DIABETIC AND RENAL FRIENDLY VEGETARIAN-ALMOST-VEGAN RECIPES

PORTION CONTROLLED SERVINGS FOR ONE OR TWO PEOPLE

H. K. Yeager
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Helene Kay Yeager
May 16, 2019
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Many thanks to all who helped inspire this recipe collection, among them Daiya* Foods, Follow Your Heart®, Go Veggie® Foods, La Preferida®, Lewis Brothers Bakeries, Inc.**, Tofutti® Brands, Inc., and others.

A special thank you to Hy-Vee®, Inc., whose products, including their excellent store brands, are among the preferred ingredients for these recipes. Not only does this grocer carry healthy foods, many of which contain no additives, the store also offers vegan and vegetarian versions of various products. In addition, Hy-Vee® employees assisted the writer with researching nutritional values. Without the excellent customer service at Hy-Vee® this cookbook could not have been written.

Thanks also to Cynthia Quetsch, Paul Sullivan & Michelle Wessler for the new kitchen.

Last but not least, many thanks to my physicians and nurses.

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**This company has not reviewed or endorsed these recipes or recommendations
I was out doing errands when I received a call from a dear friend. This alarmed me as we use emails to communicate and rarely talk on the phone.

She was calling with sobering news. Her diabetes was worse. Her kidneys were damaged. She might need to have dialysis eventually.

Clearly she was shaken by the news.

So what did she do? She took matters into her own hands – literally. With her medical team’s help, she started researching how to deal with her kidney issues and diabetes. Her goals were to feel healthier, perhaps to slow the kidney disease progression and improve renal function, and to better manage the diabetes, reducing the need for as much insulin.

Well dear readers, I am delighted to report that several of the goals were reached, though not all as of yet. Partly due to her dietary changes, she’s more energetic, has been able to delay dialysis for awhile, and now needs less insulin.

Please know that every dish in this cookbook was researched, prepared, and served. The results speak for themselves.

Although they are by no means a cure for chronic illness, even if you have no wish to follow a vegetarian or vegan meal plan but you have diabetes and/or renal disease, I hope you can take comfort in using these recipes and will see positive outcomes.

– B. A. Tomalesky, PhD
INTRODUCTION

The author is a retired nurse diagnosed with chronic kidney disease and type two diabetes, not a registered dietitian or a professional chef.

Nor have the companies listed in the Resources section of this cookbook reviewed or endorsed these recipes.

Nor do the recipes constitute medical advice but represent only personal experience with renal- and diabetic-friendly vegetarian or vegan “twists” on familiar dishes.

Nor do they comprise a “complete” collection but merely a limited number of portion-controlled recipes as a starting point for diabetic and renal patients to create their own healthier meals.

Nor is this cookbook a promotion of veganism, just a resource for those who choose to follow a vegetarian or vegan menu for ethical reasons who also have diabetes and/or kidney disease and must limit or even avoid some of the usual foods in a vegan diet.

While eating a meal with animal-derived ingredients may not bother others, a “hard-core vegan” usually isn’t willing to consume items with animal-tested ingredients or processed using animals. A critic of veganism might claim that such a nearly impossibly strict plants-only lifestyle implies the extreme conclusion that eating plants isn’t animal friendly either, since the plants then aren’t available to other herbivores.

A moderate approach seems reasonable.

Yes, making one’s own mustard is easy, simple, and, if consumed in small amounts, relatively system friendly. Yes, home-made tortillas generally contain less phosphorus, potassium, sodium, and preservatives than store-bought. Yes, dishes made with fresh ingredients usually are better than processed, ready-to-use-right-out-of-the-box (or fridge or freezer) products.
INTRODUCTION

But few people, if any, grow, harvest and grind their own wheat to make flour for totally vegan pie crusts or tortillas.

That’s why some of these recipes call for purchased versions of foodstuffs.

And it’s why “Almost-Vegan” appears in the title.

Consult with the care team before preparing or consuming any recipes found here or before following any of the suggested meal plans.

Happy cooking and happy eating!

- H. K. Yeager
1 BREADS

Nutrient values come primarily from the USDA, the National Institutes of Health and/or product distributors/manufacturers/grocers, including Hy-Vee®, Inc.*

Daily values for stages 1-3 CKD recommended by the NIH are 800-1200 mg phosphorus, 1500-2700 mg potassium, 2000-3000 mg sodium, and 0.36 grams of protein per pound of body weight. Some recommend even less phosphorus, 700-800 mg a day, others less protein, as little as 35 grams daily, perhaps lower. The American Heart Association suggests using less sodium, 1500 mg or 1.5 grams a day.

Food values listed usually are for raw ingredients; cooking sometimes modifies totals. Wherever possible it is noted whether values are for raw or cooked items.

Because manufacturers can change ingredients or amounts which then alter values from what someone previously might have read on product packages, it’s good to check labels before each purchase, maybe even to contact the companies.

At present food producers are not required to list phosphorus content on labels and many do not. But while some don’t assay phosphorus, quite a few do know how much an item contains and usually will share that information with the consumer when asked.

It’s wise as well to try to find out how certain ingredients are processed. If a label says vegan and is made with unbleached flour, it may very well be vegan but white flour sometimes is bleached using bone char. One brand of refrigerated pie crust claims to be “vegetable” yet whey from processing cheese is listed on the label. A certain kind of tortilla the manufacturer says is vegan contains enzymes which could be either plant or animal derived and the only way to learn which is to inquire.

Since many renal patients often feel tired, most of these recipes are fairly simple and relatively quick to prepare. Even those requiring a longer time to fix, like home-baked bread or maple bark, offer built-in rest times while the dough rises or the baked goods cook or cool.

*Hy-Vee® store brands are among preferred recipe ingredients but other brands can be used – check labels and/or contact manufacturers for nutrient values.
BREAD*  2482-2937 cal <866 mg P <1331 mg K <474 mg Na <84 Gm protein
1/16th of 1 loaf=1 slice <78-<92 cal <28 mg P<42 mg K<15 mg Na    2.6 Gm protein
(recipe makes 2 loaves of approx 32 slices

⅛ C warm water
1 pkg yeast** (1 ½ tsp)
5-6 C unbleached flour**
2 C unsweetened almond milk
2 T raw maple sugar
1 T vegan spread
   or use 1 T maple syrup

Soften yeast in warm water in sm dish, measure flour into another bowl
Preheat oven to 375, line loaf pans w/parchment paper
Microwave alm mlk, sugar, spread in 3rd bowl until spread almost melted
Stir in 2 C flour, beat well then add softened yeast, stir until smooth
Stir in a spoonful of flour at a time, as much flour as possible
Turn out on lightly floured surface (or can use cornmeal)
Knead in enough remaining flour for stiff, smooth, elastic dough (8-10 min)
Shape dough into a ball
Place in lightly oiled bowl, turning once to coat surface
Cover w/lightweight cloth
Let rise in warm area til double in size while baker rests ca 45 min
Punch dough down, turn out onto lightly floured surface, divide in ½
Shape each ½ into a loaf, place in pans
Cover, let rise in warm place til double while baker rests again, ca ½ hr
Bake ca 40 min while baker rests again.
Cover tops of loaves w/parchment paper last 10-15 min
Using parchment paper to lift, remove loaves from pans
When cool, wrap in parchment paper and store in fridge (has no preservatives)
Bread also can be frozen by wrapping in parchment 1st then in freezer wrap

*Values before baking 2 loaves @ 16 slices per loaf
**Far less Na than baking soda or baking powder
***Hy-Vee® brand used in this recipe
Breadsticks  1769 cal  475 mg P  648 mg K  <178 mg Na (0.17 Gm)  47.7 Gm protein
1 breadstick  >74 cal  <20 mg P  27 mg K  <0.01 Gm Na  <4.8 Gm protein

1 ½ C warm water
1 pkt yeast
2 T maple sugar*
3 ½ C unbleached flour**
2 T vegan spread, melted (omit salt since spread contains 164 mg Na)

Combine yeast, sugar & water in lg bowl, let sit 10 min while baker rests
Add flour & melted butter, mix well w/wooden spoon
Knead only a few min, do not overwork
Prepare cookie sheets w/cooking spray or parchment paper
Pinch off sm pcs dough, roll into very thin cylinders, place on pans
Cover w/towel, let rise 45 min
Preheat oven to 400 while breadsticks rise & baker rests
Bake 6-8 min
Makes 48 soft “sticks” to serve w/dips, garlic spread, melted cheese, etc.
Store in fridge – no preservatives

*diabetics check w/care team before using sugar
**Hy-Vee® brand
Chickamauga Corn Bread $<$735 cal  167 mg P  $<$242 mg K  $<$0.2-97 mg Na

1/8 small cake  92 cal  21 mg P  $<$124 mg K  $<$49 mg Na

1 C yellow corn meal
Very small pinch salt*  can be omitted
½ T maple sugar*
1-2 C Boiling water
2 T (more if needed) corn oil (not bear grease as in the past)

Stir salt & sugar into corn meal, mixing well
Add enough boiling water to make thick batter
Stir well until mixed completely
Let sit a few min so corn meal absorbs the moisture
Place in warm oiled skillet** (not on oiled stone in coals as in the past)
Cook on low to med heat 15-25 min or until edges pull away from sides
Place 2nd oiled skillet on top of skillet containing the corn bread
Flip skillets so uncooked side of bread is on surface of 2nd skillet
Cook 15-25 min more until light brown at edges then remove from heat
When cool enough loosen cornbread carefully with wide spatula
Place plate upside down over cooled skillet
Flip skillet so cornbread falls onto plate

Freezes fairly well but needs to be warmed in skillet on med heat after thawing
*if care provider allows
**cast-iron works best
Cornmeal Mushcakes  <225 cal  <54 mg P  <98 mg K  <27 mg Na  <4 Gm protein

2 T yellow cornmeal
½ T flour
2 T unsweetened almond milk*
½ T unsweetened applesauce
1 tsp oil (plus oil for frying, not counted above)

Combine ingredients to make thick batter
Place 2 or 3 spoonfuls at a time into well-oiled skillet on med heat
Cook slowly until bubbles start to form on top
Carefully slide a wide spatula underneath mushcake, flip to other side
Remove fragile mushcakes from pan carefully, drain on paper towels
Makes 2-3 sm cakes, soft inside

A tsp of maple sugar or syrup or sm amt fruit adds to nutrient count
*or rice milk or soy milk but these have different nutrient values
Easier Skillet Bread <1991 cal <588mg P <702 mg K <111 mg Na  58.5 Gm protein

1 pc   <125 cal   <37 mg P   <44 mg K   <6.9 mg Na   <3.7 Gm protein

1 pkg (¼ oz) instant yeast*(2 ¼ tsp)
1½ C warm water
4 1/3 C unbleached flour
Pinch salt if allowed – author usually omits
Cooking spray

Combine yeast & warm water in lg bowl
Add 1 C of flour + salt, mix w/wooden spoon
Stir in remaining flour 1 C at a time til completely mixed
Cover w/towel, let rise 1 hr, do not punch down, baker can rest while rising
Lightly spray med to lg cast iron skillet
Sprinkle flour on top of dough, cover hands with flour
Shape dough into a disk – will be sticky
Put disk in skillet, cover w/towel, let rise another 30 min, baker can rest
Preheat oven to 400
Spray top of bread then slash an X w/sharp knife
Bake 35-40 min while baker rests again
16 svgs mild-tasting coarse round bread
store in fridge – no preservatives

*far less sodium than baking soda or baking powder
Flour Tortillas* 1270 cal 270 mg P 268 mg K 101 mg Na 26 Gm protein
2 very sm 254 cal 54 mg P 53.6 mg K 20.2 mg Na 5.2 Gm protein
1 sm 159 cal 34 mg P 34 mg K 12.6 mg Na 3.3 Gm protein

2 C Hy-Vee® unbleached flour**
Pinch salt if allowed
¾ C room temperature water
3 T EVOO

Combine salt & 1 ¾ C flour
Drizzle oil & water into flour/salt mixture
Stir til dough forms ball
Turn onto floured surface, knead til smooth
Form into ball, cover w/towel, let rest 15 min
Preheat iron skillet to med
Divide dough into 10ths or 12ths and roll ea into a ball
On lightly floured surface flatten ball to 6” circle
Sprinkle remaining flour as needed to prevent sticking
Cook on med heat 30-45 sec
When light brown spots form & tortilla slightly puffy, flip & cook other side
Makes 8-10 small or 10-12 very small tortillas
If not using right away store in fridge or freezer – no preservatives

*For corn tortillas: 2 C masa, 1 ½ C water, pinch salt, similar directions
Per batch: 832 cal 508 mg P 680 mg K 11.4 mg Na 21.12 Gm protein
For 2 (est): <139 cal <85 mg P 113.3 mg K 1.9 mg Na 3.5 Gm protein

**can use different brand but check nutritional values
**Lazy Pie Crust**

- 931 cal  135 mg P  134 mg K  98.5 mg Na  12.9 Gm protein
- 1/8\textsuperscript{th} crust  116 cal  17 mg P  17 mg K  12 mg Na  1.6 Gm protein
- 1/8\textsuperscript{th} double crust  232 cal  34 mg P  34 mg K  25 mg Na  3.2 Gm protein

1 C unbleached Hy-Vee\textsuperscript{®} flour**
Very sm pinch salt  (can be omitted)
¼ C EVOO
2 T water

Mix flour & salt together, mix in oil, add water & mix well
Place dough in middle of very sm pie pan or sm iron skillet
Spread out by hand, covering bottom & up sides
Bake according to pie recipe directions***

*Not magazine-photo worthy
**Check values if using different brand
***can pre-bake both crusts few min @ 400-425 before filling & finishing
Low-Na Biscuits <610 cal  <218 mg P  <281 mg K  <117) mg Na  15 Gm protein
2 med biscuits  <203 cal  <72 mg P  <94 mg K  <39 mg Na  5 Gm protein

½ C warm water
1 ½ tsp instant yeast*
1 C unbleached flour**
2 T unsweetened applesauce
1 tsp vanilla
1 T corn oil or EVOO

Preheat oven to 425
Dissolve yeast in warm water
Mix yeast, applesauce, oil into flour
Knead dough few min (can use spoon) but don’t overwork
Let sit 30 min while baker rests
Drop 6 -8 spoonfuls onto ungreased baking sheet
Bake 10-12 min or until biscuits start to turn light gold

Biscuits freeze somewhat well, reheat after thawing
*far less Na than baking soda or baking powder
**Hy-Vee® unbleached flour used here, check values if using different brand
Waffles/Pancakes <394 cal  85 mg P  240 mg K  <96 mg Na  7.2 Gm protein

½ C Hy-Vee® unbleached flour*
½ C unsweetened almond milk
4 T unsweetened applesauce
1 T corn oil
1 tsp vanilla

Combine dry ingredients then stir in liquids, mix well
Pour into heated waffle iron or oiled skillet
Makes 2 waffles or 3 pancakes, can be topped w/renal-friendly fruit
(i.e., 2 T pineapple chunks, crushed  23 cal  1 mg P  25 mg K  0.5 mg Na  0.1 Gm protein)
Or sprinkle maple sugar (values not included above)

Waffles can be frozen then heated in toaster while still frozen
*Check nutrient values if using different brand
Soaking in water at least 2 hours before actual cooking pulls potassium, some sodium, perhaps even phosphorus, out of food, which should be drained and rinsed afterwards. Peel, wash, cut large raw vegetables into thin slices, rinse well in warm water then soak in 10 times more warm water than vegetables for 2 hours, perhaps overnight, changing water every 4 hours. Drain, rinse again in warm water, cook in 5 times more water than volume of ingredients then drain once more. Boiling high-potassium foods (like peeled potatoes, sweet potatoes, carrots, beets, winter squash, and rutabagas) then draining again is said to leach up to 41% of the potassium as well as some sodium and phosphorus. Fungi, cauliflower, and frozen greens, which most people with kidney disease are told to eat sparingly also (if at all,) can be processed this way, too. However, some items might become quite soft, even mushy.

