Kidney Diet for Kids

A kidney diet can help control your kids’ potassium, phosphorus and sodium they eat or drink.

A Kidney Diet can contains:
- 2000 mg sodium per day
- 2000 mg potassium per day
- 800-1000 mg phosphorous per day

What are good food choices?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Food Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates:</td>
<td>• Bread, buns, bagels, English muffins, tortillas &amp; pitas</td>
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<tr>
<td></td>
<td>• Cereals</td>
</tr>
<tr>
<td></td>
<td>• Pastas</td>
</tr>
<tr>
<td></td>
<td>• Rice</td>
</tr>
<tr>
<td></td>
<td>• Sugars, jellies, syrup &amp; sugar candies</td>
</tr>
<tr>
<td>Protein:</td>
<td>• Meats</td>
</tr>
<tr>
<td></td>
<td>• Chicken, turkey</td>
</tr>
<tr>
<td></td>
<td>• Fish</td>
</tr>
<tr>
<td></td>
<td>• Eggs</td>
</tr>
<tr>
<td>Fats:</td>
<td>• Butter</td>
</tr>
<tr>
<td></td>
<td>• Oils</td>
</tr>
<tr>
<td></td>
<td>• Salad Dressings</td>
</tr>
<tr>
<td></td>
<td>• Sour Cream</td>
</tr>
<tr>
<td></td>
<td>• Cream Cheese</td>
</tr>
<tr>
<td></td>
<td>• Mayonnaise</td>
</tr>
</tbody>
</table>

What are good meal ideas?

Breakfast:
- Oat, corn and wheat based Cereal, pancakes, French toast, muffins, eggs, toast and donuts

Lunch and Dinner:
Please see the next page for tips on planning lunch and dinner meals.

Snack:
- Toast and jelly, animal or graham crackers, simple cakes, dry cereal, and low potassium fruits, such as apple slices, grapes, canned peaches or pears, and blueberries paired with cottage cheese or brie cheese.
**What's for Lunch or Dinner?** To plan a quick and well-balanced meal, select one item from each group:

<table>
<thead>
<tr>
<th>Meal:</th>
<th>Best Options:</th>
</tr>
</thead>
</table>
| **Entrée** | • Boneless, skinless chicken breast  
• Baked Pork Chop  
• Roast beef  
• Hamburger  
• Chicken Nuggets*  
• Tacos*  
• Tuna Salad (use low sodium, water packed tuna)  
• Egg Salad Sandwich  
• Grilled Cheese (use white bread and natural, not processed cheese)  
• Macaroni and Cheese*  
• Low sodium soups or chili* |
| **Vegetables** | • Asparagus (steamed or sautéed)  
• Broccoli (steamed or sautéed)  
• Green beans  
• Green peas  
• Carrots (cooked or raw)  
• Celery sticks  
• Coleslaw  
• Cucumbers  
• Green peppers  
• Iceberg/boston lettuce  
• Radishes  
• Cauliflower  
• Corn |
| **Starch** | • Corn Bread  
• Rice  
• Noodles  
• Dinner Roll (White)  
• Mashed potatoes*  
• Tortilla  
• Couscous/quinoa  
• Breadsticks |
| **Fruit or Dessert** | • Fruits: Apples, grapes, tangerines, pineapple, canned pears, canned apricots, fruit cocktails  
• Graham crackers  
• Vanilla wafers  
• Jell-O (with or without whipped cream)  
• Pudding (cooked, not instant)  
• Sherbet  
• Baked Apple (2 tsp sugar, 2 tsp margarine, 1 tsp cinnamon)  
• Fruit Pizza*  
• Sponge Cake  
• Angel Food Cake  
• Rice Krispie Treats |
| **Beverage** | • Regular/Diet Soda (non-cola)  
• Iced Tea  
• Kool-Aid  
• Cran-Raspberry Juice or Apple Juice |

*See recipe on page 8*
Spice Mixes

- Be careful when choosing salt substitutes. While these products may be lower in sodium, many of them are high in potassium. Please check with your doctor or dietitian before buying a store-bought salt substitute.

What Are Some Spice Mix Recipes?

