

## Recipes for day 6 Brazil

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**Diet**  
In Chronic  
Kidney Disease



## Total for day 6 (1 portion for each meal - calculated for a 70-kg person)

Energy (kcal)	2,765	Phosphate (mg)	852
<b>Protein (g)</b>	<b>34.0 <sup>A</sup></b>	Sodium (mg)	3,132
Carbohydrates (g)	446	<b>Potassium (mg)</b>	<b>3,032 <sup>B</sup></b>
Fat (g)	111	Calcium (mg)	398

<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 coffee
15 g Margarine	80 ml Coffee
50 g Bread	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	Sweet tea
150 g Apples, fresh	140 ml Cidreira tea
	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	120	0.6	19	6	221



## Lunch

### Rice with spinach cream

80 g Rice, uncooked

30 g Lentils, dried

¼ g (1 pinch) Salt (optional)

20 g Onions, fresh

20 ml (1 tbsp) Olive oil

500 ml Water

75 g Spinach, fresh

10 g Cornflour

15 g Margarine

5 g Garlic, fresh

1 g Seasonings (salt, black pepper, nutmeg)

### Fried cassava and carrots

60 g Cassavas, fresh

25 g Carrots, fresh

20 ml (1 tbsp) Olive oil

15 g Watercress

### Pineapple

50 g Pineapple, fresh

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for lunch:	1,018	17.0	341	488	1,283

## Cooking instructions

### Rice with spinach cream

Heat a large heavy skillet and add 1 tablespoon of the olive oil and the diced onions. Sauté until the onions are quite brown and set aside. Put the lentils and water in a large covered pot. Bring to the boil, cover, then simmer for about 15 minutes. Add the cooked onion to the lentils along with the rice and salt. Cover and simmer for 20 minutes, until rice and lentils are soft. Remove from heat and let it stand 5 minutes.

For the spinach cream, melt butter over low direct heat. Blend in flour until smooth. Cook until mixture is smooth and bubbly. Gradually add water and cook, stirring, until thickened. Add spinach. Cover and cook over boiling water, stirring occasionally, for 15 minutes. Finally season with garlic, salt, pepper, and nutmeg.

### Fried cassava and carrots

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





## Coffee

### Ingredients

140 ml Raspberry juice	40 g Biscuits (crackers)
10 g (2 tsp) Sugar	25 g Honey

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for coffee:	329	6.1	246	393	246



## Dinner

### Soup of cassava

### Caramelized banana

60 g Cassavas, fresh	70 g Bananas, fresh
140 g Potatoes, fresh	30 g Sugar
50 g Pumpkin, fresh	
8 g Bouillon instant	
20 g Onions, fresh	
20 ml (1 tbsp) Olive oil	
65 g Spaghetti, protein-reduced, uncooked	
30 g Cabbage, fresh	
20 ml (1 tbsp) Olive oil	
1 g Seasonings (salt, black pepper, herbs)	

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for dinner:	988	6.5	202	2,014	1,177

### Cooking instructions

#### Soup of cassava

Boil cassava, potatoes and pumpkin pieces in the broth until tender (about 20 minutes) along with the sautéed onion pieces. When tender, put into a blender a portion at a time. It thickens itself. Add herbs, salt and pepper to taste. For preparing a noodle soup, just add 65 g of your favourite noodles 15 minutes before the soup is ready. Clean and chop the cabbage. Prepare a salad by adding olive oil and season with herbs, salt and pepper.



## Evening snack

### Soup of cassava

140 ml Flower 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