



**LOSE
WEIGHT,
FEEL
GREAT!**
Easy kidney-
friendly meals
for good health



**7
EXPERT
WEIGHT
LOSS AND
WELLNESS
TIPS**

Healthy eating
**BREAKFAST,
LUNCH AND
DINNER**
ideas



MEAT



FISH



VEGETARIAN



VEGAN



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Deborah with chef Lizzie Morey

HELLO

... and welcome to the second in our series of Kidney Kitchen magazines, *Safe Weight Loss*.

While weight and body size can be sensitive topics, being a healthy weight is especially important if you have chronic kidney disease (CKD). However, ensuring you achieve your healthy weight **safely and gradually**, without depriving yourself of valuable nutrition, is key.



What do we mean when we say 'safe weight loss'? People living with CKD can experience fluctuations in their weight at many stages of their journey through kidney disease. But even when you know the risks associated with carrying excess weight, losing it can be challenging and even more so if you have more than one health condition which requires you to limit certain foods, or how much fluid you can drink.

In *Safe Weight Loss*, we explain what a 'healthy weight' is, share hints and tips on how you can safely achieve (and maintain) a healthy weight and tempt you with 20 healthy, delicious and filling kidney-friendly meals created by Kidney Kitchen chef, Lizzie Morey.

All of our recipes and the advice you read in our Kidney Kitchen magazines have been approved by the British Dietetic Association Renal Nutrition Specialist Group (RNG), so you can rest assured it is safe for you to eat or enjoy them.

You will find more information and advice on healthy eating with CKD at the Kidney Kitchen website: www.kidneykitchen.org

We hope you enjoy every delicious mouthful!

Deborah Duval
Lead in the Kidney Kitchen

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WEIGHT MATTERS

Why being a healthy weight is important when living with CKD

CKD stage 1-5 (pre-dialysis)

Chronic kidney disease's progression is closely linked to hypertension (high blood pressure), uncontrolled diabetes and being overweight. Blood pressure often increases with weight gain and being a healthy weight can be an effective way to gain better blood pressure control. Good control also reduces the risk of cardiovascular disease and helps slow the progression of kidney disease.

If you have diabetes, being a healthy weight may help manage your condition, which may also help slow the progression of your kidney disease.

Dialysis

Being a healthy weight on dialysis may help reduce high blood pressure, support you with healthy blood sugar control if you have diabetes and may help reduce the risk of other health complications.

Being assessed for a transplant

When you are being assessed for a transplant, your team needs to be sure you can withstand major surgery and recover safely. They will also need easy access to where the transplant will be positioned in your body. If your team considers it is unsafe for you to undergo transplant surgery, or that your weight might hinder recovery, they may decide not to list you

until you have reached a healthy weight. Being a healthy weight reduces the risk of cardiovascular, metabolic and surgical complications and helps you have a successful transplant.

Post-transplant

There is a higher chance of developing post-transplant diabetes if you are overweight. Uncontrolled diabetes increases the risk of infections and graft (transplanted kidney) failure. Achieving a healthy weight to control diabetes is crucial in maintaining a healthy transplanted kidney.

What causes weight gain in people living with CKD?

If you are living with CKD, there are many reasons why you might gain weight:

If you are receiving dialysis:

- **Limited food choice:** it can be difficult to follow your kidney dietitian's advice, especially if you have other conditions that require you to modify your diet and fluid intake. This can lead to less healthy food choices, which can cause weight gain.

- **Limiting fruit and vegetables in your diet:** your kidney dietitian may have advised limiting fruit and vegetables high in potassium. But it is important to remember this doesn't mean cutting fruit and vegetables out of your diet completely. It usually means swapping high-potassium fruit and vegetables for low-potassium alternatives. High-fibre foods, including fruit and vegetables, are not only healthy, they also keep you feeling fuller for longer, which can help when trying to lose weight.

