

Eat Well, Live Well

Recipes for Diabetes, Kidney and Heart Health



Dear Reader,

All parts of your body work together to keep you healthy. Since they are all connected, some long-term health problems that affect one part of your body can affect other parts of your body as well.

Common health problems that can affect more than one part of your body include:



Diabetes



High blood pressure



Kidney disease



Heart disease

If I manage one long-term health problem, can it improve or prevent other related problems?

Yes! When you and your doctor take steps to improve one health problem, it can improve or even prevent others. Not only will you feel better, but you will also improve or prevent other problems along the way. We hope this cookbook inspires you to eat well and enjoy more healthy days. As always, talk to your dietitian about your specific dietary needs.

Bon appétit!

Your VillageHealth Care Team

VillageHealth is a proud sponsor of the American Diabetes Association®. VillageHealth and the American Diabetes Association (ADA) are pleased to provide you with this cookbook. This digital experience aims to help people who live with a chronic condition stay as healthy as possible.

*Consult your dietitian or physician for the specific diet that is right for you. Diet guidelines vary for each individual based on factors such as body size, nutritional status, blood test results and other factors. This cookbook is for informational purposes only and is not intended to be a substitute for medical advice.



Diabetes Food Hub®

How do these long-term health problems affect each other?

Diabetes raises your risk for kidney disease and heart disease. When you have high blood sugar, it:

- Damages blood vessels and nerves in your heart. This increases your risk for heart disease.
- Harms the small blood vessels in your kidneys. This stops them from cleaning your blood as they should.

Kidney disease adds stress to your heart. When kidneys stop working well:

- Extra toxins and fluid can build up and harm other organs.
- It puts extra stress on your heart. This makes it harder for it to move blood through your body.

High blood pressure (hypertension) causes kidney damage and a higher risk of heart disease. When you have high blood pressure, it damages blood vessels throughout your body which:

- Damages your kidneys. This can lead to kidney disease.
- Causes the heart to work harder. This can lead to heart disease.

Heart disease can lead to high blood pressure and kidney disease. When your heart struggles to pump enough blood for your body, it:

- Makes your heart pump harder to get your blood where it needs to go. This extra effort can raise your blood pressure.
- Harms your kidneys. This can lead to kidney disease.



Portions:
2



Serving Size:
1/2 bagel with toppings



Diet Types:
CKD Non-dialysis, Dialysis, Diabetes, Lower Protein, Vegetarian, Lower Sodium

Great Way to Start Your Day Bagel

Created by: **DaVita patient Gretchen**

Submitted by: **DaVita dietitian Arlene from California**

Ingredients

- 1 bagel, 2-ounce size
- 2 tablespoons cream cheese
- 2 tomato slices, 1/4-inch thick
- 2 red onion slices
- 1 teaspoon low-sodium lemon pepper seasoning

Preparation

1. Slice bagel and toast until golden brown.
2. Spread cream cheese over each bagel half. Place onion slice and tomato slice on top and sprinkle with lemon pepper.

Nutrients per serving

Calories: 134
Protein: 5 g
Carbohydrate: 19 g
Fat: 6 g
Cholesterol: 15 mg
Sodium: 219 mg
Potassium: 162 mg
Phosphorus: 50 mg
Calcium: 9 mg
Added Sugar: 0 g
Fiber: 1.6 g

Renal and renal diabetic food choices

1 starch
1/2 vegetable, medium-potassium
1 fat

Carbohydrate choices

1

Helpful hints

- For variety, try different types of bagels and flavored cream cheese.
- Some brands of lemon pepper contain salt. Check the ingredients and select a brand without salt.





Portions:
6



Serving Size:
1 wedge



Diet Types:
Dialysis, CKD Non-dialysis, Lower Carb,
Diabetes, Heart Healthy, Lower Sodium

Breakfast Quesadilla

As Seen on Diabetes Food Hub®



Ingredients

Nonstick cooking spray
1/4 cup canned green chiles
4 eggs (beaten)
1/4 teaspoon black pepper

Two 10-inch whole wheat flour tortillas
1-1/2 cups reduced fat cheddar cheese
4 slices turkey bacon (cooked crisp and crumbled)

Preparation

1. Coat a small skillet lightly with cooking spray.
2. Sauté green chiles over medium-low heat for 1 to 2 minutes. Add beaten eggs and cook, stirring, until scrambled and set. Season with pepper.
3. Coat a second, large skillet lightly with cooking spray. Place one tortilla in the skillet and cook over medium heat until air bubbles begin to form, about 1 minute. Flip tortilla over and cook for 1 minute more. (Don't let tortilla get crispy.)
4. Spread half the cheese evenly over the tortilla, covering to the edges.
5. Reduce heat to low. Quickly arrange half the cooked bacon and half the egg mixture over the cheese. Cook until the cheese starts to melt, about 1 minute.
6. Fold tortilla in half to create a half-moon shape. Flip folded tortilla over and cook until it is lightly toasted and the cheese filling is completely melted, 1 to 2 minutes.
7. Transfer quesadilla to a cutting board. Recoat the skillet with cooking spray, and repeat with the second tortilla and remaining cheese, bacon and egg mixture.
8. Cut quesadilla into 3 wedges and serve immediately with fresh salsa.

