



SPICE IT UP!

GIVING ZEST TO YOUR RENAL DIET

RECIPES THAT CAN BE ENJOYED BY DIALYSIS PATIENTS
AND THEIR FRIENDS AND FAMILIES

SPICE IT UP!

GIVING ZEST TO YOUR RENAL DIET

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Cette publication existe aussi en français : Osez les saveurs! www.osezlessaveurs.ca

The nutritional values listed in this publication are intended for personal use only. It is recommended that you consult with your doctor and registered dietitian before beginning any new diet regimen.

All recipes in this publication have been reviewed by three licensed dietitians, **Leonora Chao**, RD, **June Martin**, RD, and **Céline Quintin**, P.Dt., and were not independently verified by **AstraZeneca Canada** nor **Amgen Canada Inc.** Neither the publisher, **ebmed Inc.** nor the sponsors, **AstraZeneca Canada**, **Amgen Canada Inc.**, and their affiliates, make representations or warranties in respect to the contents of this publication and **ebmed Inc.**, **AstraZeneca Canada**, **Amgen Canada Inc.**, and their affiliates disclaim any and all liability for any damages or losses (consequential or otherwise) arising from any statements made in it or any errors or omissions.

The nutritional values included in this publication were calculated using **The Canadian Nutrient File** (Version 2016).

GET ENERGY TO START YOUR DAY!

Breakfast, anyone? We have all done it: grabbed a muffin and a coffee and called it breakfast.

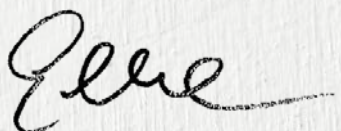
But breakfast should be more. It should contain the nutrition our body needs to get going in the morning and sustain us for several hours until we have time to eat again.

This edition is all about breakfast. We've created some delicious breakfast ideas that can be easily prepared. Our article is focused on building a breakfast that features protein, starch, vegetables and fruits. And we have some tips for you on how to choose packaged foods.

Spice it up! is all about home cooking. Preparing foods at home with ingredients **you choose** is the best way to keep sodium, potassium, and phosphorus in check. Home cooking is also cheaper than buying ready-made meals and processed food items. This is especially true at breakfast time. Popular breakfast items, like frozen waffles and pancakes, packaged sausage, ham, and bacon are loaded with ingredients you are trying to limit or avoid when following a renal diet.

This edition is also a great occasion to thank you for your interest in *Spice it up!* After more than 12 years and 25 editions we are so proud to be your source of inspiration when it comes to giving zest to your renal diet! We also say a big thank you to Amgen and Astra Zeneca and our past sponsors for making this publication possible.

Breakfast is on us! Enjoy!






Elke Henneberg
The editor

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  [spiceuprenaldiet](#)

 [YouTube](#) [spice up renal diet](#)

PREPARATION: 30 MINUTES

COOKING: 12 MINUTES

4 SERVINGS

WINTER VEGETABLE BAKE

INGREDIENTS

1 tablespoon olive oil

3 tablespoons chopped shallots

1 cup sliced mushrooms

½ teaspoon paprika

½ teaspoon fennel seeds

3 cups (around 15) chopped
Brussels sprouts

¼ cup water

¼ cup cooking cream (15% M.F.)

4 eggs

¼ cup grated strong
cheddar cheese

Gremolata*

¼ cup chopped fresh parsley

2 teaspoons grated lemon zest

1 teaspoon chopped garlic

*Italian sauce served with meat, fish or pasta.

PREPARATION

- 1 Place the oven rack near the top and heat the oven to broil.
- 2 In a large non-stick skillet, heat oil over medium heat. Add the shallots and mushrooms and season with paprika and fennel seeds. Cook for 2 minutes before adding the Brussels sprouts and water. Continue cooking for 5 minutes or until the Brussels sprouts are tender. Add the cream, stir, and switch off the heat. Season with pepper to taste.
- 3 Transfer the vegetable mix into 4 ramekins. With a spoon, make a nest in each vegetable portion and crack 1 egg into each nest. Garnish with cheese. Cook in the oven for about 5 minutes or until the egg whites are cooked.
- 4 In a small bowl, prepare the gremolata by mixing parsley, lemon zest and garlic.
- 5 Garnish each portion with the gremolata and serve with toast.

