



*DaVita*<sup>®</sup>

Kidney Diet  
**Delights**

Kidney-Friendly Recipes  
from the DaVita Kitchen

Vol. 1



# Kidney Diet Delights

Dear Reader,

We are proud to present kidney-friendly recipes from our vast library of culinary delights. DaVita® dietitians have developed more than 700 recipes to better serve our 131,000 patients nationwide. These recipes are available to the entire kidney care community online at [DaVita.com/Recipes](https://www.davita.com/Recipes). Just because you're on a kidney-friendly diet doesn't mean you can't enjoy delicious food! From breakfast and lunch to dinner and dessert, you're sure to find tasty ideas for any occasion.

As part of our commitment to improving patients' quality of life, DaVita provides a wide range of health and nutrition resources, such as the DaVita Diet Helper™ on DaVita.com. We hope this resource guide helps you and the ones you love manage your diet and enjoy it at the same time.

Another way to improve your quality of life on dialysis is by finding the right treatment option for your lifestyle. With more than 1,600 dialysis centers across the United States and DaVita's breadth of treatment options, we have you covered:

- Home Peritoneal Dialysis (PD)
- Home Hemodialysis (HHD)
- In-Center Dialysis
- In-Center Nocturnal Dialysis
- In-Center Self-Care

To learn more about DaVita and its treatment options, to find a dialysis center nearest you, or to request treatment during upcoming travels, call DaVita Guest Services at [1-800-424-6589](tel:1-800-424-6589) or visit [DaVita.com](https://www.davita.com), one of the world's best sources for kidney care information.

Now let's get cookin'!

Sincerely,  
The DaVita Dietitian Team

## Manage Your Diet with DaVita's Online Diet Tools

### DaVita.com/ DietHelper

Plan menus, make shopping lists, track your daily nutrition intake and more!

### DaVita.com/ Food-Analyzer

Manage your kidney diet by finding values for 13 nutrients.

### DaVita.com/ PhosphorusChallenge

Learn about the important role phosphorus plays in a kidney diet.



# Breakfast

Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.DaVita.com/Recipes) today!

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## Breakfast

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Egg in a Hole

Recipe submitted by **DaVita renal dietitian Colleen from Texas.**

**Portions: 1**      **Serving size: 1**

Calories: 159, Protein: 9 g, Carbohydrates: 15 g, Fat: 7 g, Cholesterol: 213 mg, Sodium: 266 mg, Potassium: 122 mg, Phosphorus: 137 mg, Calcium: 85 mg, Fiber: 0.8 g. [Renal and renal diabetic food choices](#), 1 meat, 1 starch. [Carbohydrate choices](#), 1.

## Ingredients

- 1 egg
- 1 slice white bread
- olive oil cooking spray
- 1/4 teaspoon Mrs. Dash® Lemon Pepper seasoning blend
- 1 teaspoon grated or shredded Parmesan cheese
- 1 strawberry

## Preparation

1. Use a biscuit or cookie cutter to cut the center out of the slice of bread to toast.
2. Spray both sides of bread and center cut out with olive oil spray.
3. Heat a medium skillet and place both pieces of the cut bread in skillet. Break egg into center “hole” of cut out portion. Season with lemon pepper.
4. Cook for 1 to 2 minutes and flip over to cook other side. Also, flip the cut out bread “circle” to toast on each side.
5. Sprinkle egg with Parmesan cheese.
6. Serve with a fresh strawberry as garnish.

## Helpful hints

- Change the cookie cutter to fit the occasion or holiday.
- This is a quick and easy dish to serve at large family breakfasts.

## DaVita Recipe Email Alerts

Get kidney-friendly recipes  
delivered to your inbox!

Sign up today at  
[DaVita.com/Register](https://www.davita.com/register)



Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.davita.com/recipes) today!



# Super Simple Baked Pancake

## Breakfast

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

Recipe submitted by **DaVita patient Peggy from Missouri.**

**Portions: 4**      **Serving size: 2 wedges or 1/4 recipe**

Calories: 189, Protein: 8 g, Carbohydrates: 27 g, Fat 5 g, Cholesterol: 115 mg, Sodium: 206 mg, Potassium: 157 mg, Phosphorus: 135 mg Calcium: 90 mg, Fiber: 0.9. [Renal and renal diabetic food choices](#), 1/2 meat, 2 starch, 1 fat. [Carbohydrate choices](#), 2.