Nutrients per serving

Calories: 160
Protein: 14 g
Carbohydrate: 8 g
Fat: 10 g
Cholesterol: 140 mg
Sodium: 460 mg
Potassium: 135 mg
Phosphorus: 260 mg
Calcium: 340 mg
Added Sugar: 0 g
Fiber: 5 g

Renal and renal diabetic food choices

2 medium-fat meat
1/2 starch

Carbohydrate choices

1/2

Helpful hints

- Mexican blend, Monterey Jack or pepper jack can be substituted for the cheddar cheese.
- Look for turkey bacon with the lowest amount of sodium.



Portions:
1



Serving Size:
1 mug



Diet Types:
CKD Non-dialysis, Dialysis, Diabetes,
Gluten-free, Heart Healthy, Lower Sodium

Quick and Easy Apple Oatmeal Custard

Submitted by: DaVita dietitian Maryann from Virginia

Ingredients

1/2 medium apple
1/3 cup quick-cooking oatmeal
1 large egg
1/2 cup almond milk
1/4 teaspoon cinnamon

Preparation

1. Core and finely chop apple half.
2. Combine oats, egg and almond milk in a large mug. Stir well with a fork. Add cinnamon and apple. Stir again until fully mixed.
3. Cook in microwave on high for 2 minutes. Fluff with a fork. Cook an additional 30 to 60 seconds if needed.
4. Stir in a little more milk or water if thinner cereal is desired.

Nutrients per serving

Calories: 248
Protein: 11 g
Carbohydrate: 33 g
Fat: 8 g
Cholesterol: 186 mg
Sodium: 164 mg
Potassium: 362 mg
Phosphorus: 240 mg
Calcium: 154 mg
Added Sugar: 0 g
Fiber: 5.8 g

Renal and renal diabetic food choices

1 protein
1 starch
1 milk substitute
1 fruit, low-potassium

Carbohydrate choices

2

Helpful hints

- For more flavor, replace ground cinnamon with finely grated stick cinnamon.
- Substitute 1/4 cup 1% low fat milk and 1/4 cup water for the almond milk if preferred.



Portions:
4



Serving Size:
1 toast



Diet Types:
Dialysis, CKD Non-dialysis, Heart Healthy,
Vegetarian, Diabetes, Lower Sodium

Egg and Avocado Toast

As Seen on Diabetes Food Hub®

Ingredients

- 4 eggs
- 4 slices hearty whole grain bread
- 1 avocado (mashed)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup plain nonfat Greek yogurt

Preparation

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with 1/2 cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).
2. Toast the bread and spread each piece with 1/4 of the mashed avocado.
3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 tablespoon Greek yogurt.



Nutrients per serving

Calories: 250
Protein: 12 g
Carbohydrate: 26 g
Fat: 12 g
Cholesterol: 185 mg
Sodium: 380 mg
Potassium: 330 mg
Phosphorus: 240 mg
Calcium: 77 mg
Added sugar: 0 g
Fiber: 9 g

Renal and renal diabetic food choices

1-1/2 starch
1 medium-fat meat
1-1/2 fat

Carbohydrate choices

2



Portions:
6



Serving Size:
1 wrap



Diet Types:
Dialysis, CKD Non-dialysis, Lower Carb,
Diabetes, Heart Healthy, Lower Sodium

Chicken Lettuce Wraps

As Seen on Diabetes Food Hub®

Ingredients

- 2 green onions (scallions, thinly sliced)
- 6 teaspoons julienne or matchstick carrots
- 6 teaspoons Asian peanut sauce
- 6 ounce grilled chicken (finely chopped)
- 6 large lettuce leaves

Preparation

1. Mix green onion, carrots, peanut sauce and chicken together in a bowl. Divide the mixture evenly among six lettuce leaves.