Tip: You can also prepare the whole recipe in a larger oven-proof dish and serve at the table.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

1 Protein + 2 Vegetable

Calories	197Kcal
Protein	11g
Carbohydrates	10g
Fibre	4g
Total Fat	13g
Saturated Fat	5g
Cholesterol	186mg
Sodium	134mg
Potassium	471mg
Phosphorus	181mg





PREPARATION: 10 MINUTES

REFRIGERATE: 30 MINUTES

4 SERVINGS

DELIGHTFUL BREAKFAST SPREAD

INGREDIENTS

1 cup light ricotta cheese
2 tablespoons powdered sugar
½ teaspoon vanilla extract
1 cup raspberries

PREPARATION

- 1** In a bowl, with the help of an electric mixer, beat the cheese, sugar and vanilla extract. Cover and place in the fridge for a minimum of 30 minutes.
- 2** In another bowl, coarsely crush the raspberries with the help of a fork or pestle.
- 3** Serve the ricotta cheese spread and the crushed raspberries over English muffins, bagels or toast.

Notes: *The spread can be kept in the fridge for 3–4 days.*

You can also use frozen raspberries. Let them thaw and drain off any liquid before serving.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

1 Protein + ½ Fruit

Calories	124Kcal
Protein	8g
Carbohydrates	11g
Fibre	2g
Total Fat	5g
Saturated Fat	3g
Cholesterol	20mg
Sodium	65mg
Potassium	131mg
Phosphorus	129mg

PREPARATION: 15 MINUTES

COOKING: 20 MINUTES

12 SERVINGS

CHAI-SPICED MUFFINS

INGREDIENTS

1 cup unenriched rice beverage

1 teaspoon vanilla

1 teabag of Orange Pekoe black tea

Chai spices

½ teaspoon cinnamon

½ teaspoon ginger

½ teaspoon ground cloves

½ teaspoon nutmeg

1 ½ cups white flour

1 cup quick oats

1 teaspoon cream of tartar

½ teaspoon baking soda

2 eggs

½ cup sugar

⅓ cup canola oil

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a small saucepan, heat rice beverage over medium heat until small bubbles form around the edge and steam starts to rise. Add vanilla, tea and chai spices. Take the pan off the heat and let the tea infuse for 2 minutes before removing the tea bag.
- 3 In a bowl, mix flour, oats, cream of tartar, and baking soda and set aside.
- 4 In a large bowl, with the help of an electric mixer, beat eggs, sugar and oil until pale and fluffy. Alternate adding the dry ingredients from step 3 to the chai mixture from step 2 while mixing with a wooden spoon.
- 5 Transfer into 12 muffin compartments lined with paper or to a silicone muffin pan. Bake for 20 minutes or until a toothpick inserted in the middle of a muffin comes out clean.

Tip: To save time, you can heat the rice beverage in the microwave. Heat on High for 1 minute, stir to dissolve the spices, and heat for another 30 seconds before adding the tea bag.

Suggestion: Add a chopped apple in step 4.

