

## Recipes for day 7 Brazil

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**Diet**  
In Chronic  
Kidney Disease



## Total for day 7 (1 portion for each meal - calculated for a 70-kg person)

Energy (kcal)	2,219	Phosphate (mg)	445
<b>Protein (g)</b>	<b>19.9 <sup>A</sup></b>	Sodium (mg)	2,600
Carbohydrates (g)	305	Potassium (mg)	1,803
Fat (g)	96	Calcium (mg)	280

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



## Breakfast

Ingredients	Sweet coffee
50 g Bread/Toast	80 ml Coffee
15 g Margarine	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for breakfast:	269	3.8	44	231	105



## Snack

Ingredients
170 ml Lemon juice
10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	213	1.0	26	3	194



## Lunch

### Rice with eggplant gravy

20 ml (1 tbsp) Olive oil  
 20 g Onions, fresh  
 5 g Garlic, fresh  
 75 g Eggplants, fresh  
 10 ml Tomato sauce  
 1 g Seasonings (salt, black pepper, nutmeg)

### Fried cassava

60 g Cassavas, fresh  
 20 ml (1 tbsp) Olive oil

### Rocket salad

50 g Rocket, fresh  
 40 g Chayote, fresh  
 1 g Seasonings (salt, black pepper, nutmeg)  
 20 ml (1 tbsp) Olive oil

### Papaya in syrup

60 g Papaya, canned

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for lunch:	701	3.7	143	38	772

## Cooking instructions

### Rice with eggplant gravy

Heat a tablespoon of oil in a saucepan. Add the chopped onion and garlic and stir-fry until golden brown. Add the chopped eggplants and mix well. Add the tomato sauce, salt, pepper and herbs and let it cook under medium heat for 30-40 minutes.

### Fried Cassava

Just before serving fry the cassava in a skillet with olive oil until golden, for about 5-10 minutes.

### Rocket salad

Rinse the leaves of rocket. Drain the water and put the leaves together with chopped chayote into a bowl. Season the salad with oil, herbs, salt and pepper to taste.



## Coffee

### Sweet tea

### Ingredients

140 ml Cidreira tea

110 g Persimmons

10 g (2 tsp) Sugar

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for coffee:

194

0.9

29

3

29



## Dinner

### Vegetable noodle soup

### Fig in syrup

20 ml (1 tbsp) Olive oil

10 g (2 tsp) Sugar

20 g Onions, fresh

70 g Figs, fresh cooked

5 g Garlic

60 g Cassavas, cooked

30 g Beetroots, cooked

50 g Broccoli, cooked

8 g Bouillon

1 g Seasonings (salt, black pepper, nutmeg)

65 g Spaghetti, protein-reduced

70 g White bread

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for dinner:

801

10.5

203

2,325

703

## Cooking instructions

### Vegetable noodle soup

Heat a tablespoon of oil in a saucepan. Add the chopped onion and garlic and stir-fry until golden brown. Add the vegetables and mix well. Add the water, bouillon, the salt, the pepper and let it cook under medium heat for 30-40 minutes. For preparing a noodle soup, just add 65 g of your favourite noodles 15 minutes before the soup is ready.



## Evening snack

### Ingredients

140 ml Mint 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