<table>
<thead>
<tr>
<th>American Favorite Blend</th>
<th>Spicy Seasoning</th>
<th>Mexican Seasoning</th>
<th>Homemade Phosphorous-Free Baking Powder*</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 tsp. onion powder (not onion salt)</td>
<td>3 Tbsp. celery seed</td>
<td>2 tsp. chili powder</td>
<td>¼ cup cream of tartar</td>
</tr>
<tr>
<td>1 Tbsp. garlic powder</td>
<td>1 Tbsp. onion powder</td>
<td>1½ tsp. paprika</td>
<td>2 Tbsp. baking soda</td>
</tr>
<tr>
<td>1 Tbsp. paprika</td>
<td>1 tsp. garlic powder</td>
<td>1½ tsp. ground cumin</td>
<td>Yield: 6 servings (1 Tbsp per serving)</td>
</tr>
<tr>
<td>1 Tbsp. dry mustard</td>
<td>2 Tbsp. crushed oregano</td>
<td>1 tsp. onion powder</td>
<td></td>
</tr>
<tr>
<td>1 tsp. thyme</td>
<td>1 Tbsp. crushed thyme</td>
<td>½ tsp. garlic powder</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. white pepper</td>
<td>1½ tsp. ground bay leaf</td>
<td>Dash of cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. celery seeds</td>
<td>1½ tsp. black pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Yield: about 1/4 cup

Source: (Health Education Association Inc. Glenside, PA)

Source: (Nutrition: The Art of Good Eating, Seattle, WA)

Yield: about 1/2 cup

Yield: about 1/4 cup

* Or check with your local grocery store to see what renal-friendly versions of baking powder they carry.
What Are Wise Fast Food Choices?

Fast food restaurants are an option if you learn to choose wisely. Adjust the foods you order for your child so that they are more kidney friendly. Extra sodium, phosphorus and potassium are often hidden in fast foods. Be aware of your child’s preferred choices from the fast food places you visit. Make this your usual list to help avoid getting specials or tempting items that are not part of their diet.

Burger fast food places
- Hamburger on a bun with lettuce, onion, mayonnaise, mustard or 1 packet ketchup; no cheese or special sauce
- Grilled or broiled chicken sandwich with mustard or mayonnaise, lettuce, onion; no cheese, no breading
- Side salad, limit the dressing
- Try onion rings instead of French fries—limit the ketchup and the portion size
- Order the smallest drink — lots of ice, no refills, clear colored sodas

Chicken or fish take-out
- Go for grilled or roasted without the high sodium breading (or remove breading)
- Best sides include: coleslaw, pasta salad, white roll, green beans, 1/2 ear corn on the cob
- Avoid the potatoes and biscuit to keep potassium and phosphorus lower

Mexican fast food
- Beef, chicken, pork or shrimp fajita
- Beef, chicken or fish taco on flour tortilla; no cheese
- Chicken or beef burrito with rice, sour cream, a little salsa or hot sauce (leave off the beans and cheese)
- Chicken or beef taquitos with sour cream instead of guacamole
- Chicken or beef taquitos with sour cream instead of guacamole
- Rice instead of beans
- Limit salsa or hot sauce to 1 tablespoon or 1 packet

Sub sandwich shop
- Stick to the 6” sub on a white roll
- Turkey, chicken, roast beef, ham and egg salad are better choices
- Good toppings include: lettuce, onion, cucumber, thin slice of tomato, bell pepper, vinegar, oil, pepper, mayonnaise, small amount of mustard
- Omit the cheese to keep phosphorus and sodium down
- Omit sauces, olives and pickles to lower sodium
- For sides, try a small salad, low-salt tortilla chips or cookie without nuts or chocolate
- Order the smallest drink — lots of ice, no refills, Clear colored sodas

Chinese take-out
- Stir-fry shrimp, chicken, pork or beef with lower potassium veggies such as bell peppers, cabbage, carrots, eggplant, green beans, mushrooms, onions and water chestnuts
- Egg rolls or fried wontons or small salad with vinegar-based dressing for appetizers
- Skip the salty soups to save on fluid and sodium
- Request no MSG and ask for sauces on the side
- Use a small amount of low sodium soy sauce, if it must be added
- Order steamed white rice instead of fried rice which contains soy sauce, with high amounts of sodium.
Chicken Nuggets with Honey Mustard Dipping Sauce

