce
pinch of salt
1 egg, large
1/8 cup honey
1/8 cup brown sugar
1/4 cup chopped pecans
1/3 cup unsweetened shredded coconut, optional

Preparation
Preheat oven to 325 F and spray lined baking pan with non stick spray.
In a large bowl, combine oats, flour, baking powder, sugar, cinnamon, and salt.
In another bowl, mix apple sauce, egg, honey, and vanilla.
Add oats and flour mixture to wet mixture and combine well.
Add in carrots, raisins, pecans, and coconut, if using.
Scoop 2-3 tbsp of dough per cookie and flatten on sheet.
Bake for 12-15 minutes or until center is firm.

Serving Size: 2 cookies; Makes about 7 servings
Cook’s Notes: Scoop less dough for mini cookies. Nutrition label does not reflect unsweetened shredded coconut.

Nutrition Facts

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Vitamin D: 0mcg
Calcium: 113mg
Iron: 1mg
Potassium: 192mg

*The % Daily Value 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.
Peaches and Cream Pudding

Ingredients
2 medium frozen bananas
2/3 cup lowfat cottage cheese
1/2 cup canned peach slices in water or natural juice, drained
1 tsp cinnamon
1 tsp vanilla extract
1 pinch salt
2 tbsp chopped pecans

Preparation
Blend all ingredients until smooth consistency.
Mix in pecans or use as a garnish.

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<td>Protein</td>
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<tr>
<td>0%</td>
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Serving Size: 1/2 cup; Makes 4 servings
Cook's notes: Cut up and save some of the peaches for a garnish
Snack List
Choose 1 from 2 categories

Fruits
1/2 cup is a serving unless otherwise noted
1 small apple
grapes
grapefruit
berries
1 medium banana
orange
pineapple
cantaloupe
honeydew
watermelon
1 peach
1 plum

Dairy
1/2 cup is a serving unless otherwise noted
1 cup low fat milk
1/2 cup greek yogurt
1/2 cup low fat and low sodium cottage cheese
1 slice/oz of low fat cheese

Vegetables
1/2 cup is a serving unless otherwise noted
celery
carrots
broccoli
bell pepper
cauliflower
tomatoes
zucchini
mushrooms

Grains
whole grains, 1/2 cup is a serving unless otherwise noted
2 slices bread
10-12 crackers
1 oz corn tortilla chips
popcorn

Nuts and seeds
1/4 cup or 1 oz is a serving, unsalted
almonds
walnuts
peanuts
pecans
cashews
sunflower seeds

Sauces and dips
2 tbsp is a serving
salsa
guacamole
hummus
bean dips
salad dressing/vinaigrette

Protein
1 oz is a serving
grilled chicken
2 hard boiled eggs
1/4 cup edamame
turkey
shrimp cocktail
tuna fish

Sunflower seed butter
sesame seeds
chia and flax seeds
Chronic Kidney Disease

Image courtesy of timesnownews.com
Key Nutrients

Chronic Kidney Disease (CKD) occurs when the kidneys are no longer able to filter nutrients, minerals, and electrolytes from the blood which can cause toxic wastes to accumulate in the body. When diagnosed with CKD, patients will have to adjust their fluid intake, and monitor protein, salt, potassium, and phosphorus, and other electrolytes like calcium. Additionally, they will have to get adequate calories to avoid protein energy wasting, weight loss, and malnutrition. Depending on the patient and their stage of CKD determines nutrition intervention.

Those on hemodialysis (HD) or peritoneal dialysis (PD) will have to monitor fluid because patients are unable or have diminished ability to urinate. Between dialysis sessions, fluids can accumulate in the body and too much can lead to complications during treatments.

Phosphorus is important because it works with calcium in the formation of bones and teeth. It also assists the uptake of carbohydrates and fats, and is needed to make protein to support cell growth and repair. This mineral is found in abundance in meat, eggs, nuts, beans, and dairy. Current recommendations published by the National Kidney Foundation suggest that phosphorus levels are left up to clinical judgment.