Though preparing fresh and whole foods usually is preferable to using already processed products, sometimes it’s easier for an energy-challenged renal patient to cook drained and well-rinsed, low-sodium canned vegetables than to cook fresh or even frozen food. Thus many recipes included here call for low-salt canned goods, drained, rinsed, drained again (not necessarily always boiled) while others list frozen vegetables, thawed, rinsed, drained, rinsed, drained again (not always boiled.) Some recipes even call for microwaving in water to “sauté” then draining again.

<table>
<thead>
<tr>
<th>½ C green beans</th>
<th>½ C corn</th>
<th>½ C peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen, cut</td>
<td>Frozen</td>
<td>Frozen</td>
</tr>
<tr>
<td>22.2 cal</td>
<td>68.4 cal</td>
<td>62.4 cal</td>
</tr>
<tr>
<td>16.1 mg P</td>
<td>64.8 Gm P</td>
<td>61.6 mg P</td>
</tr>
<tr>
<td>131.5 mg K</td>
<td>191 mg K</td>
<td>88 mg K</td>
</tr>
<tr>
<td>1.7 mg Na</td>
<td>10 mg Na</td>
<td>57.6 mg Na</td>
</tr>
<tr>
<td>1.1 Gm protein</td>
<td>2.1 Gm protein</td>
<td>4.1 Gm protein</td>
</tr>
<tr>
<td>Canned, cut (no Na added, drained, rinsed, drained again)</td>
<td>Canned (no Na added, drained, rinsed, drained again)</td>
<td>Canned (no Na added, drained, rinsed, drained again)</td>
</tr>
<tr>
<td>20 cal</td>
<td>70 cal</td>
<td>60 cal</td>
</tr>
<tr>
<td>12.6 mg P</td>
<td>28.4 Gm P</td>
<td>28.4 mg P</td>
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<tr>
<td>100 mg K</td>
<td>140 mg K</td>
<td>100 mg K</td>
</tr>
<tr>
<td>15 mg Na</td>
<td>1 mg Na</td>
<td>12 mg Na</td>
</tr>
<tr>
<td>0.1 Gm protein</td>
<td>2 Gm protein</td>
<td>1.6 Gm protein</td>
</tr>
</tbody>
</table>
According to SELF Nutrition Data, cooking reduces phosphorus in raw food up to 25% and cooking then draining can reduce it up to 35%. Similarly, cooking reduces raw food’s potassium content by as much as 30% while cooking and draining can lower it up to 70%. Sodium can be lowered up to 25% by cooking raw food and up to 55% if raw food is cooked and drained.
Baked Cabbage 161 cal or less <72 mg P <470 mg K* <111 mg Na  3.1 Gm protein

1 T or less EVOO
One 1” cabbage round, <1/8th head
Pinch salt if allowed
Sprinkle of black pepper
1 tsp ground rosemary
½ tsp garlic powder

Preheat oven to 400
Rinse sm head cabbage, remove outer leaves
Cut out stem so cabbage sits flat
Cut cabbage in half then cut a 1” slice from one of the halves
Brush sm amt oil in sm iron skillet
Place cabbage round onto oil in skillet, turn over and press again
Sprinkle w/seasonings
Bake 30-45 min or until cabbage is tender (edges will be brown)
Remove from oven & let cool

1 svg w/crispy edges & chewy centers

*1 svg= ca 31 % daily K for CKD, watch other high-K foods same day
**Baked Spicy Rice**  
300 cal   100 mg P   <207 mg K   <118 mg Na   5.5 Gm protein

1 T diced onion  
½ T minced garlic  
1 T chopped bell pepper  
1 T minced jalapeno  
½ tsp cumin  
¼ C almond milk  
1 C overcooked very, very moist rice  
¾ C non-dairy “cheese” shreds of choice*  
Sm amt EVOO

Sauté garlic, onion in 1 tsp EVOO  
Add bell pepper, remove from heat, drain & place in bowl  
Stir in cumin & jalapeno, add almond milk & rice  
Pour into lightly oiled casserole or sm iron skillet & cover w/foil  
Bake approx 10 min @ 350  
Sprinkle shreds on top, heat in oven until melted

* Daiya, Follow Your Heart®, Go Veggie® used w/good results, values used are Daiya
CASSEROLES

Grits <129 cal  <39 mg P  <126 mg K  <103 mg Na  2.8 Gm protein

¼ C no-Na added canned grn bns*
1 tsp non-dairy vegan spread
¼ C non-dairy “cheddar” shreds**
½ C cooked hot grits
1 tsp diced onion
1 tsp minced fresh garlic
1 sm white mushroom, sliced***
1 tsp lemon juice
Dash black pepper  Negligible

Drain green beans, rinse, drain again then chop
Stir spread & “cheddar” into hot grits
Sauté green beans w/garlic & onion then add mushrooms & lemon juice
(If choosing to boil green beans 1st, do not sauté)
Stir green beans, garlic, onion, mushrooms into grits
Season with black pepper

*Hy-Vee® brand used here, can use other brand but check values
**Daiya, Follow Your Heart®, Go Veggie® used w/= success (Daiya values used)
*** adjust nutrient values if sub 1 T Hy-Vee® 0-Na added canned drained stems/pcs
**Pot Pie**  
2005 cal  355 mg P  <1689 mg K  <253 mg Na  33 Gm protein  
1/3 pie  668 cal  <112 mg P  <506 mg K*  <84.3 mg Na (.08 Gm)  11 Gm protein

2 pie crusts from recipe  
Dash black pepper  
¼ C no added Na canned grn bns  
¼ C no added Na canned corn  
¼ C no added Na canned peas  
¼ C canned diced potatoes  
1 T diced onion  
1 tsp cornstarch dissolved in 3 T water  
Pinch salt  use only per care provider approval

Pre-bake both crusts few min @400  
Drain, rinse, drain canned veggies, coarsely chop green beans  
Combine corn and onion with 1 T water, microwave 3 min  
Add peas, microwave 1 min more  
Stir in green beans, microwave 1 min more  
Drain then stir in dissolved cornstarch & salt  
Pour into pre-baked bottom crust  
Place 2nd pre-baked crust over veg, cut slits in top crust  
Bake @ 400 until top crust golden brown

Bland flavor

*Watch K content in other meals same day*
Shepherd’s Pie  229.5 cal  128.9 mg P  358.8 mg K  0.18 Gm Na  4.7 Gm protein
1 sm svg  <114.8 cal  <64.5 mg P  179.4 mg K
0.09 Gm Na  <2.4 Gm protein

2/3 C Hy-Vee® mashed potatoes 80 cal* 68.9 mg P** 174 mg K* 62 mg Na* 2.3 Gm protein*
(prepared w/water & ¼ C alm mlk)
¼ C 0 added Na canned grn bns
¼ C 0 added Na canned corn
¼ C 0 added Na canned peas
1 T diced onion
1 tsp cornstarch dissolved in 3 T water
1 tsp ½ T EVOO to oil small casserole dish
Pinch salt (if approved by renal caregiver)

Drain canned veggies, rinse well, drain again, chop green beans
In separate bowl combine corn & onion w/1 T water, microwave 3-5 min
Add peas, microwave 3-5 min more
Stir in green beans, microwave 3-5 min more
Add cornstarch water, microwave 3-5 min or until thickened, stir often
Pour into oiled casserole or sm iron skillet
Top w/mashed potatoes, using spoon to form peaks
Bake @ 400 degrees 15-20 min or until potato peaks are golden
2 sm svgs or 1 lg svg

Does not freeze well
If ea canned vegetable is boiled 1st & drained again, reduce baking time

*Hy-Vee® values, P content not available  **USDA P values for similar item
Vegan Bean Loaf  

467.3 cal  486.8 mg P  1159 mg K  153 mg Na  24.8 Gm protein  

1/3 loaf  155.7 cal  162.2 mg P  386.3 mg K  51 mg Na  <8.3 Gm protein

½ C lo-Na canned chickpeas*
¾ C Hy-Vee® lentils  182.7 mg P**
½ C lo-Na canned kidney beans
¼ C unsweetened applesauce***
2 T unsweetened almond milk
1 T 0-Na added tomato paste  10 mg Na****  0.6 Gm protein****
1 tsp onion powder
½ tsp garlic powder
Dash blk pepper
Pinch salt if allowed

Preheat oven to 350
Except for alm mlk & applesauce pulse in blender til coarsely ground
Scrape into bowl, stir in seasonings and tomato paste, blending well
Add applesauce & alm mlk a little at a time til desired consistency reached
Line mini loaf pan w/parchment paper, press ingredients into pan
Bake approx 50 min
Refrigerate overnight to “set”
To serve, slice while still cold & warm in microwave
 Approx 3 tasty svgs but does not taste like meat loaf

*La Preferida®
**USDA figure for P, other values per manufacturer
***Hy-Vee® reduced sodium, reduced sugar
**** manufacturer values
Since microwaving can take less time and energy than stovetop boiling, some of the potassium, sodium – even a little phosphorus – still might be leached from foods in the microwave as long as they are drained, rinsed, perhaps even soaked first, then microboiled in a large enough container for water five times greater than the volume of the food being leached, drained once more and rinsed again before preparing the rest of a given recipe.

Many of the dishes listed here call for microwaving yet other preparation options may be offered at the end of instructions. Larger batches cooked either on the stove or in the microwave so some can be frozen for subsequent use can reduce a person’s energy expenditure also and save time later. But when doubling a recipe even experienced cooks will need to measure carefully.

Pre-soaking, stovetop boiling and draining any vegetable still is a viable choice, however, with the result that potassium and sodium values will be less than those shown in some recipes here, although, as stated earlier, foods treated by such a method may be much softer to the point of being mushy. This may be all right for soups (if not on fluid restriction) but not for stir fry.

Also among these recipes are several fairly bland dishes since spicy, heavy or dense foods may not be well tolerated by persons with CKD.
Angel Hair/Pesto # 1  373 cal  129 mg P  134 mg K  110 mg Na  12 Gm protein

9 pecan halves or 1 ½ T chopped pecans
½ C packed fresh basil leaves
1 T nutritional yeast*
1 tsp minced garlic
Very small pinch salt if allowed by renal care provider (can be omitted)
1 T EVOO
1½ C cooked angel hair pasta**

Combine 1st 6 ingredients in blender
Pour over warm pasta
Store any remaining pesto in fridge

*Using Black Walnut “Parmesan” (see Sauces/Seasonings) for yeast raises values
**Hy-Vee® egg-free, dairy-free brand used to test this recipe

1 T drained canned mushrooms adds 8.5 cal<51 mg P<51 mg K 7.5 mg Na 1.4 Gm protein
(Hy-Vee® 0-Na added stems and pieces)
Angel Hair/Pesto # 2  459 cal  93 mg P  115 mg K  110 mg Na  11 Gm protein

10 pine nuts
½ C packed fresh basil leaves
1 T nutritional yeast*
1 tsp minced garlic
Very small pinch salt if allowed by renal care provider
1 T EVOO
1 ½ C cooked angel hair pasta**

Combine 1st 6 ingredients in blender
Pour over warm pasta
Store any remaining pesto in fridge

*Substituting homemade “parmesan” for yeast raises values
**Hy-Vee® egg-free, dairy-free brand used to test this recipe
1 T drained canned mushrooms adds 8.5 cal<51 mg P<51 mg K 7.5 mg Na 1.4 Gm protein (Hy-Vee® 0-Na added stems and pieces)
Curried Rice  <262 cal  120.7 mg P  <403 mg K  11.6 mg Na  5.5 Gm protein

Water
2 T chopped onion
2 tsp black pepper
1 T curry powder
1 T lemon juice
Parsley sprinkle*
1 C cooked white rice
Paprika sprinkle or 1 tsp

Heat sm amt water in pan over low heat or in bowl in microwave
Add onions, cook until tender, remove from heat
Stir in pepper, curry powder, lemon juice, and parsley
Let sit a second or two for flavors to develop
Pour over warm rice, sprinkle paprika if desired
Consume slowly to fully enjoy aftertaste

* Some experts claim parsley helps kidneys, others say no, consult care team
Lasagna 423 cal 203.4 mg P 622.6 mg K 124.1 mg Na 7 Gm protein
1/2 batch <211.5 cal <68 mg P 311.3 mg K* <63 mg Na 3.5 Gm protein

4 no-boil lasagna noodles**
2 T chopped onion
1 T minced garlic
2 tsp oregano
1 tsp EVOO 40 cal
1/2 C tomato sauce recipe (see sauces & seasonings section)
1/2 C non-dairy “mozzarella” shreds***
1 T nutritional yeast
1/4-1/2 C water

Lightly “sauté” onion & garlic in sm amt EVOO
Drain, stir in oregano
Spoon 1/2 of tomato sauce into sm oiled casserole dish
Place 2 noodles on top of sauce
Spoon 1/2 garlic & onion over noodle pieces, sprinkle 1/2 of shreds
Place other 2 noodles over shreds, spoon rest of sauce on top
Spoon rest of garlic & onion over sauce, sprinkle rest of shreds
Carefully pour water into dish so noodles stay moist
Cover w/foil, bake 20-30 min @ 375 or until noodles are tender
Sprinkle nutritional yeast or homemade “parmesan” on top
Enjoy!

