

## Recipes for day 3 Brazil

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**Diet**  
In Chronic  
Kidney Disease



## Total for day 3 (1 portion for each meal - calculated for a 70-kg person)

Energy (kcal)	2,154	Phosphate (mg)	613
<b>Protein (g)</b>	<b>29.4 <sup>A</sup></b>	Sodium (mg)	869
Carbohydrates (g)	355	<b>Potassium (mg)</b>	<b>2,892 <sup>B</sup></b>
Fat (g)	65	Calcium (mg)	290

<sup>A</sup> Please note that the minimum protein content is not met. Please ask your physician regarding a suitable therapeutic intervention.

<sup>B</sup> Caution if you have to restrict your daily potassium intake!



## Breakfast

Ingredients	Sweet tea
60 g Fruit cake	140 ml Lemon tea
10 g Margarine	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for breakfast:	322	3.6	90	84	164



## Snack

Ingredients	Sweet coffee
170 g Melon, fresh	80 ml Coffee
	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	107	1.2	20	3	20



## Lunch

### Oven rice

80 g Rice, uncooked  
30 g (2 tbsp) Margarine  
20 g Corn, fresh  
50 g Pumpkin, fresh  
15 g Onions, fresh  
5 g Garlic, fresh  
500 ml Water  
1 g Seasonings (herbs, black pepper)  
45 g Parsnips, mashed  
25 g Pe-tsai (Chinese cabbage)  
20 ml (1 tbsp) Olive oil

### Caramelized banana

70 g Bananas, fresh  
30 g Sugar

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for lunch:

927

9.8

204

43

864

## Cooking instructions

### Oven rice

In a skillet, sauté the rice in margarine for 2 minutes or until golden brown. Add chopped onions, garlic, corn and pumpkins and sauté for a further 5 minutes. Transfer all ingredients to a greased baking dish, stir in the water and the seasonings. Cover and bake at 175 °C for 45-50 min or until liquid is absorbed and the rice is tender. Cook parsnip in a large pot of boiling water until tender. Drain the vegetable and mash adding olive oil. Stir in herbs, salt and pepper. Clean and chop the Chinese cabbage. Prepare a salad by adding olive oil and season with herbs, salt and pepper.





## Coffee

### Sweet tea

### Ingredients

140 ml Mint tea

30 g Toast

10 g (2 tsp) Sugar

20 g Apricot jelly

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for coffee:

130

4.0

39

211

39



## Dinner

### Gnocchis with tomato sauce

### Mixed vegetables

200 g Potatoes, cooked

25 g Beetroots, fresh

10 g Eggs

10 g Cassavas, fresh

50 g Protein-reduced flour

20 g Peas, cooked

1 g Garlic

10 g Onions, fresh

¼ g Salt (optional)

5 g Garlic, fresh

1 g Nutmeg

1 g Seasonings (herbs, black pepper)

1 g Pepper

40 ml Tomato sauce

### Pear in syrup

150 g Pear in syrup

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for dinner:

627

10.6

260

528

1,805

## Cooking instructions

### Gnocchis with tomato sauce

Mash the boiled potatoes, beat in the egg-substitute, flour, nutmeg, salt and pepper, until smooth. Roll the dough into thumb sized rolls and cut into Gnocchis. Prick the Gnocchi with a fork in order to form a nice pattern. Bring water to the boil and add the Gnocchis, let them simmer until they rise to the surface. When they are ready, rinse them with cold water. Serve the Gnocchis with tomato sauce.

### Mixed vegetables

Put all the vegetables and the lettuce into a bowl. Season the mixed salad with olive oil chopped onions, garlic, salt, pepper and herbs to taste.



## Evening snack

### Ingredients

140 ml Fruit tea

10 g (2 tsp) Sugar

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for snack:

41

0.0

0

0

0