- **Fluid restriction:** drinking plenty of water contributes to making you feel full. Water also satisfies your thirst – a feeling that



can sometimes be confused with hunger. So, if you are advised to limit your amount of fluid, this may cause you to eat more, leading to weight gain.

- **Limited physical activity:** anaemia is commonly experienced by people living with CKD. Anaemia can cause tiredness and fatigue, which impacts your ability to do physical activity or exercise.

- **Peritoneal dialysis:** if you are having peritoneal dialysis (PD) you will be absorbing additional calories present in the dialysate (dialysis fluid), which may also contribute to weight gain.

If you have received a kidney transplant:

- Medications like steroids, which may be prescribed as part of your post-transplant immune-suppressing therapy, can stimulate your appetite, leading you to eat more and gain weight.

- Your diet prior to transplant may have been quite restrictive, which means post-transplant, you can eat a much wider variety of foods, which can lead to over-indulgence on previously restricted foods.

- After receiving your transplant, you are likely to 'feel well' again and start to really enjoy food after time on dialysis, which can

affect your appetite. Inevitably, some people gain weight as their enjoyment of food returns.

What is a healthy weight?

A healthy weight is defined by body mass index (BMI). You can calculate your BMI using the NHS BMI calculator at: www.nhs.uk/live-well/healthy-weight/bmi-calculator/ If your BMI is above the 'healthy range', you may benefit from losing weight.

How do we lose weight?

All foods have an energy value known as a calorie. Weight loss occurs when you burn more calories than you consume, creating a 'negative energy balance', which means your body must burn stored energy (fat) to function. Being aware of high-calorie foods can be helpful, but counting every single calorie isn't! Your body needs calories for energy, but it also needs vitamins, minerals, fibre and antioxidants. By considering only calories, you may be excluding

foods that contribute to health. It is important you create a deficit in your calorie intake by focusing on eating a healthy diet; one you can sustain long term, rather than just restricting calories. To achieve sustainable, safe weight loss, aim to lose no more than 1 to 2 pounds (0.5 to 1 kilogram) per week.

• Eat a healthy, balanced diet

Losing weight safely is more about making healthier food choices than counting calories. The 100kcal contained in an apple are far more nutritious than the 100kcal contained in two sweet biscuits. This is because an apple contains valuable fibre, vitamins and other nutrients beneficial for health, whereas biscuits contain high amounts of added sugar and fat, which are not.

It is therefore better to focus on healthy eating, rather than calorie counting. This is not to say you can't indulge in the odd sweet food from time to time, but have small amounts and less often.