Nutrients per serving

Calories: 65
Protein: 9 g
Carbohydrate: 2 g
Fat: 2.5 g
Cholesterol: 25 mg
Sodium: 95 mg
Potassium: 130 mg
Phosphorus: 65 mg
Calcium: 9 mg
Added Sugar: 2 g
Fiber: 0 g

Renal and renal diabetic food choices

1 lean meat
1/2 fat

Carbohydrate choices

0

Helpful hints

- Boston or Bib lettuce work well for this recipe.



Portions:
4



Serving Size:
1/4 cup



Diet Types:
CKD Non-dialysis, Dialysis, Diabetes,
Lower Protein, Vegetarian, Lower
Sodium, Heart Healthy

Roasted Red Pepper Tomato Sauce

Submitted by: DaVita dietitian Sara, RD, CSR, CDE, from California

Ingredients

- 1/2 cup roasted red peppers
- 1 garlic clove
- 1/2 cup low-sodium tomato sauce
- 2 tablespoons olive oil
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon red pepper chili flakes

Preparation

1. Drain red peppers and measure 1/2 cup (approximately 2 whole peppers).
2. Place peppers and garlic in food processor or blender and process until smooth.
3. Add tomato sauce, olive oil and Italian seasonings. Process until well blended. Then it's ready to use on pizza, pasta or as a replacement for tomato sauce in recipes.
4. May be refrigerated 2 to 3 days or frozen until ready to use.

Nutrients per serving

Calories: 75
 Protein: 1 g
 Carbohydrate: 3 g
 Fat: 7 g
 Cholesterol: 0 mg
Sodium: 82 mg
Potassium: 148 mg
Phosphorus: 18 mg
 Calcium: 17 mg
 Added Sugar: 0 g
 Fiber: 0.8 g

Renal and renal diabetic food choices

1 vegetable, medium-potassium

Carbohydrate choices

0

Helpful hints

- Red peppers are available bottled, canned or fresh. Compare roasted red peppers and select the brand lowest in sodium or make from fresh peppers.
- This lower-potassium, low-sodium sauce can be used as a substitute for tomato sauce in a variety of dishes. Try it on pizza, pasta, rice or as a topping for chicken.



Portions:
8



Serving Size:
1 sandwich



Diet Types:
Dialysis, CKD Non-dialysis, Diabetes,
Heart Healthy, Lower Sodium

Sloppy Janes

As Seen on Diabetes Food Hub®

Ingredients

- Nonstick cooking spray
- 1 medium onion (diced)
- 1 medium red bell pepper (seeded and diced)
- 1 garlic clove
- 1 pound lean ground turkey
- 1 tablespoon tomato paste

Preparation

1. Add cooking spray to a nonstick sauté pan over medium-high heat.
2. Add onion, red bell pepper and garlic. Sauté for 5 minutes, stirring frequently.
3. Add turkey and sauté 5 to 7 minutes, stirring frequently until turkey is just cooked through.

- 2 tablespoons Dijon mustard
- 1 tablespoon hot sauce
- 2 cups canned crushed tomatoes
- 1 tablespoon honey or 2 packets artificial sweetener
- 1/2 teaspoon black pepper
- 8 whole wheat hamburger buns

4. Add tomato paste, Dijon mustard, hot sauce, tomatoes, honey and ground black pepper. Bring to a simmer for 5 minutes, stirring frequently.
5. Toast the hamburger buns. Fill each bun with 1/2 cup turkey mixture to make 8 sandwiches.



Nutrients per serving

Calories: 250
 Protein: 16 g
 Carbohydrate: 31 g
 Fat: 7 g
 Cholesterol: 45 mg
Sodium: 390 mg
Potassium: 510 mg
Phosphorus: 240 mg
 Calcium: 152 mg
 Added Sugar: 4 g
 Fiber: 5 g

Renal and renal diabetic food choices

1-1/2 starch
 1 non-starchy vegetable
 2 lean protein
 1/2 fat

Carbohydrate choices

2

Helpful hints

- Optional: Top each sandwich with lettuce, red onion or pickles for crunch.

Diabetes Plate Method from the American Diabetes Association

Creating a balanced meal can be challenging, and with diabetes and kidney diets, balance is key. The Diabetes Plate Method shows how your plate can be portioned to bring balance to your meals with protein, carbohydrates, non-starchy vegetables and fruit. The recommended plate size is approximately 9 inches across.