## Ingredients

- 2 large eggs
- 1/2 cup milk
- 1/2 cup all-purpose white flour
- 1/4 teaspoon salt
- 1/8 teaspoon nutmeg
- 1 tablespoon vegetable oil

## Preparation

1. Preheat oven to 450° F.
2. Beat eggs and milk in a medium bowl with a wire whisk or electric mixer.
3. Beat in flour, salt and nutmeg until blended (tiny lumps of flour left in the batter are okay).
4. Pour oil into a 9" ovenproof skillet or pie pan and place in preheated oven 5 minutes to heat oil.
5. Carefully pour batter in skillet and bake uncovered 18 to 20 minutes. (Avoid opening oven door until pancake is puffed up and crisp around the edges. Middle will be golden brown when cooked.)
6. Cut into 4 wedges and serve with pancake syrup or fruit spread.

## Helpful hints

- Replace milk with a non-dairy substitute such as unenriched rice milk or non-dairy creamer. Phosphorus and potassium will be slightly lower.
- For additional protein, add an extra egg white.

## DaVita Kidney Education Classes

Find a class in your area and register online today.

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

Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.davita.com/recipes) today!





## Breakfast

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Homemade Pan Sausage

Recipe submitted by **DaVita dietitian Beverly from Georgia.**

**Portions: 8**      **Serving size: 1-1/2 ounces cooked patty**

Calories: 133, Protein: 11 g, Carbohydrates: 2 g, Fat: 9 g, Cholesterol: 40 mg, Sodium: 31 mg, Potassium: 171 mg, Phosphorus: 98 mg, Calcium: 18 mg, Fiber: 0.3 g. **Renal and renal diabetic food choices**, 1-1/2 meat, 1 fat. **Carbohydrate choices**, 0.

## Ingredients

- 1 pound ground pork
- 2 teaspoons ground sage
- 2 teaspoons sugar or sugar substitute
- 1 teaspoon dried, crushed basil
- 1-1/2 teaspoons black pepper
- 1/4 teaspoon ground red pepper

## Preparation

1. In a large bowl mix all ingredients together.
2. Divide into 8 equal portions and form into individual patties.
3. Cook or freeze for later use.

## Helpful hints

- Try ground beef, ground turkey or a mixture of pork and beef in this recipe.
- Add more red pepper if you like hot sausage.
- To freeze for later use, layer patties on wax paper and store in an airtight freezer bag.

## DaVita Kidney Diet Tips

DaVita dietitians are sharing their knowledge today.

Visit [DaVita.com/kidney-diet-tips](https://www.davita.com/kidney-diet-tips)



# Travel with Confidence

From big cities to beaches, DaVita patients continue to travel to dialysis-friendly destinations.



**Let DaVita help schedule dialysis treatments that fit your travel plans.**

Learn more at **[DaVita.com/Travel](https://www.davita.com/travel)**  
or book today by calling **1-800-244-0680**.



# Kidney Education Classes

DaVita's kidney education program offers no-cost instructor-led classes in neighborhoods across the country.



Find a class in your area and register today!

**[DaVita.com/EducationClasses](https://www.davita.com/educationclasses)**

or call **1-888-MY-KIDNEY (1-888-695-4363)**.

## Classes offered:

### Taking Control of Kidney Disease

Living with stage 3 and early stage 4 kidney disease

### Making Healthy Choices

Preparing for dialysis in later stage 4 and stage 5 kidney disease

### Treatment Choices

An in-depth look at all of your treatment options, including home dialysis



Lunch

Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.DaVita.com/Recipes) today!