Sodium is useful in maintaining blood pressure and volume, as well as, helping the muscles and nerves to work properly. The NKF guidelines suggest patients in stages 3 through 5 consume less than 2,300 mg per day. According to the American Heart Association, those with high blood pressure should try to reduce sodium intake to around 1,500 mg per day. According to Davita, phosphorus binders may be necessary to hinder the absorption of phosphorus in the body. The medical team may prescribe patients to take this medication before or with meals to keep levels in target ranges, which is usually 3.0 to 5.5 mg/dL.

Potassium can help maintain a regular and steady heartbeat but in excess is associated with irregular heartbeats. Similar to the NKF guidelines for phosphorus, they do not provide an exact range but recommend adjustments for patients in stages 3 through 5. They allow practitioners to use their clinical judgment to make the best decision based on the patient. Current American Heart Association guidelines suggest those with high blood pressure should try to reduce sodium intake to around 1,500 mg per day.
Nutrition Parameters

**Protein**: 0.6-0.8g/kg for non dialysis, 1.0-1.2g/kg on hemodialysis

**Phosphorus**: Based on clinical judgment

**Potassium**: Based on clinical judgment

**Sodium**: 1500mg-2300mg per day (about 500-766mg per meal)

Ranges may need to be adjusted depending on nutritional goals.

For more information, please visit:
https://www.kidney.org/
Breakfast
Breakfast Tortilla

Ingredients
1/4 cup canned black beans, no salt added
2 eggs, large
1/2 cup raw spinach
2 tbsp salsa
1-6" flour or corn tortilla
1/2 tsp cumin
1/2 tsp black pepper
non-stick cooking spray

Preparation
Heat skillet over medium heat and spray pan with non-stick cooking spray
Crack both eggs in pan and allow to cook for a few seconds to form solid film on bottom of the pan.
Begin stirring them together to form curds
Add the black beans and seasonings to pan and stir them until completely warm.
Reduce heat and push to one side of pan to make room for tortilla
Warm tortilla for 1-2 minutes on each side
Assemble tortilla on plate or saucer with the eggs and bean mixture and spinach. Top with salsa

Makes 1 serving
Cook's Note: You can use any bean to substitute black beans.
Nutrition label calculated with black beans and flour tortilla.

Nutrition Facts

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Phosphorus: 47mg
Apple Pie Cream of Wheat

Ingredients
1 cup cream of wheat
3 cups of water or milk (or non-dairy variety)
1/2 cup red apple diced or sliced
1/2 tbsp honey
1 tsp cinnamon
1/2 tsp lemon juice

Preparation
Heat 1 1/2 cups of water or milk to a rolling boil.
Reduce to low heat and stir in cream of wheat with apples, honey, cinnamon, and lemon juice.
Allow to simmer 5-6 minutes and stir occasionally until it reaches desired thickness.

Nutrition Facts

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<td>Potassium: 133mg</td>
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*The % Daily Value 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.

Nutrition label calculated with water.

Makes 1 serving
Cook's Note: You can use any fruit instead of peaches

Phosphorus: 75mg

62
Ingredients
1/4 cup milk or non dairy variety
1 slice whole wheat bread, toasted, cut in pieces
1 egg, large
1 tsp cinnamon
1/2 tsp vanilla extract
1 tbsp pecans (optional)

Preparation
In a mug, melt butter for 15-20 seconds. Add milk, cinnamon, vanilla, and egg to butter and mix well. Next, add bread and make sure it is well coated with egg mixture. Microwave for about a minute until mixture is solid and not runny. Top with pecans if desired.

Nutrition Facts

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<td>4%</td>
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*The % Daily Value 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.
PB and J Bagel

Ingredients
1 tbsp peanut butter smooth or crunchy
1 tbsp jelly of your choice
1/2 plain bagel thin, toasted if desired

Preparation
If desired, toast bagel.
Spread peanut butter and top with jelly.

Nutrition Facts

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Phosphorus: 22mg

Makes 1 serving
Cook's Note: Nutrition label calculated with reduced sugar grape jelly
Sunrise Smoothie

Ingredients
1/2 cup pineapple
1/2 cup carrots diced
1 cup almond milk
1 cup vanilla protein powder*

Preparation
Combine all ingredients in a blender and blend until smooth.