- For people with diabetes and CKD stages 1–4, fill 1/2 your plate with non-starchy vegetables, 1/4 with carbohydrate foods and 1/4 with protein.
 - Carbohydrate examples: rice, bread, pasta
 - Protein examples: fish, chicken, seafood, beans, tofu
- For people with diabetes on dialysis, fill 1/4 of your plate with carbohydrates, and split the rest of the plate evenly between vegetables/fruit and high-protein foods.
 - Non-starchy vegetable examples: green beans, peppers, carrots, cauliflower
 - Fruit examples: apples, grapes, berries



Portions:
10



Serving Size:
1-1/4 cups

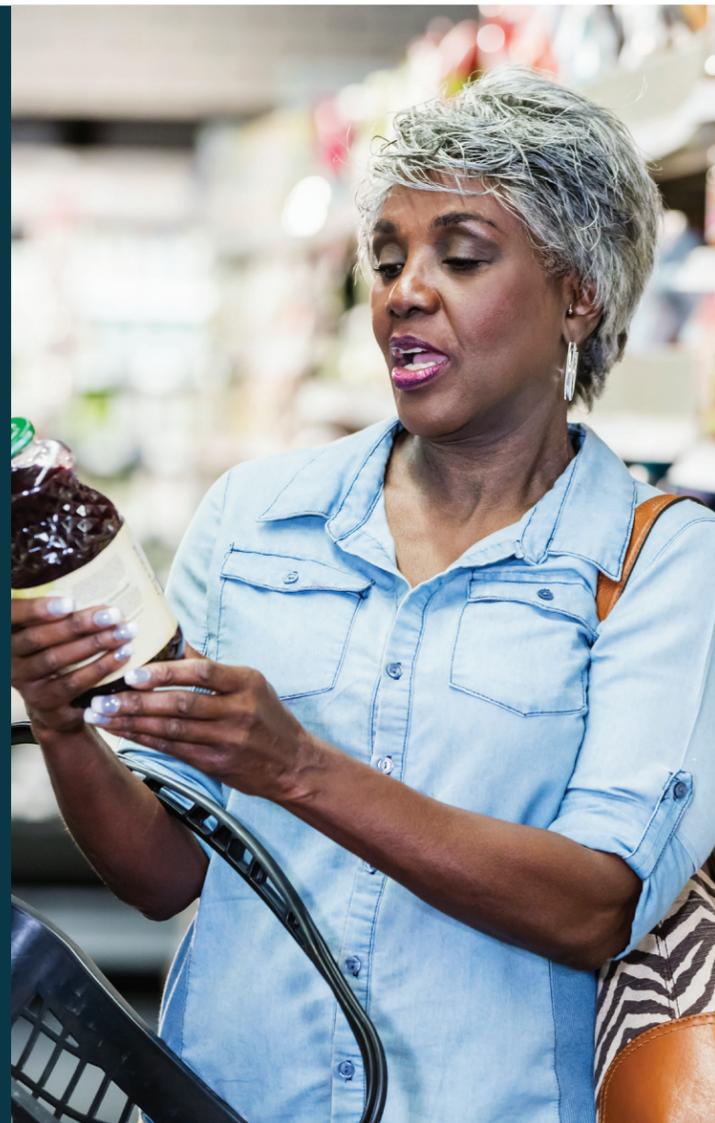


Diet Types:
Dialysis, Diabetes, Heart Healthy,
Lower Sodium

6 Tips for Understanding Food Labels

Being aware of the nutrients you are taking in is important in managing a health condition. Here are some important tips for reading food labels:

1. First, read the serving size. A whole container may not be one serving; there are usually multiple servings per container. The nutrients are based on one serving.
2. Total carbohydrate is every type of carbohydrate in the food and may contain: sugar, starch and fiber.
3. Added sugar shows the sugar that is added to the food, not what would be naturally occurring in foods such as fruit or dairy.
4. Sodium is important to monitor because it can affect blood pressure and fluid balance. A low-sodium product is 140mg or less.
5. Potassium is now on food labels and is an important nutrient to monitor in kidney disease.
6. Phosphorus is usually not on the label as a number, so it's important to look for phosphorus additives in the ingredients list (look for "phos" in any word). These should be limited as much as possible.



Rotisserie Chicken Noodle Soup

Submitted by: DaVita dietitian Elizabeth from Pennsylvania

Ingredients

- 1 prepared rotisserie chicken
- 8 cups low-sodium chicken broth
- 1/2 cup onion
- 1 cup celery
- 1 cup carrots
- 6 ounces wide noodles, uncooked
- 3 tablespoons fresh parsley

Preparation

1. Remove chicken from bones and chop into bite-sized pieces. Measure 4 cups for the soup.
2. Pour chicken broth in a large stock pot; bring to a boil.
3. Chop onion; slice celery and carrots.
4. Add chicken, vegetables and noodles to stock pot.
5. Bring to a boil and cook approximately 15 minutes until noodles are done.
6. Garnish with chopped parsley.

