



MODIFYING RECIPES TO BE KIDNEY FRIENDLY

It can be challenging to follow a new way of eating on a kidney diet. Although there are many cookbooks and internet resources with kidney--friendly recipes, many favorite recipes can be modified to make them more heart healthy and lower in sodium, potassium or phosphorus. Following the tips to reduce fats and sugars in your diet will also benefit heart healthy eating.

Baking

- In most cookie, muffin, loaf or cake recipes the salt can be decreased or left out. There is plenty of sodium in the baking soda or baking powder for it to work out fine.
- Decrease the amount of dried fruit, nuts or chocolate chips to 125 ml in a recipe to decrease the potassium and phosphorus content. Decreasing the coconut will also help.
- Use white flour or half white and half whole wheat flour to decrease the potassium and phosphorus content.
- Choose lower potassium fruits in muffins, pies and fruit crisps such as blueberries, rhubarb, apples, cranberries, and lemon.
- Add 60 ml of ground flax to muffin or loaf recipes to increase the fibre and the omega 3 fatty acid content.

If you are also following a heart health and/or diabetic diet:

- Add lower fat dairy products such as 1% or skim milk and yogurt to decrease the fat content in muffins and cakes.
- A healthier oil such as canola oil can be substituted for butter or margarine in muffin or loaf recipes.
- You can add half the amount of oil and replace with unsweetened applesauce to cut the fat content in muffin, loaf and cake recipes.
- Non-hydrogenated margarine can be substituted for butter in most recipes.
- Cut the amount of sugar by one third to one half to reduce calories. For people with diabetes, use Splenda™ as directed on the package.

Main Dishes

- Avoid using bok choy and only use small amounts of higher potassium vegetables such as mushrooms or canned bamboo shoots. Instead, add more snow peas, sweet peppers or

cabbage in your stir fry.

- Avoid using regular soy sauce; avoid or limit low sodium soy sauce to small amounts in stir fries. Limit the amount of other high sodium sauces such as fish, oyster, teriyaki or sweet and sour sauces. Or better yet, use vinegar, fruit juices, ginger or a little sesame oil for big flavour.
- Avoid casseroles that call for multiple cans of canned soups as they are likely a high sodium and/or fat choice. You can choose lower sodium soups if they do not contain added potassium chloride.
- Avoid using onion soup, ranch, taco, stir fry or other packaged seasoning mixes. They tend to be very high in sodium.
- Choose no salt added seasonings such as Mrs. Dash™ or McCormicks No Salt Added™ to flavour your meat and poultry.
- Use only small amounts of lower sodium versions of condiments such as soy sauce, ketchup, barbeque sauce or bottled marinades and sauces.
- Double boil potatoes to remove potassium (one medium whole baked potato contains a whopping 926 mg of potassium – almost 1/3rd of the daily allowance for someone following a low potassium diet!). Peeling potatoes; followed by soaking or double boiling potatoes can reduce potassium by about half. Portion size remains important to consider as ½ cup soaked or double boiled potatoes will still contain ~200 mg potassium.

If you are also following a heart health and/or diabetic diet:

- Decrease the amount of added fats such as butter, margarine, oil or dairy products. You can also choose lower fat sour cream, milk or cheeses when called for.
- Choose lean cuts of meat or poultry such as skinless, boneless chicken breasts, eye round roast, top round steak, bottom round roast or top sirloin steak. Trim any added fat. Extra lean ground beef or ground chicken or turkey can also be substituted to reduce fat and calories.
- Bake, roast, broil, barbeque or braise meats and poultry so you do not add much fat.

Soups or Stews

- Use lower sodium or no salt added broths. You can also make your own broth (stock) by boiling leftover chicken or beef bones in water with spices, onions, carrots and celery. Do not add any extra salt.
- Look for canned tomatoes or tomato sauces with no added salt. If the recipe calls for a large amount of canned tomatoes reduce this amount to make the recipe lower in potassium. This goes for tomato paste as well. You may need to increase the amount of water or broth to achieve the same thickness.
- Choose leaner cuts of meat and cook them over a longer period of time (such as in slow

cooker) to make them tender.

- Avoid using higher potassium vegetables such as yams, sweet potatoes, parsnips, squash, okra or mushrooms. Add carrots, peas, celery, corn, green or yellow beans, onions and garlic instead.
- Reduce the amount of beans or lentils called for in a recipe to decrease the potassium and phosphorus content.
- Peel, cut and boil potatoes, carrots and broccoli in a separate pot of water to leach potassium before draining and adding to the soup or stew.

The material contained on this fact sheet does not constitute medical advice and is intended for informational purposes only. No one associated with The Kidney Foundation of Canada will answer medical questions via email. Please consult a health care professional for specific treatment recommendations.