Nutrition Facts

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Vitamin D 4mcg 20%
Calcium 730mg 60%
Iron 4mg 20%
Potassium 517mg 10%

*The % Daily Value 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.

Phosphorus: 191mg

Makes 1 serving
Cook's Note: Nutrition label calculated with vanilla Muscle Milk protein powder
*Make sure to read labels for phosphate additives. Work with medical staff to choose appropriate protein powder to meet nutrition needs.
Lunch
Cajun Cod

Ingredients
3 fillets of cod
1 tbsp olive oil
1 tsp paprika
1/4 tsp salt
1/4 tsp cayenne pepper
1/4 tsp chili powder
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp black pepper
non-stick cooking spray

Preparation
Preheat oven to 400 F.
Line baking sheet with aluminum foil and spray non-stick cooking spray.
In a bowl, mix all seasonings together.
Brush fish with oil and sprinkle seasoning blend on both sides.
Bake for 8-10 minutes until done and flaky.

Serving Size: 1 fillet; Makes 3 servings
Cook's Tip: Insert tip of meat thermometer into thickest part of fillet. It is done at 145 degrees.

Nutrition Facts

Phosphorus: 180mg

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*The % Daily Value 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.
Zesty Pasta Salad*

Ingredients
1/2 cup dry lentils
8 oz rotini
1/2 cup cucumber diced
1 cup sliced red bell pepper
1 cup sliced carrots

Dressing
1/2 cup olive oil
1/4 cup white or apple cider vinegar
1 tsp basil
1/2 tsp lemon pepper seasoning, no salt added
1/2 tsp garlic powder
1/2 tsp onion powder

Preparation
Boil 1 1/2 cups of water and add lentils.
Allow to cook for 15-20 minutes or until soft
Boil 2 cups of water and add rotini pasta and cook for 8-10 minutes until al dente. Drain pasta and allow to cool completely.

Dressing
In a bowl, mix all seasonings together, olive oil, and vinegar.

Transfer pasta to another bowl and add dressing, lentils, and vegetables. Refrigerate for 8-12 hours prior to serving.

Serving Size: 2 1/2 cups; Makes about 4 servings

Phosphorus: 96 mg

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*The % Daily Value 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
1 lb chicken breast, shredded
1 tbsp olive oil
1/4 cup diced celery
1/4 cup plain greek yogurt
1/4 cup dijon mustard
1 tsp lemon juice
1/4 tsp garlic powder
1/4 tsp black pepper

Preparation
Heat oil in skillet and cook chicken over medium heat 5-6 minutes per side. When done, shred chicken and place in bowl to cool. In another bowl, combine yogurt, mustard, lemon juice, and seasonings. Pour mixture over chicken and stir well.

Serving Size: 3 oz; Makes 4-5 servings
Cook's Notes: To check if chicken is done, insert tip of meat thermometer into chicken and make sure it reads 165 degrees.
*Consult Registered Dietitian or medical professional to learn if recipe fits into nutritional goals.
Kitchen Sink Sandwich

Ingredients
1 slice of white bread or toast
1 tbsp hummus
1/4 cup small red apple sliced
2 romaine lettuce leaves
5-6 slices of cucumber
3 oz sliced deli turkey slices, low sodium

Nutrition Facts

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*The % Daily Value 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.

Phosphorus: 508mg

Preparation
On a plate, place bread or toast and spread 1 tbsp of hummus.
Place lettuce on top of hummus.
Slice half apple and place it with the cucumber on top.

Makes 1 serving
Split Pea and Veggie Soup

Ingredients
1/2 cup chopped yellow onions
1 1/2 tbsp minced garlic
1/2 cup diced carrots
1/2 cup diced yellow bell pepper
2 tbsp olive oil
1/2 tsp oregano
1/2 tsp black pepper
1/2 cup dry split green peas
4 cups low sodium chicken broth

Preparation
Rinse split peas in strainer and set aside.
In a pot over medium heat, heat oil and saute onions and garlic for 3-5 minutes or until soft.
Add chicken broth and split peas to onion and garlic mixture in pot and cook for 15-20 minutes.
Add carrots and bell pepper and cook for additional 5-10 minutes or until fork easily passes through vegetables.
Reduce heat to low and add oregano, salt, and pepper and simmer for 3-4 minutes.
Stir occasionally to keep peas from burning on bottom.