2 sm tasty svgs

Substituting homemade “parmesan” for yeast raises values
1 T drained canned mushrooms adds 8.5 cal<51 mg P<51 mg K 7.5 mg Na 1.4 Gm protein
(Hy-Vee® 0-Na added stems and pieces)

*20% recommended daily K, watch potassium content of other foods same day
**Hy-Vee® brand used in testing this recipe
May sub 1-2 C Hy-Vee® 0-dairy, 0-egg cooked noodles, reduce oven time
200 cal 108 mg P 127 mg K 7 Gm protein
Also works with macaroni – check nutritional values & adjust totals accordingly
***Daiya, Follow Your Heart®, Go Veggie® work well, Daiya values used
Macaroni & “Cheddar”  244 cal  86 mg P  74 mg K  64 mg Na  8 Gm protein

1 C cooked elbow macaroni
¼ C non-dairy “cheddar” shreds*
Parsley**

  Stir shreds into hot cooked macaroni; if not melted, microwave 9-12 sec
  Sprinkle parsley on top, stir

  * Daiya, Follow Your Heart®, Go Veggie® work well, Daiya values used
  **Some experts claim parsley helps kidneys, others say no, consult care team
Mashed Potatoes  80 cal*  68.9 mg P**  174 mg K  62 mg Na*  2.3 Gm protein*

¾ C boiling water
6 T Hy-Vee® dry potato flakes
¼ C warm unsweetened alm milk
Sprinkle of pepper
    Stir boiling water into potato flakes
    Stir in enough almond milk for desired consistency, add water if needed
    Season w/pepper

One 2/3 C svg

*Hy-Vee® values, no information re P  **USDA P value for similar item
Noodles & Parsley* <299 cal  138 mg P  <232 mg K  50.4 mg Na  7.8 Gm protein

1 T chopped onion
1 T minced garlic
½ C white sauce   (see recipe in sauces & seasonings section)
1 C cooked warm noodles** (no egg, no dairy)
Pinch parsley***

Heat sm amt water in saucepan, add onions and garlic, sauté until tender
Drain, stir into ½ C warm white sauce, pour over noodles
If desired, sprinkle parsley on top to offset bland taste or use basil

Very bland

Can sub 1 C cooked rice noodles 192 cal  35.2 mg P  7 mg K  <34 mg Na  1.6 Gm protein
*1 T drained canned mshrms adds 8.5 cal<51 mg P<51 mg K  7.5 mg Na  1.4 Gm protein
(Hy-Vee® 0-Na added stems and pieces)
**Hy-Vee® egg-free, dairy-free brand used to test this recipe
***Check with care provider before using parsley
Pasta “Primavera”  607 cal  <312 mg P  <318 mg K  <80 mg Na  <23 Gm protein
1 svg  <303.4 cal  <156 mg P  <159 mg K  <40 mg Na  11.5 Gm protein

½ C broth recipe (see recipe in soups section)
1 T chopped onion
½ T minced garlic
1 T diced red sweet pepper
1 sm white mushroom, sliced*
<1 T cornstarch dissolved in <½ C water
⅛ C unsweetened almond milk
2 C cooked spaghetti**
1 T nutritional yeast

Sauté onion, garlic, pepper, mushroom in sm amt veggie broth in order
Pour remaining broth into small saucepan, heat on low
Add cornstarch water to broth, whisk vigorously to eliminate clumps
Stir in almond milk
Simmer on low 5-10 minutes or until slightly thickened, stirring often
Pour vegetables/broth mixture over warm pasta
Sprinkle nutritional yeast and serve
2 pleasant but very bland svgs

Using Black Walnut “Parmesan” for yeast adds to values above
*1 T drained canned mshrms adds 8.5 cal <51 mg P <51 mg K 7.5 mg Na 1.4 Gm protein
  (Hy-Vee® 0-Na added stems and pieces)
**Hy-Vee® egg-free, dairy-free angel hair pasta used to test this recipe
Rice & Veggies  <159 cal  <96 mg P  <271 mg K*  40.3 mg Na  6.1 Gm protein

½ C frozen snow or edible pod peas
½ T coarsely chopped onion
½ T minced garlic
½ T diced red bell pepper
¼ C bean sprouts
¼ C bamboo shoots
½ C hot cooked white rice
½ tsp ground ginger

Thaw, rinse, drain peas
Microwave onion & garlic 1 min in 1 tsp water
Add remaining veggies & microwave 3-5 min or until tender, stirring often
Stir in ginger, serve on bed of hot rice

May sub ½ C cooked quinoa for rice 120 cal 152 mg P 172 mg K 7.8 mg Na 4.4 Gm protein
(adjust nutrient totals)
May boil, rinse, drain vegetables before combining w/rice but will be very soft
Very bland, if any sauce used, add nutrient values to above totals
i.e., 2 T Sweet & Sour Sauce recipe  11 cal  3.5 mg P  <48 mg K  scant Na  0.25 Gm protein
or 1 tsp hot Chinese mustard  23 cal  23.2 mg K  0.3 mg Na  0.6 Gm protein
or 1 tsp sesame oil (condiment, not for frying)  40-45 cal
1 T drained canned mushrooms adds 8.5 cal<51 mg P<51 mg K 7.5 mg Na 1.4 Gm protein
(Hy-Vee® 0-Na added stems and pieces)

*18% of recommended K for stages 1-3 CKD, watch K content in other meals
Rice Noodles & Veggies<153 cal <87 mg P <236 mg K <24 mg Na 5.4 Gm protein

½ T coarsely chopped onion
½ T minced garlic
½ C frozen snow or edible pod peas*
1 T diced drained pimiento
¼ C bean sprouts
¼ C bamboo shoots
½ tsp ground ginger
½ C cooked rice noodles

Microwave onion & garlic 1 min in 1 tsp water
Add remaining veggies* & microwave until tender, stirring often
Stir in ginger
Serve veggies on bed of warm rice noodles

Very bland so if any sauce or sesame oil used, add values to above totals

*Values of pod peas are USDA figures for boiled, drained, no salt
½ C raw, unprepared pods 13.2 cal 16.7 mg P 63 mg K 1.3 mg Na 0.2 Gm protein
½ C frozen, unprepared pods 30.2 cal 36.7 mg P 69 mg K 1.5 mg Na 2 Gm protein
1 T drained canned mshrms adds 8.5 cal <51 mg P <51 mg K 7.5 mg Na 1.4 Gm protein
(Hy-Vee® 0-Na added stems and pieces)
Skillet Angel Hair & Sauce

366 cal <139 mg P <531 mg K <225 mg Na <11 Gm protein
(<0.23 Gm Na)

1 svg  183 cal  <70 mg P  <266 mg K  <113 mg Na  6.5 mg protein

½ T EVOO
1 T minced garlic
2 T chopped onion
¼ C water - use sparingly & only if pasta begins to stick
1 C broth
1 C alm mlk
Dash salt
Hy-Vee® angel hair pasta=1½ C after cooking
2 tsp dried oregano
Heat oil in lg skillet, med heat

Add garlic & onion to pan w/sprinkle salt, stir & cook about 2 min
Add broth, nondairy milk, salt, stir
Add pasta
Bring to boil, then reduce to simmer, stirring occasionally, about 20 min OR LESS
Add seasonings, serve w/fresh herbs
Dash black pepper
Sprinkle of chopped fresh basil or parsley*
   2 small svgs

*check w/care team before using
Diabetic renal patients face special dietary challenges since following a diabetic diet means eating whole grains and fruits and vegetables like tomatoes, oranges, spinach, etc., sometimes contraindicated or to be eaten sparingly on stricter renal diets. Portion control, therefore, is even more important, which is why most recipes here yield much smaller servings than a lot of people are used to.

Yet what many miss most is the flavor and texture of familiar or favorite foods, not necessarily just large servings. Cooking smaller amounts allows a person to enjoy preferred foods which might not be permitted otherwise. This also removes the temptation to overeat.

However, a larger batch can be cooked with portions to be saved for later, though some dishes (like salads!) do not keep or can’t be frozen so should be prepared as one or two servings.

Again, taste and texture matter more than a filled plate.
Cauliflower Salad # 1  

<80 cal  <84.4 mg P  <361 mg K*  <42 mg Na  3.4 Gm protein

½ C frozen cauliflower
1 T diced onion
1 T water-pak diced pimientos
1 tsp minced fresh garlic
Pinch dill
1 T vinegar**
1 T maple sugar***
2 slices Hy-Vee® Na-free bread & butter pickles, chopped
Lettuce leaf

Combine ingredients, chill
Serve on lettuce leaf

To reduce K & Na boil cauliflower 1st, drain then chill before using
*approx 24% of 1500 mg daily limit, watch K in other foods same day
** or use lemon spritz recipe in sauces section
***if approved by care provider
Cauliflower Salad # 2  <142 cal  57.3 mg P  316.6 mg K <123 mg Na  3.3 Gm protein

1 C frozen cauliflower
1 T diced onion
1 T water-pak diced pimientos
1 tsp minced fresh garlic
Pinch dill
1 T vegan “mayo”**
2 slices Hy-Vee® Na-free pickles, chopped

Combine ingredients, chill

Cauliflower can be boiled 1st and drained then chilled before using
*21% daily allowed K, watch K content in other foods same day
**Follow Your Heart® delicious soy-free, egg-free, dairy-free vegan “-aise”
Curried Apple Salad  375.7 cal  42 mg P  142 mg K  174.8 mg Na  1.2 Gm protein
(0.17 Gm, 11% daily allowance)

4 T diced raw apple
1/3 C no-sugar added dried cranberries
1 T chopped pecans
½ T curry powder (or to taste)
Pinch celery seed
2 T vegan “mayo”*

Combine ingredients, chill
Serve on lettuce leaf

*Follow Your Heart® soy-free, egg-free, dairy-free vegan “-aise”
**Fruit Salad**  
285.4 cal  25 mg P  121.7 mg K  87.3 mg Na  0.8 Gm protein

½ C blueberries  
4 T diced raw apple  
1/3 C no-sugar added dried cranberries  
½ T chopped pecans  
1 T vegan “mayo”*

Combine ingredients, chill

*Follow Your Heart® soy-free, egg-free, dairy-free vegan “-aise”
**Garden Salad** 124.3 cal 24 mg P 151 mg K 237.2 mg Na <1 Gm protein

(0.2 Gm)

1 C torn leaf lettuce
½ T chopped onion
1 T water pak diced pimientos
1 very sm radish, sliced
2 thin peeled cucumber slices, halved
Sprinkle of carrot shreds
1 T crmy Italian (vegan) drssng*

Combine ingredients

*or use Lemon Spritz recipe in sauces if approved by care team
Macaroni Salad  32 cal  <125 mg P  <127 mg K  <238 mg Na  4.8 Gm protein
(0.2 Gm)

½ C cooked macaroni
1 T frozen green peas
½ T diced onion
1 T water-pak diced pimientos
1 tsp minced garlic
Pinch dill
2 T vegan “mayo”*
2 tsp vegan parmesan

Combine ingredients, chill

May add very sm pinch of vegan parmesan-flavored sprinkles** or nutritional yeast
May include 2 slices Hy-Vee® Na-free pickles, chopped, adds sm amt to values above
To lower K & Na, peas can be boiled 1st then drained & chilled but will be soft

*Follow Your Heart® soy-free, egg-free, dairy-free vegan “-aise”
** Go Veggie®
Potato* Salad  244 cal  67.7 mg P  <248.2 mg K  <122.3 mg Na  1.6 Gm protein

½ C canned diced potatoes
1 T diced onion
1 tsp minced fresh garlic
Pinch celery seed
2 T vegan “mayo”**
2 slices sodium-free pickles, chopped

   Drain potatoes, rinse well, drain again
   Steam or microwave potatoes or to lower K & Na more boil then drain again
   Combine ingredients, chill

*Check with renal care providers before consuming potatoes
**Follow Your Heart®0-soy, 0-egg, 0-dairy vegan “-aise” or 1 T mustard (Sauces)
Salad Meal  <163 cal  45.3 mg P  <338 mg K  <358 mg Na  <1.2 Gm protein

1 C torn leaf lettuce  
½ T chopped onion  
1 T diced pimientos  
2 sm radishes, sliced  
3 peeled cucumber slices  
Sprinkle of carrot shreds  
1 med white mushroom, sliced  
⅛ C non-dairy “mozzarella” shreds*  
2 T Daiya vegan ranch dressing  
    OR  
2 T Daiya vegan blue cheese dressing  

Combine ingredients  
Pairs nicely with vegan spread & sm svg cornbread or 1 low-Na biscuit or bread  

*Daiya, Follow Your Heart®, Go Veggie® work equally well, Daiya values used  
**or use Lemon or Vinegar Spritz (Sauces) if maple sugar approved by care team
Slaw  <205 cal  <33 mg P  <249 mg K  <23 mg Na  1.1 Gm protein

1 C shredded cabbage
Sprinkle of shredded carrots
1 T water-pak diced pimientos
Pinch celery seed
2 T vegan “mayo”*
½ T vinegar**
½ T maple sugar**

Combine ingredients, chill

*Daiya
**or Vinegar or Lemon Spritz (Sauces) if maple sugar approved by care team
Three-Bean Salad  103 cal   <102 mg P  <256 mg K  <135 mg Na  4.4 Gm protein
  <½ C  52 cal   <51 mg P  <128 mg K  <68 mg Na  2.4 Gm protein

½ C canned no Na added Hy-Vee® cut grn bns
½ C canned cut wax bns
½ C low-Na chickpeas*
1 T diced onion
1 T water-pak diced pimientos
1 tsp minced fresh garlic
½ T vinegar**
½ T maple sugar**

Drain beans & chickpeas, rinse thoroughly, drain again
Cook beans & chickpeas if desired, drain again, see note
Combine w rest of ingredients, chill
Can boil legumes 1st (separately) in 5X amt water ea, drain again before using

*La Preferida® low-sodium chickpeas/garbanzos used in recipes
**or Lemon Spritz (recipe in Sauces) if maple sugar approved by care team
Two-Bean Salad  <57 cal  <60 mg P  <190 mg K  <47 mg Na  <2.5 Gm protein

¼ C canned no Na added Hy-Vee® cut grn bns
½ C canned cut wax beans
1 T diced onion
1 T water-pak diced pimientos
1 tsp minced fresh garlic
Pinch dill
½ T vinegar *
½ T maple sugar *

Rinse and drain beans
Cook if desired, drain again
Combine ingredients, chill
Can boil legumes separately 1st in 5X amt water for ea then drained again, will be soft

*or use Lemon Spritz (recipe in Sauces) if maple sugar approved by care team
Americans seem to use a great deal of table salt, more than is good for anyone. People grow used to adding large amounts of table salt and it takes time to get accustomed to salt free or low sodium meals. Substituting various herbs and spices helps but does not fully replace salt, although many say that after awhile the taste of the food by itself starts coming through better. So quite a few dishes here exclude table salt while those recipes which do call for it specify a very small “pinch” or “dash,” which can be omitted if care team says to do so.

Most baked goods call for salt in recipes but usually the amount can be reduced and in some cases even omitted without altering the results much if at all. Using yeast to leaven baked items dramatically reduces sodium from what it would be if baking soda or baking powder were used.