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## Lunch

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Turkey Vegetable Chili

Recipe submitted by **DaVita renal dietitian Robin from Connecticut.**

**Portions: 6**      **Serving size: 3/4 cup**

Calories: 164, Protein: 17 g, Carbohydrate: 6 g, Fat: 8 g, Cholesterol: 47 mg, Sodium: 214 mg, Potassium: 517 mg, Phosphorus: 189 mg, Calcium: 56 mg, Fiber: 2.0 g. *Renal and renal diabetic food choices*, 2 meat, 2 vegetables, medium potassium. *Carbohydrate choices*, 1/2

## Ingredients

- non-stick cooking spray
- 1 tablespoon canola or olive oil
- 1 pound lean ground turkey
- 1/2 cup onion, chopped
- 2 cloves fresh garlic, minced fine
- 2 cups zucchini squash, chopped
- one 14-ounce can stewed tomatoes, crushed
- 2 teaspoon chili powder
- 1-1/2 teaspoons cumin
- 1-1/2 teaspoons paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper

## Preparation

1. Spray pan with cooking spray and add oil.
2. Sauté ground turkey, onion, garlic and zucchini until zucchini is tender.
3. Drain excess liquid well.
4. Add stewed tomatoes and spices.
5. Simmer covered for approximately 1/2 hour.

## Helpful hints

- Substitute lean ground beef for turkey if desired.
- Be sure to count as 2 servings of vegetables in your daily meal plan to allow for the potassium in this recipe. If you are on a low-potassium diet, stick closely to the recommended portion.

## Chat with Other Like-Minded Cooks

Visit DaVita's Online Diet and Recipe Forum.

[DaVita.com/Forum](https://www.davita.com/forum)



## Lunch

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Vegetarian Egg Fried Rice

Recipe submitted by **DaVita renal dietitian June from Florida.**

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

Calories: 343, Protein: 15 g, Carbohydrate: 37 g, Fat: 15 g, Cholesterol: 212 mg, Sodium: 238 mg, Potassium: 350 mg, Phosphorus: 230 mg, Calcium: 83 mg, Fiber: 3.2 g. **Renal and renal diabetic food choices**, 1-1/2 meat, 2 starch, 1 vegetable, medium potassium, 1 fat. **Carbohydrate choices**, 2-1/2.

## Ingredients

- 4 cups cooked rice
- 6 eggs (or use 1-1/2 cups low-cholesterol egg substitute), beaten
- 3 tablespoons canola oil
- 2 cloves garlic, minced
- 1 cup yellow onion, diced
- 1/2 cup green peas
- 1 cup extra firm tofu, diced
- 1 cup fresh carrots, sliced
- 1 tablespoon fresh ginger root, grated
- 1/4 teaspoon dry mustard
- 1 tablespoon low-sodium soy sauce
- 1/2 cup cilantro, chopped
- 1/2 cup green onions, chopped

## Preparation

1. Sauté beaten eggs in a skillet like an omelet.
2. Chop cooked eggs into pieces and set aside.
3. Heat oil in skillet over moderate heat.
4. Stir in garlic, yellow onions, peas, tofu, carrots, ginger and dry mustard.
5. When carrots are softened, add rice, pieces of chopped eggs and soy sauce. Mix, and turn off heat.
6. Stir in cilantro and green onions.

## Helpful hints

- Basmati rice has a better glycemic profile than other types of white rice. It is also lower in phosphorus than brown rice.

## Questions About Insurance?

Reach out to a DaVita insurance specialist.

1-855-5-DIALYSIS (534-2597)  
[DaVita.com/IMT](https://www.DaVita.com/IMT)

Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.DaVita.com/Recipes) today!





## Lunch

Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Cranberry-Apple Salad

Recipe submitted by **DaVita renal dietitian Lori from Texas.**

**Portions: 10**      **Serving size: 1/2 cup**

Calories: 64, Protein: 0 g, Carbohydrates: 16 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 2mg, Potassium: 66 mg, Phosphorus: 9 mg, Calcium: 5 mg, Fiber: 1.8 g. [Renal and renal diabetic food choices](#), 1/2 fruit, 1/2 high calorie. [Carbohydrate choices](#), 1.

## Ingredients

- 2-1/2 cups fresh cranberries
- 4 medium Red Delicious apples, peeled and cored
- one tablespoon Fruit-Fresh® Produce Protector
- 1/4 cup sugar, or to taste
- 1 cup miniature marshmallows

## Preparation

1. Place cranberries and apples in food processor and chop.
2. Sprinkle with Fruit-Fresh® and mix well.
3. Fold in sugar and marshmallows.
4. Chill at least 4 hours.
5. Stir and serve.

