

## Recipes for day 4 Brazil

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**Diet**  
In Chronic  
Kidney Disease



## Total for day 4 (1 portion for each meal - calculated for a 70-kg person)

Energy (kcal)	2,440	Phosphate (mg)	482
<b>Protein (g)</b>	<b>20.6 <sup>A</sup></b>	Sodium (mg)	2,351
Carbohydrates (g)	439	Potassium (mg)	1,855
Fat (g)	80	Calcium (mg)	345

<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 tea
50 g Bread	140 ml Chamomile tea
15 g Margarine	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for breakfast:	269	3.7	43	231	43



## Snack

Mixed fruits	Sweet coffee
50 g Apples, fresh	80 ml Coffee
50 g Pineapples, fresh	10 g (2 tsp) Sugar
50 g Papayas, fresh	
50 g Oranges, fresh	

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	127	1.3	31	5	392



## Lunch

### Rice with cassava-pumpkin puree and salad

80 g Rice, uncooked

8 g Bouillon instant

500 ml Water

20 g Cassavas, fresh

20 g Pumpkin, fresh

20 g Margarine

50 g Radishes, fresh

15 g Watercress, fresh

20 ml (1 tbsp) Olive oil

1 g Seasonings (herbs, black pepper)

### Strawberry sago

50 g Sago

10 g Sugar

25 g Strawberries, fresh

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for lunch:

878

8.3

197

2,041

561

## Cooking instructions

### Rice with cassava-pumpkin puree and salad

Cook the rice in the broth until tender. Cook pumpkin and cassava in a large pot of boiling water until tender. Drain the vegetable and mash adding margarine and seasoning with olive oil. Stir in herbs, salt and pepper. Clean and chop the radish. Prepare a salad by adding olive oil and season with herbs, salt and pepper.

### Strawberry sago

Soak the sago for an hour in just enough water to cover it. Drain off any water that may not be absorbed. Mix the sugar with the sago, and stir all of it into a 2 pints of boiling water. Let it boil until the sago is perfectly transparent. Cut the strawberries into small pieces and pour into the sago. Turn into molds to cool, or serve warm as preferred.





## Coffee

### Ingredients

140 ml Grape juice	30 g Lemon cake
10 g (2 tsp) Sugar	

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for coffee:	305	3.8	82	39	279



## Dinner

### Pasta with herbs

120 g Pasta, protein-reduced, uncooked
20 g Broccoli, fresh
20 g Courgettes, fresh
10 g Onions, fresh
5 g Garlic, fresh
1 g Seasonings (herbs, black pepper)

### Salad

20 g Beetroots, fresh
50 g Parsnips, fresh
10 g Onions, fresh
20 ml (1 tbsp) Olive oil
1 g Seasonings (herbs, black pepper)

### Guava jelly

60 g Guava jelly
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Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for dinner:	820	3.5	129	35	580

## Cooking instructions

### Pasta with herbs

Cook spaghetti until tender. Add chopped onions and garlic sauté. Add broccoli and chopped courgette. After a further 5 minutes, add the herbs and the cooked pasta, cover and leave for a few minutes.

### Salad

Clean and chop the parsnip and beetroot. Put all the vegetables into a bowl, season the mixed salad with olive oil chopped onions, salt, pepper and herbs to taste.



## 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