Double-acting sodium aluminum sulfate baking powder:
1 tsp   2.4 cal   98.6 mg P   0.9 mg K   477 mg Na

Double-acting straight phosphate baking powder:
1 tsp   2.3 cal   446 mg P   0.2 mg K   355 mg Na

Low-sodium baking powder:
1 tsp   4.9 cal   343 mg P   505 mg K   4.5 mg Na

Baking soda:
1 tsp   1231 mg Na

Active dry or instant yeast:
1 tsp   17.7 cal   77.5 mg P   120 mg K   3 mg Na   2.3 Gm protein

The care team still should be consulted before including a “pinch,” a “dash,” or even a “smidgen” as defined in the measurements section. Although neither actually tastes exactly like salt a few drops of vinegar or lemon juice added to a dish can give it a little extra flavor and brightness.
Alternate Mexican Filling ½ C <90 cal 105 mg P <266 mg K <18 mg Na 4.1 Gm protein
¼ C 45 cal <53 mg P <133 mg K <9 mg Na 2.1 Gm protein

¾ C no-Na added Hy-Vee® canned green beans 10 cal
¾ C low-Na La Preferida® canned chickpeas
1 T chopped garlic
1 tsp cumin
1 T diced jalapeno*

Mash chickpeas & green beans, add seasoning & jalapenos

Legumes can be boiled separately 1 st then drained again before using
filling can be frozen then reheated in microwave or in oven on low heat

*can sub ¾ tsp lo-Na hot sauce 0.7 mg P <0.8 mg K <3.3-6.3 mg Na
Green Bean Burrito  <101 cal  <76 mg P  <135 mg K  170 mg Na  <2.7 Gm protein
2 burritos  202 cal  152 mg P  270 mg K  340 mg Na  5.4 Gm protein
Water
1 T no-Na added Hy-Vee® canned grn bns
1 T no added Na Hy-Vee® canned yellow corn
1 tsp diced onion
1 tsp minced fresh garlic
1/8 tsp cumin
1 tsp diced jalapeno*
1 six-inch flour tortilla**  80 cal  57 mg P (USDA)  71.3 mg K (USDA)  150 mg Na  2 Gm protein
1 T non-dairy “cheese” shreds***

Rinse beans & corn separately, drain, soak ea in 5 T water 2 hrs, rinse & drain again
Microboil beans & corn separately in 10 T water ea until mushy, add water if needed
Drain, rinse, drain again, set aside
Micro sauté onion & garlic in sm amt water, drain, stir into corn & beans
Add cumin & jalapeno, mixing well
Place on tortilla, sprinkle cheese over veggies, roll up tortilla, tucking in ends
Microwave on microwaveable plate for 30 sec, more or less, to melt cheese

*Can omit for milder burrito
**can sub homemade <106 cal <23 mg P <23 mg K <8.5 mg Na 2.1 Gm protein
(For nutrient totals deduct store-bought values then add homemade values)
***Daiya, Follow Your Heart®, Go Veggie® work well, Daiya values used
**Grilled Cheeze** 250-364 cal 58-74 mg P 50-104 mg K 310-210 mg Na <6.2 Gm protein

2 sl lo-carb, lo-cal white bread* 70 cal 38 mg P 35 mg K 130 mg Na 4 Gm protein
1 Daiya cheddar style slice**
1 T EVOO

Heat 1 tsp EVOO in small skillet
Place 1 slice bread in pan & toast
Flip bread over & toast other side, remove
Add another tsp EVOO to skillet
Place 2nd slice of bread in skillet but toast 1 side only, remove
Place cheese on 1st slice
Top w/other bread slice, toasted side down onto cheese
Add last tsp EVOO to pan and toast untoasted side of sandwich, remove

May also toast ea slice 1 side only but cheese will not melt as much

*Lewis Brothers Bakeries tm Healthy Life® white bread
(2 sl homemade bread <156-<184 cal <54 mg P <84 mg K <30 mg Na 5.2 Gm protein)
**Daiya, Follow Your Heart®, Go Veggie® work well, values used are Daiya’s
Kabobs  <125 cal  <174 mg P*  <403 mg K  <112 mg Na  2.1 Gm protein  
(26 % allowed daily K)

4 sm white mushrooms
2 mini (very sm) sweet peppers
2 sm pearl onions
2 sm cauliflower florets
½ T EVOO**
1 tsp minced garlic
1 tsp rosemary or basil
Very small pinch salt if allowed by renal care provider
Dash black pepper

Use stainless steel skewers or soak wooden skewers 2 hrs
Preheat oven to 400 degrees F
Whisk together EVOO, garlic, basil, pinch salt, pepper to taste
Add veggies & stir to coat
Skewer veggies & place on baking sheet
Roast 5-7 min, turn
Remove veggies when edges turn dark, roast others 5-7 min more

Cauliflower can be soaked and rinsed 1st or even pre-boiled, drained, rinsed again
*estimated value of similar item by USDA
**May sub 1 T sesame oil condiment & omit rosemary  (120 cal)
Morning Burrito  90.9 cal  69.3 mg P  123.5 mg K  166.6 mg Na  2.4 Gm protein

1 six-inch flour tortilla, store brand values included above, homemade values differ
1 T Daiya shreds*
1 T diced red sweet pepper
1 sm white mushroom, sliced
    Place mushroom slices & diced pepper on near edge of tortilla
    Sprinkle shreds & roll tortilla, tucking in ends
    Microwave 1 min or until cheese melts

*Daiya, Follow Your Heart®, Go Veggie® work well, values used are Daiya’s
No-Egg Roll  <181 cal  <71mg P  <141mg K  <168 mg Na  <2.4 Gm protein

1 six” flour store-bought tortilla* (different values for homemade, see bread section)
½ tsp sesame oil condiment
1 T shredded carrots
1 T shredded cabbage
½ T minced onion
½ tsp minced garlic
1 tsp cornstarch dissolved in ¼ C water

Combine veggies & micro steam in 2 T water until tender, drain
Brush sm amt sesame oil on tortilla to soften & make more pliable
Place filling 1-2 “ from near edge
Tuck in side edges, seal w/cornstarch water, pressing firmly
Finish rolling, seal far edge w/cornstarch water, pressing firmly
Microwave, bake, or deep fry (oil calorie count not included in values above)

Freezes well

*No P or K amts listed on store brand, P & K amts are USDA for 7-8” flour tortilla
add to values above if using:
1 tsp hot Chinese mustard  23 cal  23.2 mg K  0.3 mg Na  0.6 Gm protein
and/or
2 T sweet & sour “sauce” 11 cal  3.5 mg P  <48 mg K  scant Na  0.25 Gm protein
Onion Rings*  <213cal  <56 mg P  <168 mg K  54.1 mg Na  <3.6 Gm protein

10 raw onion rings
1 ½ T Hy-Vee® unbleached flour
1 ½ T cornstarch
¼ C unsweetened almond milk

Oil for frying (not counted above)

Heat oil, mix cornstarch & flour
Dredge rings in dry mixture then in almond milk then flour mixture again
Fry in hot oil, turning if needed, then drain well between paper towels

*Other low-P, low-K, low-Na veg make similar tempura snacks, no salt needed!
Phyllo Snack “Pies”  <116 cal  <57 mg P  <60 mg K  <54mg Na  <2.9 Gm protein

1T no added Na Hy-Vee® canned grn bns
½ T no added Na canned corn
½ T no added Na canned peas
½ T canned potatoes, thoroughly rinsed & drained
2 T white sauce
Dash black pepper
4 phyllo mini shells

Drain veggies separately, rinse well, drain again, chop green beans
Microwave veggies in separate bowls of sm amts water ea til soft
Drain again, measure appropriate amts, reserving any remainder for other use
Stir white sauce & seasonings into filling vegetables, mixing well
Crisp shells 2-3 min in oven 1st
Fill shells w/warm veggie-sauce mixture for a nice snack
Roasted Peppers  <89 cal  39.2 mg P  <324 mg K  <12.8 mg Na  1.5 Gm protein

4 mini sweet red peppers
Sm amt EVOO
1 tsp rosemary

Rinse peppers, cut in half, remove seeds
Rub outside with small amt oil
Roast in shallow pan in 350 oven
Makes a very nice snack
Spicy Burrito  <98 cal  <73 mg P  <107 mg K  <169 mg Na  <2.5 Gm protein
   2 Burritos  <196 cal  <146 mg P  <214 mg K  <338 mg Na*  <5 Gm protein

1 six-inch flour tortilla** 80 cal  57 mg P (est)  71.3 mg K (est)  150 mg Na  2 Gm protein
1 T filling
1 T non-dairy shreds***

Place filling on tortilla
Roll tortilla around filling, tucking in ends
Microwave 15-20 sec to melt cheese

Freezes well

*338 mg=0.34 Gm

**P & K values not listed on pkg, P & K values from USDA for 7-8” flour tortilla
can sub homemade tortilla <106 cal <23 mg P <23 mg K <8.5 mg Na  2.1 Gm protein

***Daiya, Follow Your Heart®, Go Veggie® work well, Daiya used here
**Stuffed Pepper Mini*** <116 cal  <51 mg P <200 mg K** <15 mg Na  2.2 Gm protein

1 T frozen green peas  
1 mini (very sm) red sweet pepper  
¼ C *overcooked/very moist* rice  
1 T diced onion  
¼-½ tsp lemon juice  
Dash black pepper  
1 tsp cornstarch dissolved in ¼ C water

Rinse peas well, drain again, set aside (boil & drain if desired)
Rinse pepper, cut in half, remove seeds
Microwave in small bowl of water until just beginning to get tender
Drain, set aside
Microwave peas (if unboiled) & onion in sm amt water 2-3 min
Stir in cornstarch water, microwave until thickened, stirring every 30 sec
Stir in black pepper & lemon then add cooked rice
Let cool then fill pepper halves
Place stuffed halves in small iron skillet, cover w/foil
Bake 10-20 min @ 425 until peppers fork tender
Makes 1 very sm snack-sized svg, pairs nicely w/sm svg corn bread

*Can prepare several at a time and freeze some  
**approx 13% recommended K allowance, watch K in other meals & snacks for the day
Stuffed Pepper #2

<107 cal <67 mg P <270 mg K* <23-118 mg Na 2.6 Gm protein

¼ C canned diced potatoes
1 T frozen corn**
1 T no-Na canned grn bns**
1 mini (very sm) red sweet pepper
1 T diced onion
Dash black pepper
Pinch salt if allowed
¼ - ½ C water
1 tsp cornstarch dissolved in ¼ C water

Rinse corn, potatoes, grn bns well separately, drain again, chop grn bns, set aside
Rinse pepper, cut in half, remove seeds
Microwave in sm amt water til just tender, drain, set aside
Microwave veggies separately (if unboiled 1st) & drain
Microwave onion in sm amt water 2-3 min
Stir in cornstarch water, microwave til thickened, stirring every 30 sec
Let cool then fill pepper halves
Place stuffed halves in small iron skillet
Bake 6-10 min @ 425 or until peppers fork tender
   1 very sm svg, pairs nicely w/1 low-Na biscuit

Can be frozen & reheated

Reduce oven time if potatoes/corn/peas boiled separately 1st & drained again
*18% recommended daily K, limit K in other meals/snacks for day
**Hy-Vee® brand
values after microwaving slightly > than frozen uncooked vegetables
Tacos  <165 cal  <78 mg P  <196 mg K  <70 mg Na (<0.07 Gm)  <1.1 Gm protein

3 La Tiara® yellow corn taco shells* 120 cal  <49 mg P  36 mg K  0 mg Na  0 Gm protein
3 T grn bns
1 T jalapenos
1 tsp cumin
¼ C Daiya cheddar shreds**
1 shredded lettuce leaf
1 med sl tomato

Warm taco shells few sec in microwave
Spoon filling into shells
Place shreds on top of warm filling
Top with shredded lettuce

*nutritional values vary by brand, check labels and/or contact manufacturer
**Daiya, Follow Your Heart®, Go Veggie® work well, values are from Daiya
Tortilla Pizza #1  <112 cal  <80 mg P  est <159 mg K  <214 mg Na*  2.9 Gm protein

½ T 0-Na added tomato paste
1 med flour tortilla**
Pinch oregano
¼ C non-dairy “mozzarella” shreds***

Spread thin layer tomato paste on tortilla
Sprinkle oregano
Top w/shreds
Bake 8-10 min in 450 oven
Cut into 4ths when cool

*< 1/5th Gm
**store-bought values included in above totals, homemade values different
***Daiya, Follow Your Heart®, Go Veggie® all work well, values from Daiya
**Tortilla Pizza #2**  
\(<115 \text{ cal}\)  
\(<95 \text{ mg P}\)  
\(<234 \text{ mg K}\)  
\(<186 \text{ mg Na}\)  
\(<3 \text{ Gm protein}\)

\(\frac{1}{2} \text{ T tomato paste}\)

1 med flour tortilla (store brand values included above, homemade values different)

Pinch oregano

1 tsp minced garlic

1 sm sliced white mushroom*

1 T diced onion

1 T chopped bell pepper

2 T non-dairy “mozzarella” shreds**

Place med tortilla in sm skillet

Spread very thin layer tomato paste on tortilla

Sprinkle oregano and garlic

Arrange mushroom slices

Sprinkle onion & bell pepper

Top w/shreds

Bake 8-10 min in 450 oven

Cut into \(\frac{4}{4}\)ths when cool

*1 T drained canned mushrooms adds 8.5 cal<51 mg P<51 mg K 7.5 mg Na 1.4 Gm protein

(Hy-Vee® 0-Na added stems and pieces)

**Daiya, Follow Your Heart®, Go Veggie® work well, above values include Daiya
Diabetics are encouraged to limit sugars, renal patients are told to avoid high-sodium, high-potassium, high-phosphorus foods and dairy, in some cases even to restrict fluids. A patient once characterized an online diabetic- and renal-friendly meal plan as an “If It Tastes Good Spit It Out” menu.

The question arises, how can anyone enjoy a meal without salt or sugar or tomatoes or beans or potatoes? How can the vegetarian/vegan with diabetes and/or kidney disease eat anything?

The answer lies in small amounts, both in preparation and consumption. While herbs and spices do help flavor foods, while one can grow accustomed to limiting table salt or sugar, sometimes a dish simply needs a little salt or a little sugar or a little sauce to make it more palatable (emphasis on the word little.)

Yet sometimes bland meals are well-suited to a renal patient who doesn’t feel like eating.

When this is not the case, if the care provider agrees to limited use, extremely small amounts of salt or sugar used in preparation of a dish and extremely small amounts of sauces and other seasonings on foods can make a difference as to whether they are “fit to eat.”

The recipes for Sauces/Dips/Seasonings are meant to enhance an otherwise bland meal, not to overwhelm it.

If one’s care team cautions against adding salt or using sugar, a few drops of vinegar or lemon juice can bring a little extra flavor and add some brightness to a dish.