Serving Size: 1 1/2 cup; Makes 4 servings
Cook's note: Soaking split peas for a few hours or overnight may help reduce cooking time.
Dinner
Teriyaki Chicken and Pineapple

Ingredients

Chicken
4 bone-in chicken thighs with skin
1 cup pineapple in chunks, in natural juice or water

Teriyaki Sauce
2 tbsp olive oil
1 tbsp low sodium teriyaki sauce
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp ground ginger
1/4 tsp red pepper flakes (optional)
non-stick cooking spray

Preparation

In a zip-lock back or bowl, cover raw chicken with teriyaki sauce pineapple in juice or water, and seasonings. Mix well and allow to marinate for at least 5 hours.
Preheat oven to 375 F.
Place chicken on baking sheet lined with foil and spray with non-stick cooking spray.
Bake for 35-40 minutes until done and juices run clear.

Serving Size: 1 thigh; Makes 4 servings
Cook’s Note: Chicken is done when inserted meat thermometer reads 165 degrees.

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Garlic Grilled Steak

Ingredients

1 lb flat iron boneless steak, divided in 3-4 oz portions
1 tbsp olive oil
1/4 tsp salt
1/2 tsp black pepper
1 tsp garlic powder

Preparation

Heat olive oil in skillet on medium heat.
Season both sides of steak with salt and pepper.
Place steak in skillet and allow to cook for 3 minutes on each side until it is no longer pink.
Reduce heat to low and add garlic for 1-2 minutes.
Remove from heat and place steaks on plate to rest for 5 minutes.

Serving Size: 3-4 oz, Makes about 4 servings
Cook's Note: Medium rare steak is done when temperature is between 130 to 135 degrees.
Medium steak is done when temperature reaches 135 to 145 degrees.
Medium well steak is done when temperature reaches 145 to 155 degrees.
Chicken Fajitas

Ingredients
1 lb boneless chicken breast
1 tbsp olive oil
1/2 green bell pepper cut in strips
1/2 red bell pepper cut in strips
1/2 cup sliced mushrooms
1/2 cup diced onion
1/2 tsp garlic powder
1/4 tsp black pepper
1/2 tsp cumin
1/2 tsp chili powder
1/4 tsp red pepper flakes
1/2 tsp cilantro (optional)

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Preparation

Cut chicken breast into strips.
Heat oil in skillet on medium heat and cook diced onions until fragrant.
Add chicken, mushrooms, and bell pepper and cook for 3-5 minutes.
until chicken is done and juices run clear and vegetables are tender.
Reduce heat, add seasonings, and allow to stand for 1-2 minutes.
Top with cilantro if desired.

Serving Size: 1 cup; Makes 4-5 servings
Cook's note: Pairs well with flour tortillas or white rice

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Ingredients

**Turkey Burger**
- 1 sandwich thin
- 1-4oz pre-portioned turkey burger, fresh
- 1 slice swiss cheese
- 1/4 cup sliced mushrooms
- 1/4 cup sliced onions
- non stick cooking spray

**Zucchini Fries**
- 1 medium sized zucchini
- 2 tbsp olive oil
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/4 tsp lemon juice

Preparation

**Turkey Burger**
- Heat skillet on medium heat and spray non stick cooking spray
- Add onions and mushrooms and sautee for 1-2 minutes before adding turkey burger
- Cook on both sides for 4-5 minutes until done and knife or toothpick inserted in middle comes out clean.
- Reduce to medium heat and add 1/2 onions and mushrooms on top and melt swiss cheese slice on top.
- Assemble sandwich with bun, 1/2 of onions and mushroom, place patty, and then top with other bun.