Yield: 12 portions
Serving size: 3 nuggets, plus 1 tablespoon sauce

Ingredients
- 1 tablespoon mustard
- 1/2 cup mayonnaise
- 1/3 cup honey
- 2 teaspoons Worcestershire sauce
- 1 egg, beaten
- 2 tablespoons liquid nondairy creamer
- 3 cups finely crushed low sodium cornflakes
- 1 pound boneless chicken breast, cut into 36 bite-sized pieces
- nonstick cooking spray

Preparation
1. Stir mustard, mayonnaise, honey and Worcestershire sauce together in a small bowl. Chill sauce until nuggets are cooked, then serve as a dipping sauce.
2. Preheat oven to 400° F.
3. Combine egg and nondairy creamer in a small bowl. Crush cornflakes and pour crumbs into a large zip-lock bag.
4. Dip chicken pieces in egg mixture then shake in zip-lock bag to coat with cornflake crumbs.
5. Bake nuggets on a baking sheet sprayed with nonstick cooking spray for 15 minutes or until done.

Nutrients per serving
- Calories: 175
- Protein: 9 g
- Carbohydrate: 13g
- Sodium: 116 mg
- Potassium: 92 mg
- Phosphorus: 76 mg

Renal and renal diabetic food choices
- 1 meat
- 1/2 starch
- 1/2 high calorie
- 1 fat

Carbohydrate choices: 1

Helpful hints
- Serve nuggets on a tray with decorated toothpicks for a festive look.
- Try a variety of dipping sauces, such as: barbeque sauce, curry sauce, fruit spreads or low sodium salad dressing.
Renal-safe Macaroni and Cheese

Yield: 4 portions
Serving size: 1/2 cup

Ingredients
- 2 cups elbow, shell or bowtie pasta
- one 5-ounce jar Kraft® Pimento Cheese spread made with cream cheese
- one 4-ounce can Ortega® diced green chilies (rinsed and drained)
- pepper to taste, if desired

Preparation
1. Cook noodles in boiling water without salt or butter until the noodles are al dente.
2. Drain noodles. While noodles are hot, add the pimento cheese spread and chilies.
3. Stir until the cheese spread is melted into the noodles.
4. Serve hot. Add pepper at the table for taste, if desired.

Nutrients per serving
- Calories: 196
- Protein: 6 g
- Carbohydrates: 25 g
- Sodium: 227 mg
- Potassium: 83 mg
- Phosphorus: 74 mg

Renal and Renal Diabetic Food Choices
- 1 starch
- 1 fat
- 1/2 milk

Carbohydrate choices: 2

Helpful hints
- To get more protein, add browned and drained ground beef (dialysis only).
- Most cheese spreads are very high in sodium and phosphorus. The pimento spread in this recipe is made with cream cheese instead of processed cheese. (Look for the Philadelphia® brand cream cheese logo on the label). This is what keeps the sodium and phosphorus content low enough for a renal diet. Avoid bottled or canned spreads made with processed cheese.
Terrific Tacos

Yield: 6 servings
Serving size: 1 taco

Ingredients
- 6 corn taco shells
- 1/2 pound lean ground beef
- 1 tablespoon canola oil
- 1 cup onion, chopped (divided use)
- 1 garlic clove, minced
- 1 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon Tabasco® sauce
- 3/4 cup lettuce, shredded
- 1/3 cup tomato, chopped
- 1/3 cup sharp cheddar cheese, shredded

Preparation
1. In a large frying pan, brown ground beef over medium heat. Drain well, remove from pan and set aside.
2. Heat oil in pan. Add 1/2 cup chopped onion and cook until clear. Add garlic, cook and stir for one minute.
3. Add cooked beef back into pan. Stir in chili powder, pepper, cumin and Tabasco® sauce. Remove from heat and prepare tacos.
4. Add 1/4 cup meat mixture inside each taco shell. Top with 2 tablespoons lettuce, 1 tablespoon each tomato, cheese and the rest of the onion.

Nutrients per serving
- Calories: 240
- Protein: 10 g
- Carbohydrate: 14 g
- Sodium: 182 mg
- Potassium: 214 mg
- Phosphorus: 135 mg

Renal and Renal Diabetic Food Choices
- 1 meat
- 1 starch
- 1/2 vegetable, low potassium
- 1-1/2 fat

Carbohydrate Choices: 1

Helpful Hints
- Select cheese that has the word "natural" on the package. Avoid processed cheese due to higher sodium and phosphorus contents.
Turkey Vegetable Chili

Yield: 6 Servings
Serving size: 3/4 cup

Ingredients
- nonstick 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 about 1/2 hour.