Once again, portion control and taste both matter. So does careful preparation.
Blueberry Dip  <66 cal  <7 mg P  <39 mg K  95 mg Na  0.5 Gm protein

1 T vegan “cream cheese”*
2 T fresh blueberries

Combine ingredients in sm dish
Spoon onto warm biscuit or low-cal toast squares or in phyllo shell

Sprinkling maple sugar adds to values above, check w/care team before use
*delicious Tofutti® used in this dip
“Cheese”* Sauce  40-46 cal  10 mg P  6-10 mg K  125-140 mg Na  <0.5 Gm protein

½ C non-dairy “cheddar” shreds
or ½ C non-dairy “mozzarella” shreds

Melt in sm dish in microwave 20-30 sec, use immediately
Tiny svg, < 2 T

*Daiya, Follow Your Heart®, Go Veggie® work well, above values include Daiya
Cranberry Relish  <172 cal  <43 mg P  <179 mg K  4 mg Na  0.6 Gm protein
            2 T svg  <22 cal  <6 mg P  <23 mg K  0.5 mg Na  negligible protein

1 C fresh cranberries
2 T orange zest
2 T unsweetened applesauce
3 T maple sugar*

Rinse & drain cranberries
Grate orange peel = 2 T
Chop cranberries in blender, drain again
Pour into bowl and stir in orange zest
Add applesauce, mixing well
Stir in maple sugar, mixing well
Store in fridge a few hours or overnight before serving

*Check with care team before using
**Gravy or White Sauce**

*<246 cal <42 mg P  149 mg K  <101 mg Na  <1.2 Gm protein
1 svg  <82 cal  <14 mg P  <50 mg K  <37 mg Na  <0.4 Gm protein

1 tsp flour**
1 T cornstarch dissolved in 1 C water
1-2 C additional water
½ C unsweetened almond milk
1 T corn oil or EVOO
2 tsp chopped onion
2 tsp minced garlic
1 tsp black pepper

Heat oil & sauté onion & garlic until onion is transparent
Stir in flour
When flour starts to brown stir quickly
Slowly add some of the water, stirring constantly
As mixture thickens, slowly add almond milk, stirring constantly
When thick enough remove from heat & stir in pepper
If too thick, thin w/water (not after refrigeration)
Makes approx 1 ½ C or 3 svgs

Gravy solidifies when refrigerated, thins again when heated & stirred well
Omit onion, garlic, pepper if using sauce in a dessert

*1 T drained canned mshrms adds 8.5 cal <51 mg P <51 mg K  7.5 mg Na  1.4 Gm protein
(Hy-Vee® 0-Na added stems and pieces)
**Hy-Vee® unbleached flour used in this dish
Lemon Spritz For Salad  35 cal  1.5 mg P  40.3 mg K  3.9 mg Na

1 T maple sugar*
⅛ - 1 T lemon juice**
Dash black pepper

   Sprinkle maple sugar over salad ingredients
   Drizzle lemon juice on top
   Add dash pepper
   Toss well

*Check with care providers before using
**can sub apple cider vinegar for Vinegar Spritz For Salad
**Low-Na Mustard**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Phosphorous</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;523 cal</td>
<td>&lt;862 mg</td>
<td>&lt;853 mg</td>
<td>&lt;853 mg</td>
<td>&lt;60 mg</td>
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</tbody>
</table>

- 2 tsp svg   <22 cal   <36 mg P  <36 mg K  <2.6 mg Na  1 Gm protein

**Ingredients:**
- ½ C yellow mustard seeds
- Dash table salt if allowed
- 1 C cold water
- Pinch turmeric
- Pinch paprika
- ½ C apple cider vinegar
- 1 tsp maple sugar if allowed

**Instructions:**

1. Whisk seeds, salt, turmeric & paprika together in saucepan
2. Add water, whisk until well mixed, let sit a couple min
3. Whisk in vinegar
4. Bring to boil on med heat, stirring often
5. When mixture starts to boil, reduce heat immediately
6. Simmer 5-10 min, stirring constantly until thickened
7. Remove from heat and let sit a min or 2
8. Cover & let sit until cool
9. Stir in maple sugar
10. Grind or pulse in blender til desired consistency achieved
11. Spoon “paste” into airtight container but do not seal at 1st, let sit few min
12. Store in fridge in airtight container
13. Wait 2-3 days before using for initial bitterness to disappear

Makes > 1 C mild sauce
Low-K Tomato Sauce  62 cal  <52 mg P  450 mg K  12.7 mg Na  2.4 Gm protein
  ¼ C  15.5 cal  <13 mg P  <113 mg K  3.1 mg Na  0.6 Gm protein

4 oz no-salt tomato sauce*
1 C cooked red bell pepper strips**

  Puree in blender
  Store in fridge in covered container
  Keep refrigerated or can freeze

*Hy-Vee® Tomato Sauce, no salt added
**1 C uncooked diced red bell pepper <47 cal <39 mg P 314 mg K 6 mg Na 1.5 Gm protein
"Parmesan"/Black Walnuts 813 cal 641 mg P 654 mg K 116 mg Na 34 Gm protein

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 T</td>
<td>40 cal</td>
<td>32 mg P</td>
<td>33 mg K</td>
</tr>
<tr>
<td>2 T</td>
<td></td>
<td></td>
<td>6 mg Na</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1.7 Gm protein</td>
</tr>
</tbody>
</table>

1 C black walnut pcs
2 T nutritional yeast
Very small pinch salt if allowed by renal care provider
Sprinkle of pepper

Pulse in blender until fine grains are formed
Refrigerate in sealed container

*Approx 20 T*

Mild flavor reminiscent of regular Parmesan
Onion Dip

91.5 cal  26 mg P  35.6 mg K  <26 mg Na  0.1 Gm protein

1 T minced green onion
2 T vegan “sour cream”**

Spoon “sour cream” into sm dish or cup
Stir in onion

Nicely flavored dip for very sm svg low-Na chips

*Tofutti® & the company’s values used for this recipe, check labels of all brands
**May sub 1 T Daiya “cream cheese” 45 cal  2.5 mg P  10 mg K  95 mg Na  0.5 Gm protein
Spicy “Bean” Dip <227 cal  <215 mg P  <462 mg K  <75 mg Na  10.2 Gm protein
  2 T  <29 cal  <27 mg P  <58 mg K  <10 mg Na  1.3 Gm protein

1 C low-Na canned garbanzos*
1 tsp minced onion
1 tsp minced fresh garlic
1 tsp lime juice
½ tsp lo-Na hot sauce
“Smidgen” of salt if allowed – goes a long way

Rinse beans well & drain** then rinse again thoroughly
Place in saucepan in 5 C water & bring to boil
Turn down heat & simmer until beans are mushy
Drain, rinse again, puree, adding sm amt water & lime juice to make paste
Stir in onion, garlic
Add drop or two of hot sauce (more if desired but be careful!) & mix well
Makes approx 1 C or 8 svgs

Can be frozen then thawed in refrigerator, stir very well when serving
  *La Preferida®
**May soak in warm water 1st for about 2 hrs, rinse again before boiling
Spicy “Cheese”* Dip  92 cal  20.4 mg P  22.6 mg K  262.6 mg Na  0.5 Gm protein

1 C non-dairy “cheddar” shreds
¼ tsp more or less lo-Na hot sauce

Microwave “cheese” a few sec to melt, stir in hot sauce

*Daiya, Follow Your Heart®, Go Veggie® work well, values above include Daiya
Sweet & Sour “Sauce”  <44 cal  7 mg P  <95 mg K  <1 mg Na  0.5 Gm protein
2 T  11 cal  3.5 mg P  <48 mg K  scant Na  0.25 Gm protein

8 T fresh pineapple chunks
1 tsp orange zest
1 T water

Puree ingredients in blender, adding more water only if needed
Vinegar Spritz For Salad  35 cal  1.5 mg P  40.3 mg K  3.9 mg Na

1 T maple sugar*
½ -1 T apple cider vinegar
Dash black pepper

Sprinkle maple sugar over salad
Drizzle vinegar
Sprinkle pepper
Toss well

*if approved by care team
According to the NIH, phosphorus in animal-based food is more readily absorbed than phosphorus in plant-based food. Therefore some renal experts advise their patients to eat less meat and more plant based meals while others may encourage following a vegetarian diet which can include fish, eggs, and dairy, though even non-vegetarian renal patients still may need to limit these. A vegan diet is plant-sourced only, no gelatin, no eggs, no dairy, no fish, no honey, no flour bleached with bone char, etc. Vegan alternatives to non-vegan ingredients appear in Substitutions.

Non-vegetarians and some in the medical community might ask if vegan meals offer enough protein. Nephron.org states the pre-dialysis protein limit for a 150-pound man as 37-41 grams a day. Since the more amino acid waste to be removed, the harder the kidneys need to work, some nephrologists may have a patient limit protein to 35 grams daily. So protein requirements can vary depending on type of kidney disease.

Amino acids are building blocks of protein. Approximately 20 amino acids can form protein but there are nine essential ones people don’t produce on their own. A protein must contain all nine of those amino acids in nearly equal amounts to be complete.

Combinations of plant-based foods in a single meal can yield the correct amino acid chains for complete proteins but this is currently considered unnecessary if appropriate foods are taken within the day – not every amino acid must be in every bite, there only needs to be a sufficient amount of each amino acid consumed daily. In fact, some dietitians say that plant-based diets contain such a wide variety of amino acids that vegetarians and vegans usually can get all the “right” proteins in daily meals. But protein supplements are available if needed, B12 as well.

Some also express concern that a vegetarian or vegan diet could cause kidney stones since many plants contain oxalic acid, a normal product of human metabolism already. Yet at least two fairly well-known epidemiological studies indicate that vegetarians are at lower risk for developing stones. In addition, just as it leaches potassium, sodium, and phosphorus, soaking and cooking high oxalate foods may help.
Bean Soup  <142 cal  <82 mg P  <276 mg K  <273 mg Na  4.6 Gm protein

¼ C canned no Na cut grn bns
¼ C canned cut wax bns
¼ C low-Na garbanzos*
1 T diced onion
1 tsp minced fresh garlic
1 C broth recipe
1 tsp cornstarch dissolved in ¼ C water**
Dash pepper
Pinch salt (if allowed)

Rinse beans well, drain***
Mash 2 T garbanzos, set aside
Sauté onion & garlic in saucepan in sm amt broth
Add remaining vegetable broth, bring to boil
Stir in beans except for mashed garbanzos set aside
Turn down heat and simmer until garbanzos are tender
Stir mashed garbanzos into cornstarch water if thickening needed
Add cornstarch/mashed garbanzo mixture (or just mashed garbanzos)
Bring back to boil, stirring constantly until slightly thicker

*La Preferida®
**Can omit cornstarch & use mashed garbanzos if soup thick enough on its own
***Can boil all beans separately 1st in 5x water ea then drain again
Broth <155 cal  <48 mg P  <249 mg K  <111 mg Na  1.9 Gm protein
1 C  <31 cal  12 mg P  <125 mg K  <28 mg Na  <0.5 Gm protein

4 C water
¼ C chopped green onion
3 cloves garlic, mashed
1 tsp celery seed
1 T minced carrot
1 sm crumbled bay leaf
1 tsp EVOO
1 tsp dried parsley *
1 tsp lemon juice or lemon zest
Dash table salt

Heat oil in heavy saucepan, sauté onions on med
Add garlic & carrot shreds
Add water, celery seed, bay leaves, bring to a boil
Reduce heat, let simmer uncovered 10-15 min
Add lemon, parsley, salt, simmer 10-15 min more
Let cool then strain into container
Makes almost 4 C soup base or sauté liquid

Can store covered in fridge or can freeze
*Some experts say parsley is beneficial, others say it is not, check w/care team
SOUPS

- 505.9 cal  543.8 mg P  <1668 mg K  189 mg Na (<0.2 Gm)  41.8 Gm protein
- 1 svg  <168.6 cal  <181.2 mg P  556 mg K*  63 mg Na  13.9 Gm protein

1 can kidney beans (1¾ C)
1 C water
1 C broth
2 T chopped onion
½ T minced garlic
1 ½ T 0 added Na tomato paste
½ tsp cumin
½-1 tsp hot pepper sauce***
Pinch salt if allowed
2 T cooked lentils

Rinse beans well, optional to soak 2 hrs in 7 C water, drain, rinse again
Optional to simmer in 7 C water about ½ hr, drain, rinse
Place beans & 1 C water in lg bowl, microboil ca 10 min if not pre-boiled
Add garlic & onion, microboil few min more
Drain some of the water if needed then add broth & stir
Stir in tomato paste, microboil 10 min more to reduce liquid
Add cumin & hot pepper sauce, mix well, microboil ca 10 min more
Stir in cooked lentils, mixing well
Let sit few min for flavors to develop

Makes 3 svgs less than 1 C ea

NIH daily recommendations, stages 1-3 CKD=800-1200 mg P, 1500-2700 mg K, 1500 mg Na
*37% @1500 mg allowance/day unless parboiled, watch K content in other meals
**USDA values, store brands may vary so check labels and/or ask manufacturer
***may sub jalapenos, change nutritional totals accordingly
****USDA values for P, other values per manufacturer
Very Mild Veggie Soup <94 cal  <161 mg P  <383 mg K  <190mg Na  <3.8 Gm protein
½ C  <47cal  <81mg P  <192 mg K  <95 mg Na  <1.9 Gm protein

2 T no-Na added canned grn bns*
1 T frozen corn*
1 T frozen green peas*
1 T canned diced potatoes
1 C broth recipe
Water
2 T tomato paste
Dash pepper
Dash salt
1 or 2 drops lemon juice or apple cider vinegar
1 drop lo-Na hot sauce **

Rinse veggies separately, drain
Optional to soak in separate containers of 10 T water ea for 2 hrs***
Drain, rinse, chop grn bns (no need to soak 1st)
Bring 1/3 C water to boil in saucepan*
Add potatoes, boil few min, optional to drain, discard water, rinse again***
Repeat w/corn (optional)
Repeat w/peas (optional)
Repeat w/grn bns(optional)
Bring broth to boil, add all veggies, simmer min or 2
Stir in tomato paste, mixing well, simmer min or 2 more
Remove from heat
Sprinkle pepper, stir in lemon or vinegar
   2 svgs

*Hy-Vee® brand
** Na content varies w/brand
***Pre-soaking & pre-boiling may reduce values above up to 41%
Recipes in this book call for unsweetened applesauce or maple sugar instead of refined white sugar or artificial sweeteners. Technically some maltodextrin sucralose brands aren’t vegan since they’ve been animal-tested. Some vegans use saccharin if it’s a brand which has not been tried on animals but some experts consider saccharin a carcinogen.

A better substitute for artificial sweeteners might be small amounts of real, raw maple sugar, which has slightly fewer calories per volume/measure than cane sugar. In quite a few recipes an even “safer” sugar is unsweetened applesauce, which also can replace eggs and/or oil in baking and give a small amount of body to thin soups.