## Helpful hints

- Fruit-Fresh® Produce Protector is a product that prevents fresh fruits and vegetables from browning.
- For an even greater presentation, serve salad in butter lettuce leaves.

## Get Kidney Health Information

Dozens of kidney education articles await you online.

[DaVita.com/Education](http://DaVita.com/Education)



# Dialyze at Home

There's no place like home. And there are many health and lifestyle benefits that make home dialysis a treatment of choice.



Learn more about home dialysis options today!

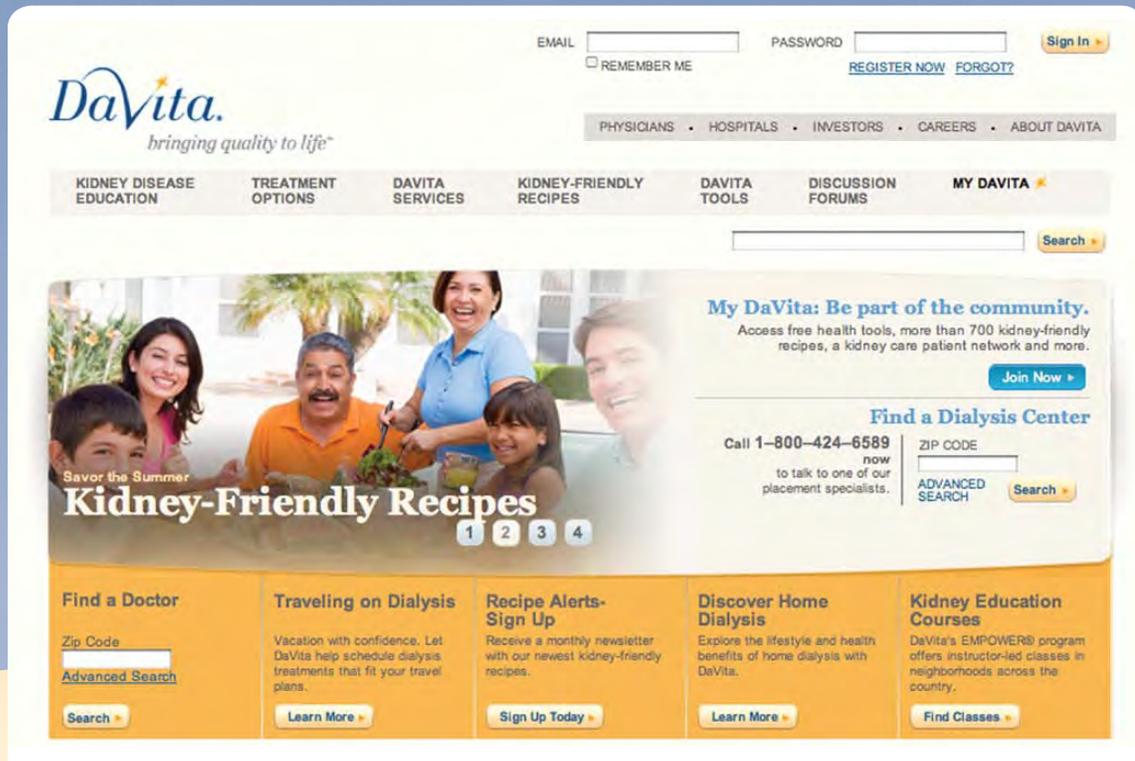
**DaVita.com/Home**  
or call **1-800-244-0582.**

## Health and Lifestyle Benefits of Home Dialysis:

- Flexible treatment times
- Increased independence
- No more transportation issues to and from the center three times per week
- Possible preservation of remaining kidney function
- Fewer medications
- Better regulation of blood pressure and toxin build-up



DaVita.com: one of the world's best sources for kidney care information



DaVita.com is your preferred online resource for kidney care information.

### Eat Healthy

Browse 700+ kidney-friendly recipes, use the Diet Helper to plan your menus, and sign up for monthly recipe alerts emailed right to your inbox.

### Go Social

Meet friends, read messages, join the conversation, and save your favorite articles and recipes all in one place.

### Take Control

Check out the treatment evaluator, get travel assistance and learn more about kidney health using interactive tools.