Nutrients per serving

Calories: 185
Protein: 21 g
Carbohydrate: 14 g
Fat: 5 g
Cholesterol: 63 mg
Sodium: 361 mg
Potassium: 294 mg
Phosphorus: 161 mg
Calcium: 22 mg
Added Sugar: 0 g
Fiber: 1.4 g

Renal and renal diabetic food choices

2 meat
1 starch
1/2 vegetable, medium-potassium

Carbohydrate choices

1

Helpful hints

- If you are on a lower protein diet, use only half of the rotisserie chicken and freeze the rest.
- Low-sodium broth contains 140 mg sodium or less per cup. Avoid low-sodium broth with potassium chloride—it's very high in potassium.



Portions:
6



Serving Size:
1/6 slice of loaf



Diet Types:
CKD Non-dialysis, Dialysis,
Diabetes, Lower Protein, Heart
Healthy, Lower Sodium

All American Meatloaf

Submitted by: DaVita dietitian Joyce from Michigan

Ingredients

- | | |
|---|----------------------------------|
| 2 tablespoons onion | 1/4 teaspoon black pepper |
| 20 squares saltine-type crackers, unsalted tops | 1/3 cup ketchup |
| 1 pound lean ground beef (10% fat) | 1 tablespoon brown sugar |
| 1 large egg | 1/2 teaspoon apple cider vinegar |
| 2 tablespoons 1% low-fat milk | 1 teaspoon water |

Preparation

- Preheat oven to 350° F.
- Finely chop onion. Place crackers in a large zip-top bag and crush with a rolling pin.
- Coat a loaf pan with nonstick cooking spray.
- In a large bowl, combine crushed crackers, onion, ground beef, egg, milk and black pepper. Mix well.
- Place mixture into loaf pan. Bake for 40 minutes.
- To make topping, mix ketchup, brown sugar, vinegar and water in a small bowl.
- Remove cooked meatloaf from oven and cover with sauce.
- Return pan to oven and bake for 10 minutes or until internal temperature reaches 160° F.
- Slice into 6 portions and serve.

Nutrients per serving

Calories: 205
Protein: 17 g
Carbohydrate: 14 g
Fat: 9 g
Cholesterol: 81 mg
Sodium: 263 mg
Potassium: 254 mg
Phosphorus: 147 mg
Calcium: 36 mg
Added Sugar: 0 g
Fiber: 0.4 g

Renal and renal diabetic food choices

2 meat
1/2 starch
1/2 high-calorie

Carbohydrate choices

1

Helpful hints

- Use leftover meatloaf to make sandwiches.
- Be sure to use lean ground beef to keep this recipe heart healthy and lower fat.



Portions:
12



Serving Size:
2 poppers



Diet Types:
Dialysis, CKD Non-dialysis, Low Sodium,
Lower Carb, Diabetes, Heart Healthy

Bell Pepper Poppers

As Seen on Diabetes Food Hub®

Ingredients

- Nonstick cooking spray
- 12 mini sweet peppers
- 2 slices turkey bacon (diced)
- 1/2 cup diced onion
- 4 ounces fat-free cream cheese (room temperature)

Preparation

- Preheat the oven to 375°F. Coat a baking sheet with cooking spray. Set aside.
- Slice each pepper in half lengthwise then scoop out any seeds and membrane.
- Add bacon to a non-stick sauté pan with cooking spray over medium heat and cook until crisp. Drain on a paper towel and set aside.
- Add onions to the pan used to cook the bacon. Cook and stir the onions until clear. Set aside to cool.
- Mix and combine the cream cheese and goat cheese. Add bacon, onions and red pepper flakes.
- 2 ounces soft goat cheese (room temperature)
- 1/4 teaspoon crushed red pepper flakes
- 1 slice whole wheat bread (toasted)
- 1 clove garlic (minced)
- 1 tablespoon Parmesan cheese (grated)
- Grind toasted bread in a food processor with the garlic and Parmesan cheese.
- Spoon the cheese mixture into each pepper half (1 teaspoon of mixture per popper), and then press the cheese side of the popper into the whole wheat breadcrumb mixture. Lay on the prepared baking sheet breadcrumb side up and spray each one lightly with cooking spray.
- Bake the poppers for about 20 or until the peppers have softened and the breadcrumbs are golden brown.