<table>
<thead>
<tr>
<th>Sweetener</th>
<th>Calories</th>
<th>P (mg)</th>
<th>K (mg)</th>
<th>Na (mg)</th>
<th>Protein (mg)</th>
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<tr>
<td>1 tsp cane sugar</td>
<td>15.5 cal</td>
<td>0.1</td>
<td>negligible</td>
<td>negligible Na</td>
<td>negligible protein</td>
</tr>
<tr>
<td>1 T maltodextrin-sucralose</td>
<td>15.4 cal</td>
<td>negligible</td>
<td>P, K, Na, protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp maple sugar</td>
<td>10.6 cal</td>
<td>0.1</td>
<td>8.2</td>
<td>0.3</td>
<td>negligible protein</td>
</tr>
<tr>
<td>1 packet saccharin</td>
<td>4 cal</td>
<td>negligible</td>
<td>P</td>
<td>negligible K</td>
<td>4.3</td>
</tr>
<tr>
<td>1 tsp <em>unpacked</em> brown sugar</td>
<td>11.4 cal</td>
<td>0.1</td>
<td>4</td>
<td>0.8</td>
<td>negligible protein</td>
</tr>
<tr>
<td>1 tsp unsweetened applesauce</td>
<td>2.1 cal</td>
<td>0.5</td>
<td>&lt;7.6</td>
<td>0.2</td>
<td>negligible protein</td>
</tr>
<tr>
<td>1 T unsweetened applesauce</td>
<td>7.5 cal</td>
<td>0.75</td>
<td>11.3</td>
<td>0.3</td>
<td>negligible protein</td>
</tr>
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</table>

Any sucrose (sugar) or sweetener (particularly stevia since it can be hard for the kidneys to process) should be used only if the care team approves.

Just as not all sweeteners/sugars are the same, not all flours and thickeners are the same:

<table>
<thead>
<tr>
<th>Sweetener</th>
<th>Calories</th>
<th>P (mg)</th>
<th>K (mg)</th>
<th>Na (mg)</th>
<th>Protein (mg)</th>
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<tbody>
<tr>
<td>1 tsp arrowroot “flour”</td>
<td>&lt;10 cal</td>
<td>negligible</td>
<td>P, K, Na</td>
<td>protein</td>
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<tr>
<td>1 tsp cornstarch</td>
<td>30.5 cal</td>
<td>4</td>
<td>0.23</td>
<td>0.7</td>
<td>Na</td>
</tr>
<tr>
<td>1 tsp bleached wheat flour</td>
<td>&lt;10 cal</td>
<td>&lt;3</td>
<td>&lt;2.8</td>
<td>negligible Na</td>
<td>&lt;0.3 Gm protein</td>
</tr>
<tr>
<td>1 tsp unbleached flour</td>
<td>&lt;10 cal</td>
<td>&lt;3</td>
<td>&lt;2.8</td>
<td>negligible K</td>
<td>negligible Na</td>
</tr>
</tbody>
</table>

Please note the word “occasional” in the title of this section
Apple Crisp  300 cal   78 mg P   216 mg K   <4.6 mg Na   5.6 Gm protein
   1 svg   75 cal   <20 mg P   54 mg K   1.1 mg Na   1.4 Gm protein

Filling  <180 cal   26 mg P   <125 mg K   2.6 mg Na   0.4 Gm protein
1 C peeled/diced apples*
½ tsp ginger
1 T maple sugar**
1 T cornstarch dissolved in ¼ C water
    Mix all ingredients in bowl, toss well
    Spread evenly in sm casserole dish, set aside

Topping  <120 cal   <52 mg P   <91 mg K   <2 mg Na   1.6 Gm protein
        4 T dry oatmeal
        1 T maple sugar**
        ¼ tsp cinnamon
        1 tsp orange zest
        1 T EVOO
    Mix dry ingredients in sm bowl
    Add orange zest then drizzle in EVOO til mixture resembles small peas
    Spread evenly over fruit mixture
    Bake 10-15 min @ 400 or until bubbly
    4 **very small** but delicious svgs

*or 1 C peeled/diced Bartlett pear
**if approved by care provider
Cinnamon Apple 124.6 26.4 mg P 192.2 mg K 4.2 mg Na <1.3 Gm protein

¼ C diced raw apple
1 tsp cinnamon
1 T maple sugar
    Stir ingredients in sm microwaveable dish
    Microwave until apple pieces are soft, about 1 min
Cornmeal “Cookies” <650cal  <185 mg P  <556 mg K  3-98.8 mg Na
1 cookie  <108 cal  <31 mg P  <93 mg K  0.5-16.4 mg Na

1 C yellow corn meal
Very small pinch salt if allowed by renal care provider
¼ C maple sugar if allowed
2 T unsweetened applesauce

Combine ingredients
Drop by tablespoonfuls into well-oiled hot skillet
Brown 1 side, turn & brown other side
Drain on paper towels
Makes 6 crunchy, lightly sweet treats

A sprinkle of cinnamon adds a sm amt to above totals
**EZ Kettle Corn**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Calories</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Carbs</th>
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</thead>
<tbody>
<tr>
<td>2-2 ½ T EVOO or corn oil</td>
<td>&lt;488</td>
<td>&lt;388</td>
<td>&lt;128</td>
<td>&lt;4</td>
</tr>
<tr>
<td>2 T maple sugar</td>
<td>&lt;123</td>
<td>&lt;28.8</td>
<td>&lt;31.8</td>
<td>&lt;0.1</td>
</tr>
<tr>
<td>¼ - ½ tsp salt</td>
<td>&lt;123</td>
<td>&lt;28.8</td>
<td>&lt;31.8</td>
<td>&lt;0.1</td>
</tr>
<tr>
<td>1/3 C popcorn kernels</td>
<td>124</td>
<td>114.4</td>
<td>105.2</td>
<td>4</td>
</tr>
</tbody>
</table>

Mix oil, sugar, salt in microwave popper
Microwave 9 sec or less, stir
Add kernels & stir well to coat then spread kernels out over bottom of popper
Place vented lid on popper, microwave 3 min or less – not all kernels will pop
Remove vented lid, microwave 3 min (not all kernels will pop)
Remove lid & pour popcorn into lg bowl or container, shake or stir to finish mixing
Enjoy!

*Check w/ care team before using salt/sugar*
**Frozen Pops**  
<719 cal  <30 mg P  394 mg K  <131 mg Na  
¼ C  <90cal  <4 mg P  <50 mg K  <17 mg Na

1 pack unsweetened drinkade powder (NOT sugar free)  
1 C maple sugar*  
4-6 C water according to desired flavor intensity

Mix together, pour into ¼ C containers  
Freeze until slushy then insert wooden or plastic spoon  
Freeze until solid

*use only with care provider approval
**Fruit “Sherbet” Slush**  
<288 cal  <90 mg P  <687 mg K  <561 mg Na  5 Gm protein  
Per svg  <72 cal  <23 mg P  <172 mg K  <141 mg Na  1.2 Gm protein

3 C unsweetened almond milk  
¼ C maple sugar*  
1 tsp vanilla  
½ C blueberries**

Mix ingredients together, stirring very well  
Pour into 4 containers  
Freeze until semi-solid, stirring 2 or 3 times more during freezing process  
Thaw til mushy then stir well again before serving  
Approx 4 sm tasty treats

*with care provider approval  
**Can sub ½ C pineapple, see values in Sweet And Sour Sauce  
May sub other fruit or 1 T chopped pecans or walnuts but raises nutrient values
Phyllo Yummies  Total nutritional values depend on fillings

2 pre-baked* phyllo mini shells  30 cal  21 mg P**  6 mg K  20 mg Na  1 Gm protein

Fill w/any of the following (or get creative,) add to total values
2 T Blueberry Dip  <66 cal  <7 mg P  <39 mg K  95 mg Na  0.5 Gm protein
2 T Cranberry Relish  <22 cal  <6 mg P  <23 mg K  0.5 mg Na
1 T Onion Dip  <46 cal  13 mg P  9 mg K  <18 mg Na
2 T Spicy “Bean” Dip  <29 cal  <27 mg P  <58 mg K  <10 mg Na  1.3 Gm protein

*If using frozen, defrost about 10 min, pre-bake few min
Fill & enjoy

**Values not on pkg, 21 mg P is USDA figure for similar product
Savory or Sweet Popcorn  30.6 cal  24 mg P  <25 mg K  1.3 mg Na  1 Gm protein

White popcorn kernels
Air popper or microwave popper requiring no oil

Pop according to popper directions
Drizzle very sm amts EVOO or lemon & toss  (add to values above)
or sprinkle basil, cinnamon, curry powder, nutritional yeast, oregano, paprika,
parsley, sesame oil, or sweetener/sugar (if approved by care team,) add to totals
Thin Maple Bark  622 cal  147 mg P  249 mg K  331 mg Na  8.8 Gm protein
1 lg pc  52 cal  12.2 mg P  20.7 mg K  27.5 mg Na  0.7 Gm protein

1 tsp instant yeast
¾ C warm water
4 T non-dairy spread
½ C flour
¾ C maple sugar*

Put warm water in sm bowl, stir in yeast, set aside
Mix together spread & flour
Stir in yeast and water until well blended
Chill 1 hr

Place sugar in sm bowl
Form 12 sm balls of dough, roll in sugar
Place dough balls in shallow pan, chill 30 min more

Preheat oven to 350-375
Spray cookie sheets w/vegan non-stick spray or use parchment paper
Prepare work surface & hands w/flour & sugar
Press ea dough ball flat on work surface, turn over & press again
Repeat until very thin
Pick up ea paper-thin pc w/ spatula (some will stick or tear)
Place on cookie sheet, let rest a few sec
Bake 8-12 min, depending on thickness, or until golden to light brown
Refrigerate in sealed container when cool if they last that long!
   Makes approx 1 doz thin “barks” well worth the time & trouble

*Check w/care team before using
Yeast Maple Rounds 1695 cal  366 mg P  617 mg K  686.7 mg Na  28.5 mg protein
1 round  70.6 cal  15.2 mg P  25.7 mg K  28.6 mg Na  1.1 Gm protein

1 tsp instant yeast
¼ C warm water
½ C vegan spread
¾ C maple sugar*
1 tsp vanilla
2 C flour
2 T unsweetened almond milk**

Preheat oven to 350-325
Dissolve yeast in warm water
Line cookie sheets w/parchment paper
Cream spread & sugar together, add vanilla
Add flour & stir in yeast then mix by hand to form “crumbs”
Mix in alm milk to form lg ball of dough
Pinch off pcs of dough, roll into balls
Flatten with floured bottom of a glass
Bake 10-12 min or until golden
Makes about 24 lightly sweet rounds

*=6 T maple syrup, use 1 ½ T alm mlk, check w/care team before using syrup or sugar
ABBREVIATIONS

Alm mlk=almond milk
Approx=approximate (ly)
@=at
C=cup
Cal=calories
Chppd=chopped
CKD=chronic kidney disease
EVOO=extra virgin olive oil
Gm=gram
Grn bns=green beans
Gtts=drops
K=potassium
Lb=pound
Lo=low
Med=medium
Min=minutes
Mini=special miniature pepper
Mg=milligram
Na=sodium
NIH-National institutes Of Health
Oz=ounce(s)
P=phosphorus
Pak=pack
Pc=piece
Pkg=package
Sec(s)=second(s)
Svg(s)=serving(s)
Sm=small
Sub=substitute
T=tablespoon
Tsp=teaspoon
USDA=United States Department Of Agriculture
Veg, Veggies=vegetable(s)
Wt=weight
>=greater than
<=less than W/=with
According to kitchen supply manufacturers, a “dash” of salt is $1/8$ tsp while a “pinch” is $\frac{1}{2}$ dash or $1/16$ tsp and a “smidgen” is half that or $1/32$ tsp.

1 tsp=60 drops (gtts)
3 tsp=1 T or $\frac{1}{2}$ fluid oz
4 T= $\frac{1}{4}$ C or 3 fluid oz or 90 milliliters (ml)
8 T= $\frac{1}{2}$ C
16 T= 1C or 8 fluid oz or $\frac{1}{2}$ pint
1 C butter or spread=227 grams
1 C dry ingredients (not flour)=8 oz or 128 grams
1 C all-purpose flour=128 grams
1 C white sugar=201 grams
1 C syrup=340 grams
1000 milligrams=1 gram
$\frac{1}{2}$ C raw sliced or chopped mushrooms =roughly $\frac{1}{4}$ C cooked
91 SUBSTITUTIONS

Cornstarch:
1 tsp arrowroot flour in water = ½ T cornstarch (not for “cream” sauces)

Egg:
¼ C unsweetened applesauce
OR 1 T cornstarch whisked w/3 T warm water 91.5 cal 12 mg P 1.4 mg K 2.1 mg Na
OR ¼ C silken tofu blended until smooth

Hy-Vee® store brands are among preferred recipe ingredients but other brands can be used – check labels and/or contact manufacturers for nutrient values

Maple Sugar:
Use half the amt of maple syrup per amt sugar

Mushrooms:
For 2 med white mushrooms 8 cal 31 mg P 114.4 mg K 1.8 mg Na
1 T drained canned mushrooms 8.5 cal <51 mg P <51 mg K 7.5 mg Na 1.4 Gm protein (Hy-Vee® 0-Na added stems and pieces)

Oil:
Equal amt applesauce also replaces oil in baking, also adds a little body to liquids

Salt:
Few drops of vinegar or lemon juice can help w/flavor

Wheat Flour:
1 tsp arrowroot in water to thicken=1 T wheat flour (not for “cream” sauces)

Yeast:
1 packet instant yeast=1 packet active dry yeast
**NUTRIENT VALUES**  USDA figures unless otherwise noted