Visit **DaVita.com** today!



Dinner

Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.DaVita.com/Recipes) today!

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## Dinner

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Bob's Oven-Baked Pork Ribs

Recipe submitted by **DaVita renal dietitian Grace from Oklahoma.**

**Portions: 6**      **Serving size: 3 ounces boneless pork**

Calories: 268, Protein: 23 g, Carbohydrates: 8 g, Fat: 16 g, Cholesterol: 79 mg, Sodium: 391 mg, Potassium: 388 mg, Phosphorus: 195 mg, Calcium: 30 mg, Fiber: 0.6 g. **Renal and renal diabetic food choices**, 3 meat, 1/2 vegetable, medium potassium, 1/2 high calorie. **Carbohydrate choices**, 1/2.

## Ingredients

- 3 pounds baby back pork ribs
- 1 medium red apple, cut into 1/2" slices and core removed
- 1 tablespoon brown sugar
- 1/2 cup water
- 1 teaspoon Creole seasoning
- 1/3 cup prepared barbecue sauce
- 1-1/2 tablespoons olive oil
- 1 large onion, cut into 1/2" slices

## Preparation

1. Preheat oven to 225° F.
2. Combine brown sugar and Creole seasoning in a small bowl; set aside.
3. Place ribs in a 9" x 13" glass baking dish (cut ribs in half to fit into pan). Rub olive oil onto both sides of ribs, then repeat using brown sugar seasoning mixture.
4. Place onion and apple on top of ribs; pour water into dish and cover tightly with foil.
5. Bake for approximately 5 to 6 hours. Remove foil and brush ribs with 1/3 cup barbecue sauce. Bake uncovered for an additional 45 minutes or more at 325° F until temperature of ribs reaches 185 ° F. Remove from oven.
6. Remove ribs from baking dish, cut ribs into individual pieces and serve.

## Helpful hints

- If desired add additional barbecue sauce at the table.
- Choose barbecue sauce lowest in sodium or try one of the DaVita.com homemade barbecue sauce recipes.

## Find a Dialysis Center

Speak to one of our  
placement specialists today.

1-800-424-6589  
DaVita.com



Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.davita.com/Recipes) today!



## Dinner

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Stuffed Green Peppers

Submitted by **DaVita** dietitian Sara from California.

**Portions:** 6      **Serving size:** 1 pepper half

Calories: 259, Protein: 16 g, Carbohydrates: 20 g, Fat: 12 g, Cholesterol: 49 mg, Sodium: 152 mg, Potassium: 313 mg, Phosphorus: 132 mg, Calcium: 29 mg, Fiber: 2.0. [Renal and renal diabetic food choices](#), 2 meat, 1 vegetable, medium potassium, 1 starch, 1 fat. [Carbohydrate choices](#), 1

## Ingredients

- 3 green bell peppers
- 1 pound ground beef
- 2 teaspoons unsalted margarine (divided use)
- 1/4 cup onion, chopped
- 3 tablespoons thick and chunky mild salsa
- 1 teaspoon Mrs. Dash® onion herb seasoning
- 2 cups cooked rice
- 1/2 cup water
- 1/2 cup soft white bread crumbs
- 1 teaspoon poultry seasoning
- 1 teaspoon paprika

## Preparation

1. Cut peppers in half from stem to bottom. Remove seeds. Parboil 4 minutes.
2. Brown ground beef. Drain liquid, remove meat and reserve.
3. Sauté onion in 1 teaspoon margarine until translucent. Add salsa, Mrs. Dash® herb seasoning, cooked rice and meat. Stir to combine.
4. Stuff green pepper halves with the meat and rice mixture, and place into a shallow baking dish. Add 1/2 cup water to the pan.
5. Combine bread crumbs, poultry seasoning and melted margarine. Sprinkle paprika over stuffed peppers.
6. Cover and bake at 350° F for 30 minutes. Uncover and bake 5 minutes longer.

## Helpful hints

- To reduce fat: substitute 7% fat ground turkey for ground beef.
- For variety, use red or orange bell peppers instead of green peppers.

## Get Kidney-Savvy

Kidney-related articles, straight to your inbox.