Nutrient Analysis

PER SERVING:

1 muffin

RENAL EXCHANGE:

2 Starch

Calories	230Kcal
Protein	5g
Carbohydrates	32g
Fibre	2g
Total Fat	9g
Saturated Fat	1g
Cholesterol	32mg
Sodium	72mg
Potassium	136mg
Phosphorus	97mg





PREPARATION: 10 MINUTES

COOKING: 1 ½ MINUTES

1 SERVING

MEXICAN OMELETTE IN A MUG

INGREDIENTS

1 teaspoon olive oil
½ cup pasteurized egg whites
½ teaspoon turmeric
1 tablespoon unenriched rice beverage
1 tablespoon diced red peppers
1 tablespoon sliced green onions
1 tablespoon black beans (canned, no salt added)
1 teaspoon salsa
Fresh cilantro (optional)

Nutrient Analysis

PER SERVING:

1 omelette

RENAL EXCHANGE:

2 Protein + 1 Vegetable

Calories	136Kcal
Protein	14g
Carbohydrates	8g
Fibre	2g
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	258mg
Potassium	284mg
Phosphorus	46mg

PREPARATION

- 1 Oil a microwave-safe cup. Add all ingredients except the salsa. Mix with a fork.
- 2 Cook in microwave oven for 1 minute. Stir and cook for 15 seconds. Stir and cook for another 15 seconds.
- 3 Garnish with salsa and fresh cilantro and serve with toast.

Tip: Roll the omelette into a tortilla to make an easy breakfast burrito.

PREPARATION: 15 MINUTES

COOKING: 15 MINUTES

8 SERVINGS

BREAKFAST SAUSAGE

INGREDIENTS

Spice mix*

1 tablespoon finely chopped parsley

½ teaspoon garlic powder

½ teaspoon dried oregano

¼ teaspoon nutmeg

¼ teaspoon cayenne pepper

¼ teaspoon black ground pepper

1 lb lean ground pork

½ cup quick oats

1 egg

1 tablespoon honey

1 tablespoon olive oil

*As a variation, replace the parsley and garlic powder with 1 tablespoon of chopped fresh sage and ½ teaspoon crushed fennel seeds.

PREPARATION

- 1 In a small bowl, combine parsley, garlic powder, oregano, nutmeg, cayenne pepper and black pepper.
- 2 In a large bowl, mix ground pork, oats, egg, honey and the spice mix from step 1. Form eight patties with your hands.
- 3 In a non-stick frying pan, heat oil over medium heat. Fry the patties for about 3 minutes on each side or until they are brown and lost their pink colour inside (until internal temperature of 160°F has been reached).
- 4 Serve with fruit and toast.

Nutrient Analysis

PER SERVING:

1 patty

RENAL EXCHANGE:

2 Protein

Calories 169Kcal

Protein 12g

Carbohydrates 7g

Fibre 1g

Total Fat 10g

Saturated Fat 4g

Cholesterol 61mg

Sodium 47mg

Potassium 213mg

Phosphorus 139mg





PREPARATION: 10 MINUTES

COOKING: 3 MINUTES PER PANCAKE

6 SERVINGS

OAT PANCAKES

INGREDIENTS

1 ½ cups flour

1 cup quick oats

2 tablespoons sugar

1 teaspoon cream of tartar

½ teaspoon baking soda

1 cup pasteurized egg whites

2 tablespoons canola oil

1 teaspoon vanilla extract

1 cup non-enriched rice beverage

1 teaspoon canola oil

PREPARATION

- 1** In a bowl, combine flour, oats, sugar, cream of tartar, and baking soda. Make a well in the centre and add egg whites, oil, vanilla extract and ½ cup of rice beverage. Mix with a whisk until the dry and wet ingredients are combined. Do not overmix. Add the rest of the rice beverage.
- 2** Brush a non-stick frying pan with oil and heat over medium heat. Pour ¼ cup of batter in the middle of the pan. Cook for 2 minutes or until small bubbles emerge on the surface of the pancake. Turn the pancake and cook another 1–2 minutes or until golden. Transfer to a plate or a baking tray and keep them warm in the oven at 200°F.
- 3** Continue with remaining batter. Add some oil if necessary. Adjust heat to medium low if the pancakes get too dark.
- 4** Garnish pancakes with honey and some cinnamon before serving.

Tip: Pancakes freeze well. Take out of freezer and reheat in the toaster!