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>P</th>
<th>K</th>
<th>Na</th>
<th>Protein</th>
</tr>
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<tbody>
<tr>
<td>1 tsp maple sugar</td>
<td>10.6</td>
<td>0.1</td>
<td>8.2</td>
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<td></td>
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<tr>
<td>1/2 T maple sugar</td>
<td>15.9</td>
<td>0.15</td>
<td>&lt;5.5</td>
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<tr>
<td>1 tsp unpacked brown sugar</td>
<td>11.4</td>
<td>0.1</td>
<td>4</td>
<td>0.8</td>
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<tr>
<td>1 packet saccharin</td>
<td>4</td>
<td>4.3</td>
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<tr>
<td>1 T maltodextrin-sucralose</td>
<td>46.3</td>
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<tr>
<td>1 tsp cane sugar</td>
<td>15.5</td>
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<tr>
<td>1 tsp EVOO</td>
<td>40</td>
<td>0.1</td>
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<tr>
<td>1 tsp corn oil or EVOO</td>
<td>120</td>
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</tr>
<tr>
<td>1 tsp spread*</td>
<td>15.7</td>
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<tr>
<td>1/2 C Daiya mozzarella style shreds*</td>
<td>23</td>
<td>5</td>
<td>5</td>
<td>62.5</td>
<td>0.3</td>
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<tr>
<td>1 Daiya cheddar style slice*</td>
<td>60</td>
<td>20</td>
<td>15</td>
<td>180</td>
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<tr>
<td>1 provolone slice style slice*</td>
<td>60</td>
<td>2</td>
<td>4</td>
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<tr>
<td>1 T vegan “mayo”*</td>
<td>80</td>
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<tr>
<td>1 T crmy Italian (vegan) dressing*</td>
<td>54.5</td>
<td>2.2</td>
<td>4.5</td>
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<td>0.05</td>
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<tr>
<td>2 T Daiya ranch dressing</td>
<td>120</td>
<td>0</td>
<td>7</td>
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<td>2 T Daiya blue cheese dressing</td>
<td>120</td>
<td>3</td>
<td>250</td>
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<tr>
<td>1/2 C (4 T) unsweetened almond milk*</td>
<td>10</td>
<td>6.5</td>
<td>44</td>
<td>47</td>
<td>0.35</td>
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<tr>
<td>1 slice tofu (USDA values)</td>
<td>52</td>
<td>75.6</td>
<td>30.2</td>
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<td></td>
</tr>
<tr>
<td>1 slice extra firm tofu*</td>
<td>45-80</td>
<td>129</td>
<td>15-55</td>
<td>6-9</td>
<td></td>
</tr>
<tr>
<td>1 slice tofu plus organic tofu*</td>
<td>80</td>
<td>100</td>
<td>K</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 C broth recipe</td>
<td>&lt;30</td>
<td>6</td>
<td>&lt;63</td>
<td>&lt;14</td>
<td>&lt;0.3</td>
</tr>
<tr>
<td>1/2 C no-salt tomato sauce recipe</td>
<td>&lt;16</td>
<td>13</td>
<td>&lt;113</td>
<td>3.1</td>
<td>0.6</td>
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<tr>
<td>1 T homemade mustard</td>
<td>&lt;36</td>
<td>&lt;54</td>
<td>&lt;54</td>
<td>3.9</td>
<td>1.5</td>
</tr>
</tbody>
</table>

*Manufacturer or brand values
### NUTRIENT VALUES

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Potassium (mg)</th>
<th>Phosphorus (mg)</th>
<th>Sodium (mg)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 C yellow corn meal</td>
<td>480 cal</td>
<td>242 mg K</td>
<td>167 mg P</td>
<td>0 mg Na</td>
<td>5.7 Gm protein</td>
</tr>
<tr>
<td>½ C yellow cornmeal</td>
<td>294 cal</td>
<td>84 mg P</td>
<td>121 mg K</td>
<td>5.5 mg Na</td>
<td>6.4 Gm protein</td>
</tr>
<tr>
<td>1 T flour</td>
<td>57 cal</td>
<td>17 mg P</td>
<td>17 mg K</td>
<td>0.3 mg Na</td>
<td>1.6 Gm protein</td>
</tr>
<tr>
<td>½ C flour</td>
<td>228 cal</td>
<td>68 mg P</td>
<td>67 mg K</td>
<td>1.3 mg Na</td>
<td>6.4 Gm protein</td>
</tr>
<tr>
<td>1 C flour</td>
<td>455 cal</td>
<td>135 mg P</td>
<td>134 mg K</td>
<td>2.5 mg Na</td>
<td>12.9 Gm protein</td>
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<tr>
<td>1 tsp cornstarch</td>
<td>30.5 cal</td>
<td>4 mg P</td>
<td>0.23 mg K</td>
<td>0.7 mg Na</td>
<td>5.7 Gm protein</td>
</tr>
<tr>
<td>1 T cornstarch</td>
<td>91.5 cal</td>
<td>12 mg P</td>
<td>1.4 mg K</td>
<td>2.1 mg Na</td>
<td>12.9 Gm protein</td>
</tr>
<tr>
<td>1 tsp instant yeast</td>
<td>17.7 cal</td>
<td>77.5 mg P</td>
<td>120 mg K</td>
<td>3 mg Na</td>
<td>2.3 Gm protein</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Potassium (mg)</th>
<th>Phosphorus (mg)</th>
<th>Sodium (mg)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 T Hy-Vee® potato flakes</td>
<td>70 cal*</td>
<td>62.4 mg P (USDA value)</td>
<td>130 mg K*</td>
<td>15 mg Na*</td>
<td>2 Gm protein*</td>
</tr>
<tr>
<td>½ C canned diced potatoes</td>
<td>27 cal</td>
<td>25.1 mg P</td>
<td>&lt;53 mg K</td>
<td>&lt;40.5 Na</td>
<td>0.5 Gm protein</td>
</tr>
<tr>
<td>1 C canned potatoes</td>
<td>108 cal</td>
<td>100.4 mg P</td>
<td>213 mg K</td>
<td>&lt;162 mg Na</td>
<td>2 Gm protein</td>
</tr>
<tr>
<td>½ C cooked rice</td>
<td>&lt;52 cal</td>
<td>17 mg P</td>
<td>&lt;14 mg K</td>
<td>0.4 mg Na</td>
<td>1 Gm protein</td>
</tr>
<tr>
<td>1 C cooked rice</td>
<td>205 cal</td>
<td>68 mg P</td>
<td>55.3 mg K</td>
<td>1.6 mg Na</td>
<td>4.2 Gm protein</td>
</tr>
<tr>
<td>½ C cooked grits</td>
<td>71.5 cal</td>
<td>13.3 mg P</td>
<td>25.4 mg K</td>
<td>3.4 mg Na</td>
<td>1.7 Gm protein</td>
</tr>
<tr>
<td>1 ½ C cooked angel hair pasta*</td>
<td>221 cal</td>
<td>81.2 mg P</td>
<td>61.6 mg K</td>
<td>1.4 mg Na</td>
<td>8.1 Gm protein</td>
</tr>
<tr>
<td>2 C cooked spaghetti</td>
<td>est values</td>
<td>441 cal</td>
<td>162 mg P</td>
<td>123 mg K</td>
<td>2.8 mg Na</td>
</tr>
<tr>
<td>2 pcs oven-ready Hy-Vee® lasagna noodles*</td>
<td>133 cal</td>
<td>71 mg P</td>
<td>83 mg K</td>
<td>1.3 Gm protein</td>
<td></td>
</tr>
<tr>
<td>1 C cooked elbow macaroni</td>
<td>221 cal</td>
<td>81.2 mg P</td>
<td>61.6 mg K</td>
<td>1.4 mg Na</td>
<td>8.1 Gm protein</td>
</tr>
<tr>
<td>1 C Hy-Vee® cooked 0-egg, 0-dairy noodles*</td>
<td>200 cal</td>
<td>108 mg P</td>
<td>127 mg K</td>
<td>7 Gm protein</td>
<td></td>
</tr>
<tr>
<td>2 pre-baked phyllo mini shells</td>
<td>30 cal</td>
<td>21 mg P**</td>
<td>6 mg K*</td>
<td>20 mg Na</td>
<td>1 Gm protein</td>
</tr>
<tr>
<td>2 sl lo-cal/lo-carb vegan white bread***</td>
<td>70 cal</td>
<td>38 mg P</td>
<td>35 mg K</td>
<td>130 mg Na</td>
<td>4 Gm protein</td>
</tr>
<tr>
<td>3 small yellow corn taco shells****</td>
<td>120 cal</td>
<td>&lt;49 mg P</td>
<td>36 mg K</td>
<td>0 mg Na</td>
<td>0 Gm protein</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Potassium (mg)</th>
<th>Phosphorus (mg)</th>
<th>Sodium (mg)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ C no added Na canned corn*</td>
<td>35 cal</td>
<td>32.6 mg P</td>
<td>70 mg K</td>
<td>&lt;5 mg Na</td>
<td>1 Gm protein</td>
</tr>
<tr>
<td>1 T frozen corn</td>
<td>12.3 cal</td>
<td>9.8 mg P</td>
<td>30 mg K</td>
<td>0.4 mg Na</td>
<td>0.4 Gm protein</td>
</tr>
<tr>
<td>1 T frozen corn microwaved</td>
<td>19 cal</td>
<td>14 mg P</td>
<td>25.7 K</td>
<td>0.6 mg Na</td>
<td>0.5 Gm protein</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Potassium (mg)</th>
<th>Phosphorus (mg)</th>
<th>Sodium (mg)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 sm white mushroom</td>
<td>2.1 cal</td>
<td>8.6 mg P</td>
<td>31.8 mg K</td>
<td>0.5 mg Na</td>
<td>0.3 gm protein</td>
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<tr>
<td>1 med white mushroom, sliced</td>
<td>4 cal</td>
<td>15.5 mg P</td>
<td>57.2 mg K</td>
<td>0.9 mg Na</td>
<td>0.6 Gm protein</td>
</tr>
<tr>
<td>2 med white mushrooms</td>
<td>8 cal</td>
<td>31 mg P</td>
<td>114.4 mg K</td>
<td>1.8 mg Na</td>
<td>2.3 Gm protein</td>
</tr>
<tr>
<td>1 can Hy-Vee® 0- Na added mshrms</td>
<td>68 cal</td>
<td>206 mg P</td>
<td>402 mg K</td>
<td>60 mg*</td>
<td>5.8 Gm protein</td>
</tr>
</tbody>
</table>

*Manufacturer or brand values

**potassium content not on pkg, value listed above from USDA for similar product

***Healthy Life®brand

***regional manufacturer located in Gladstone, MO, available @ Hy-Vee
<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>mg P</th>
<th>mg K</th>
<th>mg Na</th>
<th>Gm Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ T chopped pecans</td>
<td>24</td>
<td>9</td>
<td>14</td>
<td>0.3</td>
<td>0.6</td>
</tr>
<tr>
<td>9 halves</td>
<td>92</td>
<td>37</td>
<td>55</td>
<td>1.2</td>
<td>2.1</td>
</tr>
<tr>
<td>10 pine nuts</td>
<td>6.3</td>
<td>0.4</td>
<td>0.7</td>
<td>0.1</td>
<td>0.2</td>
</tr>
<tr>
<td>1 T (1 oz) walnuts</td>
<td>92.5</td>
<td>97.8</td>
<td>62.5</td>
<td>0.3</td>
<td>1.6</td>
</tr>
<tr>
<td>¼ C bean sprouts</td>
<td>7.8</td>
<td>14.5</td>
<td>38.7</td>
<td>1.2</td>
<td>0.8</td>
</tr>
<tr>
<td>¼ C bamboo shoots</td>
<td>4.7</td>
<td>6.2</td>
<td>20</td>
<td>0.6</td>
<td>0.8</td>
</tr>
<tr>
<td>¼ C no-Na added canned green beans*</td>
<td>7.8</td>
<td>14.5</td>
<td>38.7</td>
<td>&lt;8</td>
<td>0.5</td>
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<tr>
<td>¼ C canned cut wax beans*</td>
<td>8</td>
<td>6.5</td>
<td>27</td>
<td>&lt;120</td>
<td>1</td>
</tr>
<tr>
<td>¼ C no added Na chickpeas**</td>
<td>55</td>
<td>52</td>
<td>110</td>
<td>5</td>
<td>2.5</td>
</tr>
<tr>
<td>1 T frozen green peas</td>
<td>6</td>
<td>6.9</td>
<td>12.8</td>
<td>0.4</td>
<td>0.6</td>
</tr>
<tr>
<td>¼ C no added Na canned peas*</td>
<td>30</td>
<td>14.2</td>
<td>50</td>
<td>&lt;6</td>
<td>0.8</td>
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<tr>
<td>½ C frozen cooked snow peas, no Na</td>
<td>30.2</td>
<td>36.7</td>
<td>138</td>
<td>2.9</td>
<td>2</td>
</tr>
<tr>
<td>1 C shredded cabbage</td>
<td>17.5</td>
<td>18.2</td>
<td>119</td>
<td>12.6</td>
<td>0.9</td>
</tr>
<tr>
<td>¼ C frozen cauliflower</td>
<td>17</td>
<td>21.6</td>
<td>125</td>
<td>18</td>
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<tr>
<td>¼ C chopped zucchini</td>
<td>7.2</td>
<td>18</td>
<td>114</td>
<td>1.4</td>
<td>0.3 (after cooking)</td>
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<tr>
<td>1 small radish, sliced</td>
<td>0.7</td>
<td>0.9</td>
<td>10.5</td>
<td>1.8</td>
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<tr>
<td>3 peeled cucumber slices</td>
<td>3.9</td>
<td>6.3</td>
<td>38.2</td>
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<tr>
<td>Sprinkle of carrot shreds</td>
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<td>2.4</td>
<td>22</td>
<td>4.7</td>
<td>0.06</td>
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<tr>
<td>¼ C torn leaf lettuce</td>
<td>4</td>
<td>7.8</td>
<td>52</td>
<td>7.4</td>
<td>0.3</td>
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<tr>
<td>1 C torn leaf lettuce</td>
<td>5.4</td>
<td>10.4</td>
<td>69.8</td>
<td>10.1</td>
<td>0.5</td>
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<tr>
<td>½ T chopped onion</td>
<td>2</td>
<td>1.5</td>
<td>7.3</td>
<td>0.2</td>
<td></td>
</tr>
<tr>
<td>1 T diced onion</td>
<td>4</td>
<td>2.9</td>
<td>14.6</td>
<td>0.4</td>
<td>0.1</td>
</tr>
<tr>
<td>1 T chopped bell pepper</td>
<td>3</td>
<td>2.4</td>
<td>19.6</td>
<td>0.4</td>
<td>0.1</td>
</tr>
<tr>
<td>1 small red or green pepper</td>
<td>22.9</td>
<td>19.2</td>
<td>156</td>
<td>3</td>
<td>0.7</td>
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<tr>
<td>1 mini pepper</td>
<td>8.7</td>
<td>10</td>
<td>59</td>
<td>1.1</td>
<td>0.3</td>
</tr>
<tr>
<td>1 T water-pak diced canned pimientos</td>
<td>3</td>
<td>2.4</td>
<td>19.6</td>
<td>0.4</td>
<td>0.1</td>
</tr>
<tr>
<td>1 T diced jalapeno</td>
<td>4</td>
<td>3.6</td>
<td>34.7</td>
<td>0.4</td>
<td>0.1</td>
</tr>
</tbody>
</table>