**Zucchini Fries**
- Slice zucchini into 3-4 inch length slices.
- In a bowl, toss with olive oil, lemon juice, and seasonings
- Transfer zucchini to lined baking pan and bake for 15-17 minutes until fork tender

Makes 1 Serving
Roasted Turkey Wings and Collard Greens*

**Ingredients**  
*For Turkey Wings*  
2 lbs turkey wings  
2 tbsp olive oil  
1/2 tbsp garlic powder  
1/2 tbsp onion powder  
1 tsp paprika  
1 tsp black pepper  
1/2 cup low sodium chicken broth  

*For Collard Greens*  
2 lbs fresh collard greens chopped with no stems  
1 tbsp olive oil  
1/4 cup diced onion  
1/2 cup reduced-sodium chicken broth  
1 tbsp white or apple cider vinegar  
1 tsp crushed red pepper (optional)  

**Preparation**  
*Turkey Wings*  
Preheat oven to 350 F.  
In a bowl mix oil with seasonings and set aside.  
Place turkey wings in 9x13 casserole dish and cover wings with oil and seasoning mixture.  
Pour in chicken broth, cover with foil, and cook for 50 minutes to an hour.  
They are done when they are no longer pink in the center and juices run clear.  

*Collard Greens*  
Thoroughly wash the greens in a strainer to remove dirt and any yellow leaves  
Roll several leaves together and cut into strips. Discard stems  
Heat oil in deep skillet or 4 quart pot over medium heat and add diced onion. Sautee for 2-3 minutes.  
Add the greens, broth, vinegar to 4 quart pot and cook for 50 minutes to an hour until greens are easily pierced with fork.  
If using, add red pepper during last 3-5 minutes of cooking if desired.  

Serving Size: 1 wing (3-4oz) and 1 cup of collards; Makes 8 cups  
Cook’s Note: Turkey is done when inserted meat thermometer reads 165 degrees.  
*Consult Registered Dietitian or medical professional to learn if recipe fits into nutritional goals.*

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| Dietary Fiber: 8g | 25%  
| Total Sugars: 1g |  
| Includes: 0g Added Sugars | 0%  
| Protein: 32g |  
| Vitamin D: 0mcg | 0%  
| Calcium: 435mg | 35%  
| Iron: 2mg | 10%  
| Potassium: 707mg | 15%  

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**Phosphorus:** 231mg
Dessert
Lemon Pie Squares

Ingredients

**Crust**
1/2 cup unsalted butter melted
1/4 cup white sugar
1 tsp vanilla extract
1/4 tsp salt
1 cup and 1 tbsp all purpose flour

**Filling**
1 cup white sugar
3 tbsp all purpose flour
3 eggs
1/2 cup lemon juice

Preparation

**Crust**
Preheat oven to 350 F and line 8x8 pan with parchment paper or foil.
In a bowl, combine butter, 1/4 cup white sugar, vanilla extract, salt, and flour. Press mixture into pan and bake for 20-22 minutes or until edges are slightly browned and firm. Remove from oven and allow to cool.

**For Filling**
In a bowl, Combine sugar, flour, eggs, and lemon juice and pour over crust. Bake for 20-23 minutes or until center is firm. Cool for at least 2 hours before cutting into 16 equal squares.

Serving Size: 1 square; Makes about 16 servings
Cinnamon Raisin Bread Pudding

Ingredients
- 2 cups cubed toasted or stale bread (2 slices of white bread)
- 2 eggs
- 3/4 cup of 1% milk or non dairy milk
- 1/3 cup raisins
- 1 tbsp honey
- 1 tbsp brown sugar
- 1 tbsp melted unsalted butter
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/8 tsp salt

Preparation
Preheat oven to 350 F.
Spray 8x8 pan with nonstick cooking spray.
Cut 2 slices of white bread into cubes
In a bowl, mix eggs, honey, sugar, butter, raisins, vanilla, and milk with bread cubes.
Transfer mixture into pan and bake for 25-30 minutes.
Pudding is ready when knife or toothpick inserted into middle come out clean

Phosphorus: 32mg

Nutrition Facts

Serving Size (60g)
Amount per serving
Calories 100
% Daily Value
Total Fat 2.5g 3%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 45mg 15%
Sodium 95mg 4%
Total Carbohydrate 17g 6%
Dietary Fiber 1g 4%
Total Sugars 12g
Includes 4g Added Sugars 8%
Protein 4g