Nutrients per serving

Calories: 45
Protein: 3 g
Carbohydrate: 4 g
Fat: 1.5 g
Cholesterol: 5 mg
Sodium: 135 mg
Potassium: 85 mg
Phosphorus: 80 mg
Calcium: 53 mg
Added Sugar: 0 g
Fiber: 1.0 g

Renal and renal diabetic food choices

1 non-starchy vegetable
1/2 fat

Carbohydrate choices

0



Portions:
2



Serving Size:
3 cups popcorn



Diet Types:
CKD Non-dialysis, Dialysis, Diabetes, Vegetarian, Lower Protein, Gluten-free, Heart Healthy, Lower Sodium

Popcorn 3 Ways

Submitted by: **DaVita** dietitian Tara from Michigan

Ingredients

- 1/4 cup popcorn kernels
- 1-1/2 tablespoons canola oil
- 1 teaspoon Sriracha hot chili sauce
- 4 tablespoons unsalted butter, melted
- 1 teaspoon nutritional yeast
- 2 teaspoon granulated sugar
- 1 teaspoon cinnamon

Preparation

1. Pour canola oil in medium saucepan and place over medium-high heat.
2. Add three popcorn kernels and place lid, slightly cracked on the pan.
3. When all three kernels have popped, add the remaining kernels and gently shake pan to coat kernels in oil. Replace lid, slightly cracked on pan.
4. Popcorn kernels will begin popping rapidly. When popping slows, remove pan from heat and pour into 3 separate bowls.
5. Drizzle chili sauce over popcorn in first bowl and gently toss to coat.
6. Mix nutritional yeast with 2 teaspoons melted butter. Drizzle over popcorn in second bowl and gently toss to coat.
7. Combine the remaining melted butter with the cinnamon and sugar. Drizzle over popcorn in the third bowl and gently toss to coat.
8. Divide each bowl into 2 servings so each person gets 1 cup of each popcorn flavor.

Nutrients per serving

Calories: 275
 Protein: 3 g
 Carbohydrate: 23 g
 Fat: 19 g
 Cholesterol: 20 mg
Sodium: 65 mg
Potassium: 96 mg
Phosphorus: 78 mg
 Calcium: 17 mg
 Added Sugar: 4 g
 Fiber: 3.7 g

Renal and renal diabetic food choices

1 starch
 3 fat

Carbohydrate choices

1-1/2

Helpful hints

- Use white or yellow popcorn.
- Caution: Oil will be hot and can pop out of pan during popping. Be careful!
- This spicy, sweet and cheesy popcorn keeps for 1 to 2 days if sealed in a container or zip-top bag.

Enjoying Favorite Foods with Portion Control

Balancing your meals includes incorporating carbohydrate, which are typically referred to as a carbohydrate serving. A carbohydrate serving equals about 15 g of carbohydrate. Here are a few examples.

1/2 cup serving size for fruits and vegetables, or a small whole fruit

1 slice of bread

3/4 cup cereal

1/3 cup pasta

6-inch tortilla

3 graham crackers squares

8 animal crackers

1/2 cup of milk

1 tablespoon jam or jelly

2 tablespoons peanut butter



Portions:

What is a carbohydrate?



Diet Types:

Your body uses carbohydrates for fuel. Understanding what a carbohydrate is and how to pair it with protein and fat is important for balancing nutrients – which is key for a healthy diet, no matter your health condition. If you are monitoring your potassium and phosphorus, it is important to understand carbohydrates that may be higher in these minerals. Portion and moderation are important for any health condition including high blood pressure, heart health, kidney health and diabetes. If you do have diabetes, it is important to know foods that contain carbohydrates and affect your blood glucose levels. Remember, every person has individual needs.

Carb Foods	Higher Potassium	Lower Potassium
Bread/flour tortilla/bagel		X
Banana	X	
Brown rice/pasta		X
Potatoes/sweet potatoes	X	
Ice cream/milk/yogurt	X	
Crackers/graham crackers		X
Apple/apple juice		X
Grapes		X
Doughnut/cake		X
Dried fruit	X	
Orange/orange juice	X	

Carb Foods	Higher Phosphorus	Lower Phosphorus
Beans, peas, lentils	X	
Dairy (milk, yogurt, cheese)	X	
Pita, rolls		X
Frozen waffle	X	
Chocolate	X	
Cream soups	X	
Potato chips	X	



Portions:
24



Serving Size:
2 bites



Diet Types:
Dialysis, CKD Non-dialysis, Lower Sodium, Lower Carb, Vegetarian, Diabetes, Heart Healthy

No-Bake Peanut Butter & Chocolate Bites

As Seen on Diabetes Food Hub®

Ingredients

- 1/3 cup low-calorie granulated sugar blend, such as Splenda® sugar blend
- 1/3 cup skim milk
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract
- 2 cups old-fashioned rolled oats (not quick cooking)
- 3 tablespoons mini-chocolate chips

Preparation

1. In a small saucepan, combine sugar blend and milk over medium heat. Stir well and bring to a boil for 90 seconds. Stir in peanut butter and vanilla.
2. Remove from heat and add oats. Stir until oats are evenly coated in the peanut mixture and everything has cooled. Fold in the chocolate chips.
3. Scoop oat mixture into 1-tablespoon balls and place on waxed paper. Let cool and refrigerate.



