

## Recipes for day 5 Brazil

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**Diet**  
In Chronic  
Kidney Disease



## Total for day 5 (1 portion for each meal - calculated for a 70-kg person)

Energy (kcal)	2,012	Phosphate (mg)	820
<b>Protein (g)</b>	<b>32.7 <sup>A</sup></b>	Sodium (mg)	737
Carbohydrates (g)	205	<b>Potassium (mg)</b>	<b>2,863 <sup>B</sup></b>
Fat (g)	82	Calcium (mg)	335

<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
80 g Corn cake	80 ml Coffee
	15 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for breakfast:	371	3.8	185	196	183



## Snack

Ingredients	Sweet tea
50 g Plums	140 ml Camomile tea
	10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	62	0.4	13	2	144



## Lunch

### Eggplant lasagne

75 g Eggplants, fresh  
20 ml (1 tbsp) Olive oil  
75 g Lasagne noodles  
54 ml Tomato sauce  
20 g Onions, fresh  
5 g Garlic, fresh  
¼ g (1 pinch) Salt (optional)  
¼ g (1 pinch) Pepper  
5 g Herbs

### Fried cassava

60 g Cassavas  
35 ml Olive oil  
15 g Watercress

### Pumpkin in syrup

60 g Pumpkin in syrup

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for lunch:	733	14.5	260	271	1,324

## Cooking instructions

### Eggplant lasagne

Slice eggplant into ¼-inch rounds; fry in a non-stick skillet in hot oil on both sides until tender. Drain on brown paper or paper towels. Mix tomato paste, garlic, herbs, and pepper together. Simmer for 5 minutes. Add chopped onion and cook for 5 minutes longer. Arrange a layer of lasagne noodles in a shallow baking dish. Cover noodles with a layer of eggplant slices and several spoonfuls of the sauce. Repeat layers until all ingredients are used. Bake eggplant lasagne at 150 °C for 30 minutes.

### Fried Cassava

Just before serving fry the cassava in a skillet with olive oil. Fry the cassava in several batches until golden, about 2-3 minutes. Blot on paper towels and serve hot.





## Coffee

### Ingredients

140 ml Apple juice	40 g Biscuits (crackers)
10 g (2 tsp) Sugar	15 g Margarine

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for coffee:	384	5.3	150	144	217



## Dinner

### Vegetable salad

### Orange in syrup

136 g Potatoes, cooked	60 g Orange in syrup
42 g Corn, frozen	
40 g Peas, fresh	
24 g Carrots, fresh	
64 g Apples, fresh	
20 g Onions, fresh	
5 g Garlic, fresh	
¼ g (1 pinch) Salt (optional)	
¼ g (1 pinch) Pepper	
5 g Herbs	
22 g Lettuce, fresh	
20 g (1 tbsp) Mayonnaise	

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for dinner:	421	8.7	212	124	995

## Cooking instructions

### Vegetable salad

Cook potatoes in their jackets, after cooling down, peel and nicely dice them in small cubes. Cook carrots till tender (but not mushy) and dice them into small cubes. Blanche peas lightly and let them cool. Defrost corn kernels. Peel, core and finely dice the apple. Put all the vegetables, lettuce and the apple into a bowl. Season the mixed salad with mayonnaise, chopped onions, garlic, salt, pepper and herbs to taste.



## Evening snack

### Ingredients

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