Vitamin D 1mcg 6%
Calcium 58mg 4%
Iron 1mg 6%
Potassium 128mg 2%

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Piña Colada Smoothie*

Ingredients
3/4 cup frozen pineapple
1/2 cup nonfat plain greek yogurt
1 cup coconut milk

Preparation
In a blender combine all ingredients until smooth. Pour smoothie into glass and enjoy

Nutrition Facts
servings per container
Serving size 497g

Amount per serving
Calories 210

% Daily Value*
Total Fat 6g 8%
Saturated Fat 5g 25%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 85mg 4%
Total Carbohydrate 29g 11%
Dietary Fiber 2g 7%
Total Sugars 13g
Includes 6g Added Sugars 12%
Protein 13g

Vitamin D 2mcg 10%
Calcium 582mg 45%
Iron 1mg 6%
Potassium 205mg 4%

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Phosphorus: 151mg

Makes 1 serving
Cook's Note: Add more liquid for a thinner smoothie
*Consult dietitian or medical staff to learn how this recipe fits in nutrition goals.
Blueberry Muffins

Ingredients
2 cups all-purpose flour
2 tsp baking powder
1/2 cup white sugar
2 tbsp plain cream cheese softened
2 eggs, large
1 cup nondairy milk
1/4 cup unsweetened apple sauce
1/2 tsp lemon juice
1/2 tsp vanilla extract
1 cup fresh or frozen blueberries

Preparation
Preheat oven to 375 F.
Line and spray with non stick cooking spray 12 muffin tins.
In a bowl, mix flour, baking powder, and sugar.
In another bowl, combine milk, egg, vanilla extract, lemon juice, and apple sauce.
Add combined wet ingredients to dry ingredients and mix in blueberries.
Fill muffin tins until 3/4 full and bake for 20-25 minutes or until inserted knife or toothpick comes out clean.

Serving Size: 1 muffin; Makes 12 servings
Cook's Note: Try other berries, like strawberries, for a fruity modification to these muffins. Nutrition label calculated with 1 cup almond milk.
Strawberry Shortcake

Ingredients

Cake
2 cups sliced strawberries, fresh
Angel food cake mix

Whipped Cream
1 cup heavy whipping cream
1/2 tsp vanilla extract
2 tbsp powdered sugar

Preparation

Cake
Prepare Angel food cake mix according to box instructions.
Remove from oven and allow to completely cool.

Whipped Cream
In a bowl, combine heavy whipping cream, vanilla extract, and sugar.
Beat with an electric mixer or whisk until soft peaks form.

Cut one slice of cake and top with 2 tbsp whipping cream and 2 tbsp of sliced strawberries.
Repeat with other slices of cake.

Serving Size: 1 slice of cake, 2 tbsp of whipping cream, 2 tbsp strawberries; Makes about 12 servings

Nutrition Facts

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Protein 4g

Phosphorus: 23mg

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Snack List*
Choose 1 from two categories

Carbohydrates
1 cup unsalted popcorn  2 unsalted rice cakes
1/2 cup unsalted pretzel  1 slice of toast
5 unsalted crackers  1/2 pita

Fruits
1/2 cup is a serving
1 small apple
1/2 cup is a serving
watermelon
1 cup is a serving
applesauce
canned peaches
grapes
canned pears
plum
strawberries

Dairy
1/2 cup is a serving
greek yogurt
green peas
applesauce
cottage cheese
grapes
1oz cheese
plum
milk

Vegetables
1/2 cup is a serving
beets
1/2 cup is a serving
cauliflower
cabbage
broccoli
carrots
summer squash
summer squash
radishes
beets
cucumber
lettuce
bell pepper
plum
celery
broccoli

Protein
1/4 cup tuna fish
1 1/2 tbsp peanut butter
tuna fish
2 tbsp hummus	hummus
2 hard boiled eggs

*Work with a Registered Dietitian to choose appropriate snacks to meet your nutrition needs.
References

Diabetes

Heart Disease

Chronic Kidney Disease
Appendix
Recipe Inspirations

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