Nutrients per serving

Calories: 80
Protein: 2 g
Carbohydrate: 9 g
Fat: 3.5 g
Cholesterol: 0 mg
Sodium: 20 mg
Potassium: 70 mg
Phosphorus: 55 mg
Calcium: 9 mg
Added Sugar: 1 g
Fiber: 1.0 g

Renal and renal diabetic food choices

1/2 carbohydrate
1 fat

Carbohydrate choices

1/2



Portions:
4



Serving Size:
1/4 cup



Diet Types:
Dialysis, Diabetes, Gluten-free, Heart Healthy, Lower Sodium

High Protein Jell-O® Cubes

Submitted by: DaVita dietitian Melanie from West Virginia

Ingredients

- 1 small box of JELL-O® sugar-free, any flavor
- 1/2 cup boiling water
- 1/2 cup cold water
- 1/2 cup whey protein powder
- 1/2 cup whipped cream

Preparation

1. Dissolve JELL-O in boiling water. Add cold water.
2. Whisk in protein powder until dissolved.
3. Place JELL-O in refrigerator to set, about 30 minutes.
4. Cut into cubes and divide into 4 servings. Add a dollop of whipped cream and serve.

Nutrients per serving

Calories: 114
Protein: 8 g
Carbohydrate: 20 g
Fat: 0 g
Cholesterol: 6 mg
Sodium: 72 mg
Potassium: 43 mg
Phosphorus: 53 mg
Calcium: 50 mg
Added Sugar: 0 g
Fiber: 0 g

Renal and renal diabetic food choices

1 protein
1 high calorie (0 if made with sugar-free gelatin)

Carbohydrate choices

1

Helpful hints

- Some gelatins contain phosphate additives and may not be recommended. Check labels and ingredients. Unflavored gelatin and fruit juice makes a good substitute.
- If you are on a lower protein diet, leave out the whey protein. Be sure whipped cream is low fat such as canned whipped cream.



Portions:
12



Serving Size:
1 brownie



Diet Types:
Gluten-Free, Dialysis, Diabetes, Heart Healthy, CKD Non-dialysis, Low Sodium

High-Fiber, Gluten-Free Brownies

As Seen on Diabetes Food Hub®

Ingredients

- | | |
|---|---|
| Nonstick cooking spray | 1/4 cup plus 1 tablespoon Splenda® Sugar Blend |
| 3/4 cup canned black beans (rinsed and drained) | 1 teaspoon instant coffee |
| 1/4 cup olive oil | 1 teaspoon vanilla extract |
| 2 tablespoons water | 1/3 cup gluten-free all-purpose baking mix, such as King Arthur Baking Company™ |
| 1 egg | 1/4 cup mini chocolate chips (gluten-free) |
| 2 egg whites | |
| 1/4 cup cocoa powder | |

Preparation

- Preheat the oven to 350°F. Spray a 9x9-inch square baking pan with cooking spray.
- In a blender, puree the beans with the oil and water. Add the eggs, cocoa, Splenda Sugar Blend, coffee and vanilla, and blend well.
- Add the baking mix to blender and pulse until just incorporated. Stir in mini chocolate chips. Pour into the prepared pan.
- Bake for 18 to 20 minutes.
- Let cool at least 15 minutes before cutting and removing from the pan. Cut into 12 equal-sized brownies.



Nutrients per serving

Calories: 110
Protein: 3 g
Carbohydrate: 12 g
Fat: 6 g
Cholesterol: 15 mg
Sodium: 75 mg
Potassium: 125 mg
Phosphorus: 50 mg
Calcium: 19 mg
Added Sugar: 2 g
Fiber: 2.0 g

