

Recipes for day 1 Brazil



Diet
In Chronic
Kidney Disease

24h

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

Energy (kcal)	2,295	Phosphate (mg)	634
Protein (g)	22.8 ^A	Sodium (mg)	2,048
Carbohydrates (g)	377	Potassium (mg)	1,380
Fat (g)	83	Calcium (mg)	415

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



Breakfast

Ingredients	Sweet coffee
40 g Crackers	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:	302	4.4	213	407	87



Snack

Ingredients	Sweet tea
100 g Strawberries, fresh	140 ml Tea of wild flowers
	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	76	0.9	26	4	176



Lunch

Spaghetti with garlic and oil

125 g Spaghetti, uncooked

10 ml (1 tbsp) Olive oil

6 g Garlic, fresh

Mixed vegetables

40 g Peas, fresh

45 g Parsnips, cooked

25 g Beetroots, fresh

20 ml (2 tbsp) Olive oil

15 g Watercress

Pineapple in syrup

50 g Pineapple in syrup

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for lunch:	814	4.9	147	25	439

Cooking instructions

Spaghetti with garlic and oil

Cook spaghetti until tender. Wash the garlic, cut and fry gently in olive oil until golden. Add the cooked spaghetti and stir together. Cover the pot, remove from heat and leave for a few minutes.

Mixed vegetables

Just before serving fry the peas, cooked parsnip and beetroot with olive oil. Finally, add watercress.



Coffee

Ingredients

140 ml Cashew juice

60 g Vanilla cake

10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for coffee:	500	3.6	37	27	52



Dinner

Cream of heart of palm soup

70 g Hearts of palm, drained

5 g Bouillon granular

200 ml Water

10 g (2 tsp) Corn starch

10 g Butter

20 g Onions, fresh

5 g Garlic, fresh

1 g Pepper, black

5 g Herbs

Rice with pepper

170 g Rice, cooked

20 g Green peppers, fresh

20 g Red peppers, fresh

5 g Margarine

5 g Herbs

Guava jelly

60 g Guava jelly

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for dinner:	562	9.0	211	1,585	626

Cooking instructions

Cream of heart of palm soup

Drain the hearts of palm and slice into thin rounds. Melt the butter in a medium sauce pan, and lightly sauté the sliced onion and garlic until golden. Add the broth. Bring to boil over moderate heat, then reduce heat to simmer. Whisk the corn starch together with cold water until dissolved and then slowly pour the mixture into the hot broth. Add black pepper and herbs to taste. Continue to cook, stirring continuously until the mixture thickens slightly. Add the slices of hearts of palm and remove from heat.

Rice with pepper

Put the margarine into a large saucepan and heat for a few seconds. Add the green and red pepper and rice. Fry gently, stirring for about 4 minutes. Add hot water and herbs. Stir well and bring to a boil. Simmer for 15 to 20 minutes, until the rice is soft and the water has been absorbed.



Evening snack

Ingredients

140 ml Chamomile 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