Serve with sliced apple, peach, blueberries, raspberries and sliced almonds. You can also add our breakfast spread from page 5 or peanut butter.

Nutrient Analysis

PER SERVING:

2 pancakes

RENAL EXCHANGE:

2 Starch + 1 Protein

Calories	227Kcal
Protein	8g
Carbohydrates	41g
Fibre	2.3g
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	180mg
Potassium	223mg
Phosphorus	117mg

LOVE YOUR BREAKFAST!

Making breakfast from scratch is always the best choice. But it's not always an option, and sometimes packaged food items are needed. When purchasing packaged foods, checking the label (nutrition facts table and ingredients) is the best way to know what you are buying.

In this article we'll give you some tips on how to make good choices in planning your breakfast menu. We have also compiled a list of delicious *Spice it up!* recipes from past editions.



START WITH PROTEIN

Dialysis patients need extra protein, so getting a good source of protein at breakfast is critical. Protein can help keep you feel full all morning and will help stabilize blood sugar if you have diabetes.

Eggs

The versatile egg is a breakfast classic! Keep hard boiled eggs on hand for a quick source of protein. If you are using many eggs in recipes, you may want to try pasteurized egg whites which are a kidney-friendly, high-quality source of protein. It is a way to reduce phosphorus which is mainly in the yolk. One large egg contains 95mg phosphorus; the egg white only contains 5mg.

Meat

Packaged breakfast meats like bacon, or products from the deli counter, are not good choices for people with kidney disease. We recommend using sliced leftover meat from dinner the night before or make your own sausages, as described in our recipe on page 10.

Nut butter

Peanut butter is an inexpensive and great source of plant-based protein. A slice of toast with peanut butter and a few apple slices makes a quick and complete breakfast.

Make a Great Breakfast

Prepare your own breakfast with fresh ingredients. Make sure to check the labels when choosing packaged foods. By controlling the ingredients you can keep potassium, phosphorus and sodium in check while enjoying a wonderful breakfast.



MEAL PLANNING BASICS

- ✓ Buy fresh foods if you can.
- ✓ Prepare your meals at home.
- ✓ Choose foods with a short list of ingredients. In general, the longer the list, the more substances were added to the food item.
- ✓ Avoid foods that contain potassium and/or phosphate additives. These additives will appear in the list of ingredients.
- ✓ If there is more than one brand for a food item, choose the one lower in sodium, potassium (and phosphorus, if indicated on the label).

BREAKFAST BASICS

1. To ensure a balanced meal, select foods from at least three food groups: a protein, a starch, a fruit or vegetable.
2. Plan ahead to have food items from each group on hand so you aren't caught short.
3. Choose whole foods more often. These are foods that have been processed or refined as little as possible and are free from additives and other artificial ingredients like food colouring. Examples of whole foods are fresh fruits and vegetables, whole grains, and nuts.

Cheese

Choose natural instead of processed cheese and check labels for sodium content. Avoid cheese with phosphate additives. Check our shopping list for low-phosphorus options. Portion size is key when enjoying cheese as it is a source of saturated fat, sodium, and phosphorus.

Milk and alternatives

Dairy products offer protein, calcium, vitamin D, and other healthy nutrients. The key is to keep serving size in check because of potassium and phosphorus content. The new food labels will list potassium but not always phosphorus.

Cow's milk with lactose, or lactose-free and non-dairy beverages, are the classic choices for your cereal. Avoid beverages with phosphate and potassium additives. It is important to compare labels when choosing a milk alternative. Also, compare labels between brands as potassium content and phosphate additives may vary.

Yogurt

Yogurt may also fit into a renal diet when portion size is kept in check. Greek yogurt has twice the protein and is higher in potassium and phosphorus than regular yogurt.

Flavoured yogurt is usually higher in sugar. We recommend buying plain yogurt and adding ingredients of your choice.