Nutrients per serving
- Calories: 164
- Protein: 17 g
- Carbohydrate: 6 g
- Sodium: 214 mg
- Potassium: 517 mg
- Phosphorus: 189 mg

Renal and Renal Diabetic Food Choices
- 2 meat
- 2 vegetables, medium potassium

Carbohydrate Choices: 1/2

Helpful Hints
- Two medium zucchini yields about 2 cups.
- Use lean ground beef instead of turkey if you wish.
- Serve over cooked rice or pasta for a filling meal.
- 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 serving size above.
Garlic Mashed Potatoes

**Yield**: 4 servings  
**Serving size**: ½ cup

**Ingredients**:
- large cooking pot or pan of water
- 2 cups baking potatoes (2 large potatoes)
- 2 garlic cloves, peeled
- 1/4 cup margarine or butter
- 1/4 cup half and half or liquid nondairy creamer

**Preparation**:
1. Peel and slice the potatoes into small pieces then add to a large pot of water. Let them soak for at least 4 hours. Drain off water and repeat process. (This is called leaching, which removes some of the potassium.)
2. Add new water. Boil potatoes and garlic over medium heat until soft.
3. Drain off cooking water.
4. Whip potatoes and garlic with beater, slowly adding margarine and creamer until whipped smooth.

**Nutrients per serving**:
- Calories: 208
- Protein: 2 g
- Carbohydrate: 22 g
- Sodium: 111 mg
- Potassium: 161 mg*
- Phosphorus: 57 mg

*Potassium content taken from reference values for soaking potatoes in large pot of water for 4 hours.

**Renal and renal diabetic food choices**
- 1 starch
- 1 vegetable, medium potassium
- 2 fat

**Carbohydrate choices**: 1-1/2

**Helpful Hints**:
- Leached potatoes can be blanched and frozen in batches. To blanch vegetables, add to boiling water for one minute, remove and rinse in cold water before freezing.
Fruit Pizza

Yield: 12 servings
Serving size: 1/12 of 12-inch pizza

Ingredients
- 1 roll frozen sugar cookie dough
- 8-ounce package cream cheese, softened
- 4 ounces Cool Whip nondairy topping
- 1 cup sugar or Splenda® equivalent
- 1 cup pineapple juice
- 2 tablespoons lemon juice
- 2 tablespoons cornstarch
- nonstick cooking spray
- 1 apple cored and sliced thinly (put in lemon juice to prevent browning)
- 20 grapes (both red and green) sliced in half
- 4 medium strawberries, sliced

Preparation
1. Preheat oven to 325°F.
2. Cook sugar, pineapple juice, lemon juice, & cornstarch over medium heat until thickened.
3. Slice cookie dough in 1/4″ slices. Place close together on pizza pan sprayed with nonstick cooking spray.
4. Bake as directed on package or at 325°F until brown.
5. Beat cream cheese with cool whip until fluffy. Spread on cooled cookie crust.
6. Arrange fruit slices on top of cream cheese. Use your imagination to create a masterpiece!
7. Pour cooled pineapple glaze over the fruit and refrigerate several hours before serving.

Nutrients per serving
- Calories: 293
- Protein: 2 g
- Carbohydrate: 42 g
- Sodium: 166 mg
- Potassium: 106 mg
- Phosphorus: 37 mg

Renal and Renal Diabetic Food Choices
- 1 starch
- 1/2 fruit, low potassium

Carbohydrate Choices: 3

Helpful Hints
- Other fruit such as blueberries, pears, raspberries can be used as well.
- For diabetics use Splenda® granular sweetener instead of sugar to reduce carbohydrate to 28 grams, 2 carbohydrate choices. Reduce the portion size to help lower carbohydrate content.
Resources

For more recipe ideas and cooking tips, please visit:

<table>
<thead>
<tr>
<th>Website:</th>
<th>URL (Web Site Address):</th>
</tr>
</thead>
<tbody>
<tr>
<td>DaVita Inc. – “Recipes”</td>
<td><a href="http://www.davita.com/recipes">http://www.davita.com/recipes</a></td>
</tr>
</tbody>
</table>

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by Clinical Nutrition Services Department and the Department of Nursing. HF#511