Renal and renal diabetic food choices

1 carbohydrate
1 fat

Carbohydrate choices

1

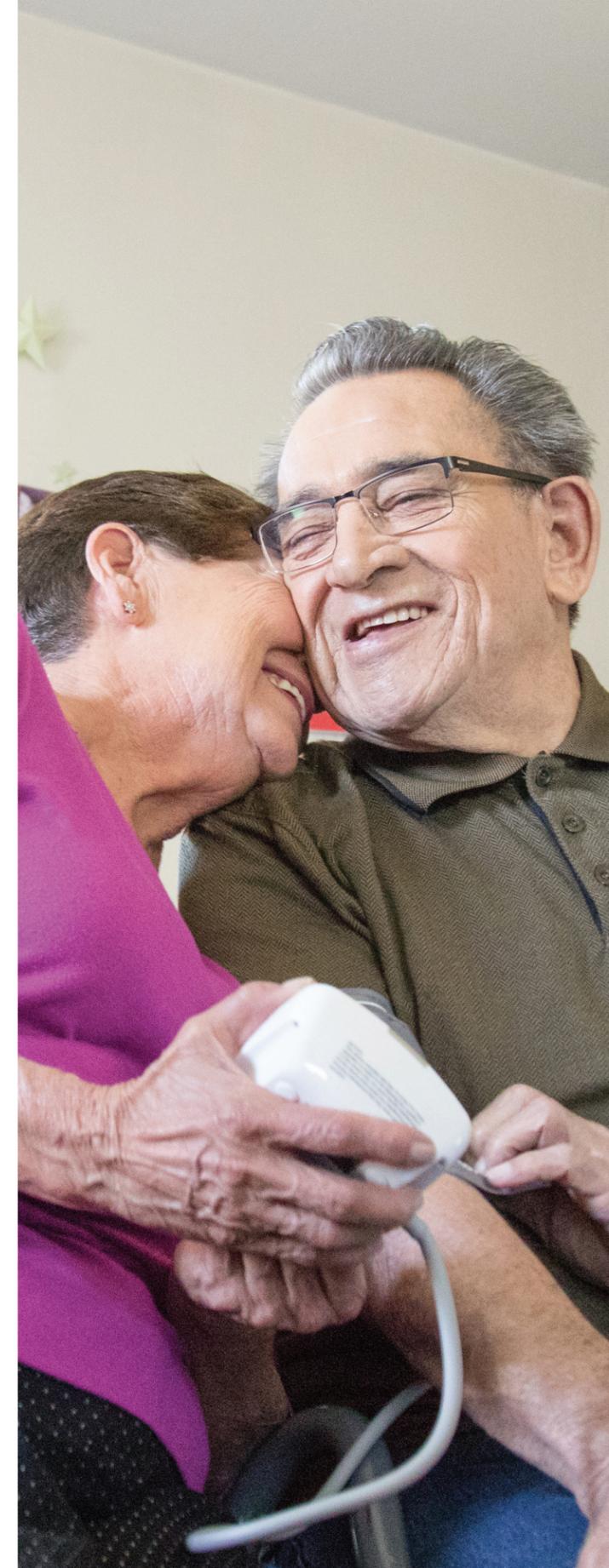
Know Your Numbers

Nutrition is important to help manage a health condition, but understanding the blood levels your doctor measures is also important. This gives you and your care team an idea of what's working and what may need to be adjusted.

- A1C:** This blood test gives an average of your blood glucose (sugar) levels over a 2 to 3 month period. Less than 7% is what's recommended for most people with diabetes by the ADA, but speak with your doctor about your specific target.
- Blood pressure:** Blood pressure is the force of the blood moving around your body. Sodium and fluid can increase your blood pressure, putting more strain on your heart and kidneys.

Healthy blood pressure	Below 120/80
Trending high	120/80 to 140/90
High blood pressure	140/90 or higher

- Blood glucose:** Some food gets broken down into blood glucose, also called blood sugar. It's important to fuel our bodies, but also needs to be closely monitored in diabetes. Hyperglycemia and hypoglycemia are both important to manage through nutrition and medication.
 - Hyperglycemia is HIGH blood glucose: hyperglycemia can be caused by things such as too much carbohydrate intake, not enough insulin/diabetes medication, illness and/or dehydration.
 - Hypoglycemia is LOW blood glucose: hypoglycemia can be caused by things such as missing a meal or not enough food, too much insulin/diabetes medication, excess exercise.
- Potassium:** If you are on dialysis, you may follow a low-potassium diet, which is approximately 2500mg per day. Your blood result goal should be between 3.5 to 5.5 mmol/L.
- Phosphorus:** This is also an important mineral managed through diet and medication. The goal per day can range depending on your protein requirement. Your blood result range should be 3.0 to 5.5 mg/dL.
- Protein:** Protein needs vary depending on if you are in stages 1–4 of kidney disease, are on dialysis or have other underlying conditions. It's important to speak with your doctor and care team about your goal.





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