Get creative with protein

It doesn't have to be a traditional breakfast protein! Consider having salmon on a bagel with slices of cucumber, leftover meats added to an omelet or as a non-traditional breakfast sandwich. There's nothing wrong with leftovers for breakfast! In this issue, we've suggested adding some black beans to an omelette for extra protein and fibre.





CHOOSE A STARCH

How to choose a breakfast cereal

Some cereals are high in potassium. In the near future, all food labels in Canada will list potassium. Beware that the DV (Daily Value) of potassium does not apply when you are on a potassium-restricted diet, but it is a good indicator when comparing one product with another. The serving size is important, since it allows you to estimate how much of an ingredient you will be consuming.

Avoid phosphate additives. Read the list of ingredients and look for those that start with “phos”.

Watch for sugar content if you are diabetic or want to cut down on sugar. Try to find a cereal that has at least **2g fibre and less than 5 to 6g sugar** by looking at the label. Many cereals are loaded with sugar.

Watch out for salt. Choose a cereal with 10% DV or less of sodium per serving.

Cereals low in potassium are usually low in fibre. Balancing low potassium and fibre can be tricky. Look for a minimum of 2g of fibre per serving in a cereal or try topping your cereal with 1 tablespoon of ground flax seed.

Refer to our shopping list for good choices.

Make your own cereal or granola

You can always skip buying cereal and make a crunchy mix at home. Check our shopping list for ingredients which are safe to include.

Whole grains, such as oats, can add valuable

fibre to a kidney diet. Although they are high in phosphorus it has been shown that the body only absorbs 20-50 % of the phosphorus in whole grains (as compared to phosphate additives which are absorbed 90-100%). The same applies to whole grain bread.

Bread

The time when dietitians recommended only white bread for a kidney diet are over! The potassium and phosphorus in whole grain breads are less easily absorbed.

When purchasing packaged bread, muffins etc., look at the labels and choose the brand with less sodium, more fibre, less added sugar and no phosphate additives.

When looking for bread made with whole grain, make sure that “whole grain” is the first item on the ingredient list, followed by the type of grain (e.g., whole grain wheat).

Baked goods

Baked goods, including sweet ones, have a fair amount of sodium added to them, and few nutritional benefits. We recommend that you make your own!

The list of ingredients of baked goods is often long because they contain many ingredients that keep the food item fresh for a long time. As a rule of thumb when buying baked goods, compare labels and buy the item with the least amount of sodium and the shortest list of ingredients.



CHOOSE A FRUIT OR VEGETABLE

Breakfast is not complete without adding a low potassium fruit or vegetable to benefit from fibre, vitamins and minerals. Be aware of serving size. Even lower potassium food items can add up to too much potassium. Check out our shopping list.



Something sweet?

Honey, maple butter, maple syrup, jam and jellies are classics. Maple products are high in potassium and should only be consumed in moderation (2 tablespoons). Pancake syrup, including the low-carb variety, is an alternative. Smoothies are a great way to have a quick breakfast that can include a protein, starch and fruit or vegetable in one preparation. Check out some recipe on our website (e.g *Boost your energy drink*).



BREAKFAST RECIPES

These recipes appeared in previous editions of *Spice it up!* and can be found on our website www.myspiceitup.ca

RECIPES IN THIS EDITION	RECIPES IN PREVIOUS EDITIONS	
<ul style="list-style-type: none"> • Winter vegetable bake (<i>slice of toast</i>) • Delightful breakfast spread (<i>bread</i>) • Chai-spiced muffins (<i>sliced fruit</i>) • Mexican omelette in a mug (<i>slice of toast</i>) • Oat pancakes (<i>berries</i>) • Breakfast sausage (<i>tomato slice, English muffin</i>) 	<ul style="list-style-type: none"> • Overnight oats • No-bake energy bites (<i>sliced fruit</i>) • Fantastically fluffy pancakes (<i>sliced fruit</i>) • Spinach and leek breakfast tart • Savory muffins (<i>hard boiled egg</i>) • Spiced pear muffins (<i>cottage cheese</i>) • Frittata muffins (<i>toast</i>) • Wheat bran muffins (<i>sliced fruit</i>) 	<ul style="list-style-type: none"> • Anytime muffins (<i>hard boiled egg</i>) • Breakfast burrito • Omelet in a mug (<i>English muffin</i>) • Egg white omelet (<i>slice of bread</i>) • Frittata primavera (<i>slice of bread</i>) • Mushroom and rice omelet • Cinnamon almond Nepro® smoothie • Boost your energy drink