Sign up today at  
[DaVita.com/Register](https://www.DaVita.com/Register)

Find over 700 Kidney-Friendly recipes at [DaVita.com/Recipes](https://www.DaVita.com/Recipes) today!

The logo for DaVita, featuring the word "DaVita" in a blue serif font with a yellow star above the letter "i".



## Dinner

### Diet types:

- ✓ CKD non-dialysis
- ✓ Dialysis
- ✓ Diabetes

# Homestyle Macaroni Salad

Submitted by **DaVita** dietitian **Geri from Texas**.

**Portions: 10**      **Serving size: 1/2 cup**

Calories: 173, Protein: 3 g, Carbohydrates: 15 g, Fat: 11 g, Cholesterol: 5 mg, Sodium: 182 mg, Potassium: 63 mg, Phosphorus: 36 mg, Calcium: 6 mg, Fiber: 0.6 g. *Renal and renal diabetic food choices*, 1 starch, 2 fat. *Carbohydrate choices*, 1.

## Ingredients

- 8 ounces dry macaroni pasta (4 cups cooked)
- 1/2 cup celery, chopped
- 1/4 cup red bell pepper, finely chopped
- 1/2 tablespoon jalapeno pepper, minced (optional)
- 1/4 cup red onion, chopped
- 3/4 cup mayonnaise
- 1 tablespoon cider vinegar
- 2 tablespoons fresh chives, snipped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper, freshly ground

## Preparation

1. Cook pasta according to package directions. Transfer to colander and rinse under cold water; drain.
2. In a large bowl, combine remaining ingredients until well blended. Add cooled pasta and toss to coat.
3. Chill in refrigerator at least 1 hour before serving.

## Helpful hints

- Two ounces dry pasta makes 1 cup when cooked al dente.
- Wear gloves when mincing raw hot peppers.
- Low fat mayonnaise may be substituted to reduce fat to 5 grams per serving.

## Find the Best Treatment Option

Check out DaVita's treatment evaluator today.

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



With more than 1,600 centers, a breadth of treatment options, personalized care teams and industry-leading education, DaVita is dedicated to maximizing your quality of life.

## DaVita Contact Information

### DaVita Guest Services

If you would like help locating a dialysis center or would like to become a DaVita patient, please call DaVita Guest Services at **1-800-244-0680**.

### Home Dialysis

For information on peritoneal dialysis (PD) or home hemodialysis (HHD), please call DaVita Guest Services at **1-800-244-0582**.

### In-Center Nocturnal Dialysis

In-center nocturnal dialysis turns nonproductive sleep time into hemodialysis treatment time. Call **1-866-994-SLEEP** (1-866-994-7533) to see whether there is a program in your area.

### DaVita Kidney Education Programs

Register for classes in your area online today at [DaVita.com/EducationClasses](https://www.davita.com/educationclasses) or call **1-888-MY-KIDNEY** (1-888-695-4363).

### Travel Support

Reach a customer service specialist to get help with your dialysis-related travel plans. Call DaVita Guest Services at **1-800-244-0680**.

### DaVita Insurance Specialists

If you have questions regarding your insurance and payment for dialysis treatment, call an insurance specialist at **1-855-5-DIALYSIS** (1-855-534-2597).

### Emergency Services

For support during an emergency, DaVita patients and teammates can call **1-800-400-8331** to connect with a DaVita Guest Services representative.

### Prescription Management

DaVita Rx® is a full-service pharmacy specializing in kidney care. Call **1-888-328-4827** or go to [DaVitaRx.com](https://www.davitarx.com) for more information.

# There is so much more on DaVita.com!

Visit us online and use the following tools to help manage your kidney-friendly diet.

## DaVita Diet Helper™

Kidney-friendly meals are easy to plan, prepare and track using this online diet tool. Get started at [DaVita.com/DietHelper](http://DaVita.com/DietHelper).

## Food Analyzer

Manage your diet by finding values for 13 nutrients, including potassium and phosphorus. Visit [DaVita.com/Food-Analyzer](http://DaVita.com/Food-Analyzer).

## Phosphorus Challenge

Use this fun tool to learn about the important role phosphorus plays in the kidney diet. Check it out at [DaVita.com/PhosphorusChallenge](http://DaVita.com/PhosphorusChallenge).

## Recipe Alerts

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