*Manufacturer or brand values **La Preferida® brand
**Herbs & Spices:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>Magnesium (mg)</th>
<th>Potassium (mg)</th>
<th>Sodium (mg)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very small pinch salt if allowed by renal care provider</td>
<td>96 Na</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dash black pepper</td>
<td>negligible cal, minerals, protein</td>
<td>0.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp black pepper</td>
<td>5.1 cal</td>
<td>3.5 P</td>
<td>25.2 K</td>
<td>0.9 Na</td>
<td>0.4 Gp</td>
</tr>
<tr>
<td>1 tsp cumin</td>
<td>8 cal</td>
<td>10.5 P</td>
<td>37.5 K</td>
<td>3.5 Na</td>
<td>0.4 Gp</td>
</tr>
<tr>
<td>½ T chopped parsley</td>
<td>0 cal</td>
<td>0 P</td>
<td>7.8 K</td>
<td>0.5 Na</td>
<td>0 Gp</td>
</tr>
<tr>
<td>½ tsp packed fresh basil leaves</td>
<td>2.8 cal</td>
<td>6.8 P</td>
<td>35.4 K</td>
<td>0.4 Na</td>
<td>0.2 Gp</td>
</tr>
<tr>
<td>½ T curry powder</td>
<td>10 cal</td>
<td>10.9 P</td>
<td>48.2 K</td>
<td>1.6 Na</td>
<td>0.4 Gp</td>
</tr>
<tr>
<td>1 T curry powder</td>
<td>20.3 cal</td>
<td>21.8 P</td>
<td>96.4 K</td>
<td>3.2 Na</td>
<td>0.8 Gp</td>
</tr>
<tr>
<td>1 tsp rosemary</td>
<td>4 cal</td>
<td>0.8 P</td>
<td>11.5 K</td>
<td>0.6 Na</td>
<td>0.1 Gp</td>
</tr>
<tr>
<td>1 tsp paprika</td>
<td>5.8 cal</td>
<td>6.9 P</td>
<td>46.9 K</td>
<td>0.7 Na</td>
<td>0.3 Gp</td>
</tr>
<tr>
<td>1 tsp oregano</td>
<td>5.4 cal</td>
<td>3.5 P</td>
<td>29.2 K</td>
<td>0.3 Na</td>
<td>0.2 Gp</td>
</tr>
<tr>
<td>1 tsp ground ginger</td>
<td>6.1 cal</td>
<td>2.6 P</td>
<td>23.5 K</td>
<td>0.6 Na</td>
<td>0.2 Gp</td>
</tr>
<tr>
<td>Pinch dill</td>
<td>1.5 cal</td>
<td>2.7 P</td>
<td>16.5 K</td>
<td>1 Na</td>
<td>0.1 Gp</td>
</tr>
<tr>
<td>Pinch celery seed</td>
<td>3.9 cal</td>
<td>5.5 P</td>
<td>14 K</td>
<td>1.6 Na</td>
<td>0.2 Gp</td>
</tr>
<tr>
<td>1 tsp minced fresh garlic</td>
<td>4.1 cal</td>
<td>4.2 P</td>
<td>11 K</td>
<td>0.4 Na</td>
<td>0.2 Gp</td>
</tr>
<tr>
<td>1 T minced garlic</td>
<td>12.3 cal</td>
<td>12.6 P</td>
<td>33 K</td>
<td>1.5 Na</td>
<td>0.6 Gp</td>
</tr>
<tr>
<td>1 T orange zest</td>
<td>5.8 cal</td>
<td>1.3 P</td>
<td>12.7 K</td>
<td>0.2 Na</td>
<td></td>
</tr>
<tr>
<td>1 tsp liquid smoke</td>
<td>0-0.3 cal</td>
<td>0 P</td>
<td>0-7.9-8-11 Na</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp ground nutmeg</td>
<td>10.5 cal</td>
<td>4.3 P</td>
<td>7 K</td>
<td>0.3 Na</td>
<td>0.1 Gp</td>
</tr>
<tr>
<td>½ T meatless bacon bits</td>
<td>16.7 cal</td>
<td>7.6 P</td>
<td>5 K</td>
<td>62 Na</td>
<td>1.1 Gp</td>
</tr>
<tr>
<td>1 tsp hot Chinese mustard</td>
<td>23 cal</td>
<td>23.2 P</td>
<td>0.3 Na</td>
<td>0.6 Gp</td>
<td></td>
</tr>
<tr>
<td>1 T sesame oil (condiment, not for frying)</td>
<td>120-130 cal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 T nutritional yeast</td>
<td>20 cal</td>
<td>10 Na</td>
<td>2 Gp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ tsp hot sauce*</td>
<td>0.1 cal</td>
<td>0.2 P</td>
<td>1.3 K</td>
<td>6.3 Na</td>
<td>negligible Gp</td>
</tr>
<tr>
<td>¼ tsp hot sauce*</td>
<td>0.1 cal</td>
<td>0.1 P</td>
<td>1.4 K</td>
<td>26.4 Na</td>
<td>negligible Gp</td>
</tr>
<tr>
<td>1 tsp lemon juice</td>
<td>1 cal</td>
<td>0.4 P</td>
<td>5.1 K</td>
<td>1 Na</td>
<td></td>
</tr>
<tr>
<td>1 T lemon juice</td>
<td>3 cal</td>
<td>1.2 P</td>
<td>15.3 K</td>
<td>3 Na</td>
<td></td>
</tr>
<tr>
<td>1 tsp lime juice</td>
<td>1 cal</td>
<td>0.5 P</td>
<td>3.8 K</td>
<td>0.8 Na</td>
<td></td>
</tr>
<tr>
<td>½ T vinegar</td>
<td>3 cal</td>
<td>1.2 P</td>
<td>10.9 K</td>
<td>0.7 Na</td>
<td></td>
</tr>
</tbody>
</table>

*different brands*
More Herbs/Spices
Most are per 100 Gm (½ C or about 8 T) For 1 T, divide values by 8; for 1 tsp, divide by 24

<table>
<thead>
<tr>
<th>Herb</th>
<th>P (mg)</th>
<th>K (mg)</th>
<th>Na (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil (dried)</td>
<td>490</td>
<td>3433</td>
<td>34</td>
</tr>
<tr>
<td>Bay leaf</td>
<td>113</td>
<td>529</td>
<td>23</td>
</tr>
<tr>
<td>Black pepper</td>
<td>173</td>
<td>1259</td>
<td>44</td>
</tr>
<tr>
<td>Cayenne</td>
<td>293</td>
<td>2014</td>
<td>30</td>
</tr>
<tr>
<td>Celery seed</td>
<td>547</td>
<td>1400</td>
<td>160</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>64</td>
<td>431</td>
<td>10</td>
</tr>
<tr>
<td>Chili powder</td>
<td>303</td>
<td>1916</td>
<td>1010</td>
</tr>
<tr>
<td>Curry powder</td>
<td>349</td>
<td>1543</td>
<td>52</td>
</tr>
<tr>
<td>Dill (dried)</td>
<td>543</td>
<td>3308</td>
<td>208</td>
</tr>
<tr>
<td>Dill seed</td>
<td>277</td>
<td>1186</td>
<td>20</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>417</td>
<td>1101</td>
<td>26</td>
</tr>
<tr>
<td>Ginger (ground)</td>
<td>148</td>
<td>1343</td>
<td>32</td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>213</td>
<td>350</td>
<td>16</td>
</tr>
<tr>
<td>Onion powder</td>
<td>340</td>
<td>943</td>
<td>54</td>
</tr>
<tr>
<td>Oregano (dried)</td>
<td>200</td>
<td>1669</td>
<td>15</td>
</tr>
<tr>
<td>Paprika</td>
<td>345</td>
<td>2344</td>
<td>34</td>
</tr>
<tr>
<td>Parsley (dried)</td>
<td>351</td>
<td>3805</td>
<td>452</td>
</tr>
<tr>
<td>Peppermint (fresh)</td>
<td>73</td>
<td>569</td>
<td>31</td>
</tr>
<tr>
<td>Rosemary (dried)</td>
<td>70</td>
<td>955</td>
<td>50</td>
</tr>
<tr>
<td>Sage</td>
<td>91</td>
<td>1070</td>
<td>11</td>
</tr>
<tr>
<td>Spearmint (dried)</td>
<td>276</td>
<td>1924</td>
<td>344</td>
</tr>
<tr>
<td>Table salt (NaCl)</td>
<td>8</td>
<td>38758</td>
<td></td>
</tr>
<tr>
<td>Thyme (dried)</td>
<td>201</td>
<td>814</td>
<td>55</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>6</td>
<td>148</td>
<td>9</td>
</tr>
<tr>
<td>Vanilla extract, imitation, no alcohol</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vanilla extract, imitation, alcohol</td>
<td>22</td>
<td>98</td>
<td>4</td>
</tr>
<tr>
<td>1 tsp vanilla*</td>
<td>0.9</td>
<td>3.9</td>
<td>0.2</td>
</tr>
</tbody>
</table>

*Manufacturer or brand values
Contrary to popular belief, a diabetic diet is not necessarily a low-carb diet, nor should it be a high-protein or very low-fat meal plan. In fact, ADA recommends less emphasis on specific requirements for proteins, carbs, and fats, and more emphasis on following a whole foods approach that focuses on the quality of your diet.

USDA:

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Carbohydrate Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 C cooked Hy-Vee® angel hair pasta</td>
<td>21</td>
</tr>
<tr>
<td>1 C cooked Hy-Vee® vegan noodles</td>
<td>21</td>
</tr>
<tr>
<td>1 T meatless bacon bits</td>
<td>2</td>
</tr>
<tr>
<td>1 C bamboo shoots</td>
<td>2.3</td>
</tr>
<tr>
<td>5 leaves fresh basil</td>
<td>0.07</td>
</tr>
<tr>
<td>½ C kidney beans</td>
<td>21</td>
</tr>
<tr>
<td>½ C no-salt added green beans</td>
<td>3.3-4</td>
</tr>
<tr>
<td>2 T bread, Healthy Life®</td>
<td>8</td>
</tr>
<tr>
<td>1 C almond milk</td>
<td>1.3-4</td>
</tr>
<tr>
<td>½ C frozen blueberries</td>
<td>9.5</td>
</tr>
<tr>
<td>½ C raw cabbage</td>
<td>1.8</td>
</tr>
<tr>
<td>½ C cooked cabbage</td>
<td>4.1</td>
</tr>
<tr>
<td>½ C shredded raw carrot</td>
<td>6.1</td>
</tr>
<tr>
<td>½ C frozen cauliflower cooked</td>
<td>3.4-4</td>
</tr>
<tr>
<td>½ C chopped raw celery</td>
<td>1.5</td>
</tr>
<tr>
<td>½ C cooked white grits</td>
<td>18.9</td>
</tr>
<tr>
<td>¼ C shredded cheese substitute</td>
<td>6.7</td>
</tr>
<tr>
<td>Daiya, Follow Your Heart®, Go Veggie®</td>
<td>&lt;1-4</td>
</tr>
<tr>
<td>½ C garbanzo beans/chickpeas</td>
<td>16.2</td>
</tr>
<tr>
<td>1 C masa harina (corn flour)</td>
<td>87 (&lt; 2 T/svg=ca 10)</td>
</tr>
<tr>
<td>1 C yellow corn meal</td>
<td>124 (7.7/T)</td>
</tr>
<tr>
<td>¼ C no salt added canned corn</td>
<td>5-10-13</td>
</tr>
<tr>
<td>2 T cornstarch</td>
<td>14.6</td>
</tr>
<tr>
<td>1 C chopped raw cranberries</td>
<td>13</td>
</tr>
<tr>
<td>¼ C peeled cucumber slices</td>
<td>0.7</td>
</tr>
<tr>
<td>1 T Tofutti® sour cream</td>
<td>9</td>
</tr>
<tr>
<td>1 tsp active dry yeast</td>
<td>1.6</td>
</tr>
<tr>
<td>1T lemon juice</td>
<td>0.8</td>
</tr>
<tr>
<td>2 T cooked lentils</td>
<td>4.9</td>
</tr>
<tr>
<td>1 C lettuce</td>
<td>1.2-1.5</td>
</tr>
<tr>
<td>½ C cooked macaroni</td>
<td>18</td>
</tr>
<tr>
<td>1 T vegan buttery spread</td>
<td>0.28</td>
</tr>
<tr>
<td>1 T Follow Your Heart® “mayo”</td>
<td>0</td>
</tr>
</tbody>
</table>
USDA:

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Carbohydrate Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ C white mushroom slices</td>
<td>1.1</td>
</tr>
<tr>
<td>½ C pecans</td>
<td>8</td>
</tr>
<tr>
<td>½ C pine nuts</td>
<td>8</td>
</tr>
<tr>
<td>½ C chopped black walnuts</td>
<td>6</td>
</tr>
<tr>
<td>Corn oil</td>
<td>0</td>
</tr>
<tr>
<td>Olive oil</td>
<td>0</td>
</tr>
<tr>
<td>½ C chopped raw onion</td>
<td>7.5</td>
</tr>
<tr>
<td>1 T orange zest</td>
<td>1.5</td>
</tr>
<tr>
<td>½ C sliced fresh pear</td>
<td>10.2</td>
</tr>
<tr>
<td>½ C edible pod peas</td>
<td>3-5</td>
</tr>
<tr>
<td>½ C frozen green peas</td>
<td>9</td>
</tr>
<tr>
<td>1 T jalapenos</td>
<td>0.4</td>
</tr>
<tr>
<td>½ C sweet red pepper</td>
<td>5 (raw)-4 (sauteed)</td>
</tr>
<tr>
<td>1 T canned pimiento</td>
<td>0.6</td>
</tr>
<tr>
<td>½ C fresh pineapple</td>
<td>11</td>
</tr>
<tr>
<td>½ C no salt added canned potatoes</td>
<td>15</td>
</tr>
<tr>
<td>½ C mashed potatoes from dry flakes</td>
<td>15</td>
</tr>
<tr>
<td>1 C radish slices</td>
<td>4</td>
</tr>
<tr>
<td>½ C cooked white rice</td>
<td>23</td>
</tr>
<tr>
<td>1 tsp maple sugar</td>
<td>2.7</td>
</tr>
<tr>
<td>1 T no salt added tomato paste</td>
<td>3.5-6.3</td>
</tr>
<tr>
<td>¼ C no salt added tomato sauce</td>
<td>&lt;4</td>
</tr>
<tr>
<td>1 T apple cider vinegar</td>
<td>0.14</td>
</tr>
<tr>
<td>1 C unbleached white wheat flour</td>
<td>96</td>
</tr>
<tr>
<td>1T=6½ C Hy-Vee® unbleached flour</td>
<td>46</td>
</tr>
<tr>
<td>2 T unsweetened applesauce</td>
<td>8</td>
</tr>
<tr>
<td>1 sm yellow corn taco shell*</td>
<td>4</td>
</tr>
</tbody>
</table>

*mfg by regional co., brand avail @ Hy-Vee®*
American Heart Association
Adventist Health Studies
American Journal Of Clinical Nutrition
American Kidney Fund
Cleveland Clinic
Daiya Foods
FDA
Follow Your Heart®
Go Veggie®
Hy-Vee® Stores, Inc/Hy-Vee® brands
La Preferida®
Lewis Brothers Bakeries, Inc
Mayo Clinic Community Support Groups
National Kidney Foundation
NIH
nutritiondata.self.com
Tofutti® Brands, Inc
University of Chicago
USDA