The foods in brackets are suggestions to complete your breakfast to have protein, starch and vegetable or fruit in one meal.



BREAKFAST SHOPPING LIST

Selected foods which are good choices to build a breakfast.

PROTEIN	STARCH	FRUIT & VEGETABLE
EGGS Pasteurized egg whites PEANUT BUTTER CHEESE Cream cheese Cottage Ricotta Brie Goat Swiss cheese MEAT Leftover chicken or red meat Homemade breakfast Sausage FISH, SEAFOOD Leftover as sandwich spread MILK AND ALTERNATIVE Rice beverage Almond beverage Cow's milk OTHER DAIRY AND ALTERNATIVES Unflavoured yogurt	CEREALS Shredded wheat Puffed wheat Puffed rice Corn flakes Crispy rice Oatmeal Cream of wheat Cream of rice Quick oats Special K® TM GRAINS Oats SEEDS Ground flax seeds NUTS Pecans (2 tbs) Walnuts (2 tbs) BAKED GOODS Bread Bagel Muffin Tortilla	FRUITS Apple Pear Raspberries Strawberries Blackberries Blueberries Pineapple Grapes Blueberries Cherries Clementine VEGETABLES Cucumber Bell pepper Carrots Celery Lettuce Zucchini

Resources: Interested in more detailed shopping lists including brand names? *BC Renal Registered Dietitian's Group*: Kidney-friendly shopping list, Diabetes kidney-friendly shopping list. Download from www.bcrenal.ca

OUR SPICE IT UP! DEDICATED TEAM



Leonora Chao, MSc, RD

*St. Paul's Hospital, Providence Health Care
Vancouver, British Columbia*

Leonora enjoys an active lifestyle and strives to find healthy, easy and tasty recipes to keep her body energized. She feels that there is no reason why her renal patients whether they are pre-dialysis, dialysis or transplant shouldn't be able to enjoy the same. By substituting new ingredients and spices, she feels that there is always a way to *Spice it up!*



Jessika Langlois, P.Dt.

Granby, Quebec

After graduating from the University of Montreal Jessika worked in the food industry for many years before she started her own business. She developed recipes for a large chain of Canadian supermarkets and tested products for national organizations of food producers. Using her creativity to develop recipes for *Spice it up!* is a great occasion to combine two of her passions, nutrition science and cooking.



June Martin, RD

*Grand River Hospital
Past President, Canadian Association of Nephrology Dietitians
Kitchener, Ontario*

June is a Certified Diabetes Educator and has been a kidney dietitian for 20 years. She works with hemodialysis and CKD patients at Grand River Hospital in Kitchener and understands that food is more than just nutrition. She is passionate about good food and making sure that patients on kidney diets have every opportunity to enjoy wonderful kidney-friendly recipes like the ones in *Spice it up!*



Céline Quintin, P.Dt.

*Centre Hospitalier de l'Université de Montréal (CHUM)
Past President, Quebec Association of Nephrology Dietitians (RNNQ)
Montreal, Quebec*

After 30 years of practice Céline still has the same passion for her profession as a renal dietitian. She sees her role as a confidant and partner of her patients and not as someone who tells people what to eat and what they shouldn't. She is always trying to give practical advice and is looking for new ideas to help people stay well nourished.

RECOMMENDED BY:



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