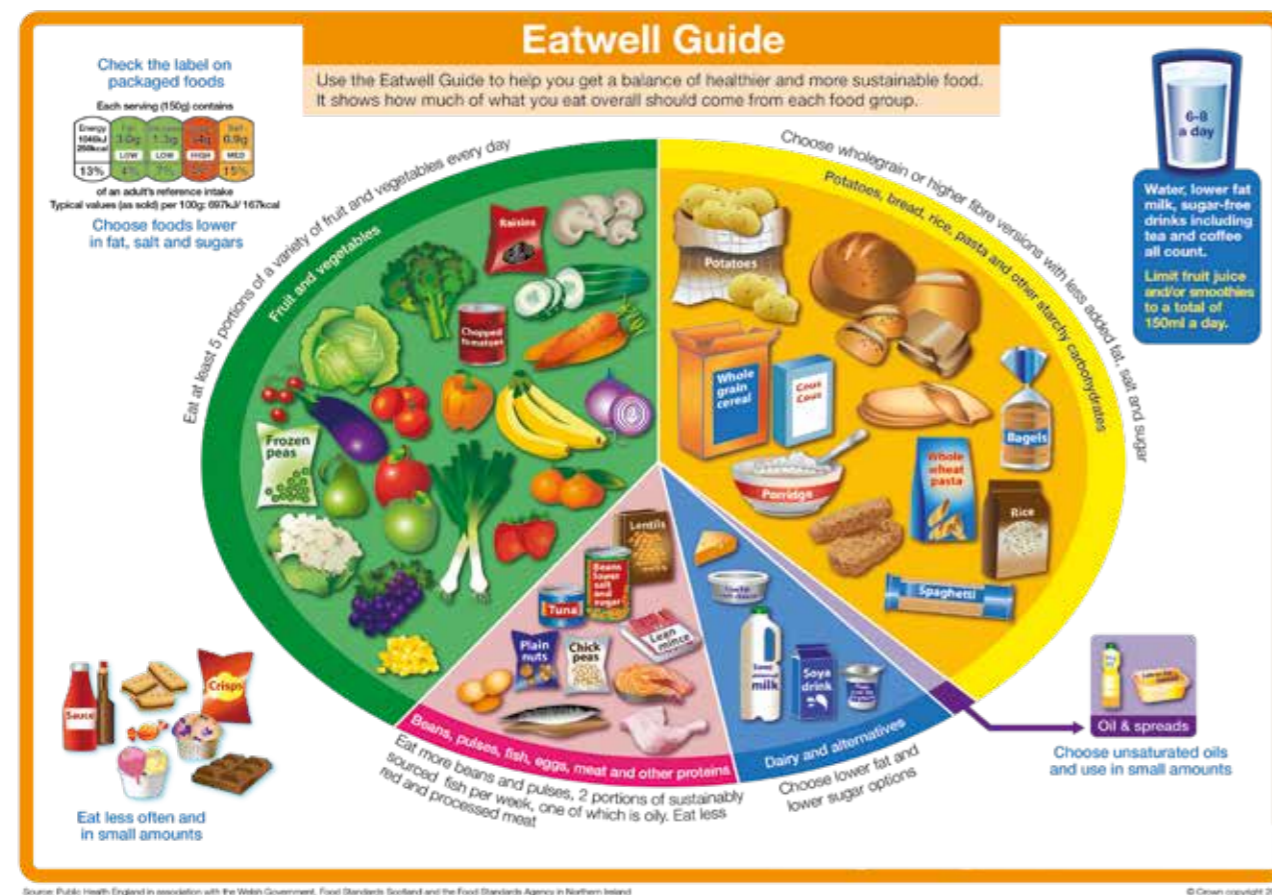
For healthy snack ideas, go to www.kidneycareuk.org/kidney-friendly-snacks

• Increase your exercise

Exercise will not cause significant weight loss, but it does help keep the weight off as it becomes part of a weekly routine. Exercise will also benefit your physical and mental health.

What does a healthy diet look like?

We need only look at the Mediterranean diet or the NHS Eatwell Guide (below) to see what a healthy, balanced diet for everyone, including people living with CKD, looks like. Both the Mediterranean diet and Eatwell Guide include plenty of high-fibre, plant-based foods such as fruits, vegetables, beans, pulses and wholegrain, starchy foods. Enjoying a balance of food groups (eaten over the course of a day or a week – not at every meal!) will help support you through CKD.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

WHY HEALTHY EATING WORKS



HEALTHY LUNCHES

- * Wholemeal sandwich, pitta, wrap or roll with salad and healthy filling such as sliced egg, tuna (tinned in spring water), lean meats, hummus or perhaps a coronation chickpea sandwich
- * Pasta, rice or another wholegrain salad mixed with a lean protein of your choice (for example eggs, chicken, turkey, beans or lentils) and your preferred salad
- * Wholemeal crackers with reduced-fat cream cheese or cottage cheese and salad
- * Vegetable frittata or omelette with salad and new potatoes

For more lunch/light meal ideas, go to www.kidneycareuk.org/kidney-friendly-lunches

Many healthy foods are naturally low in calories and high in fibre, so they fill you up. Fibre takes longer to eat, and as a result, your body registers that you are filling up and signals you are no longer hungry. Less healthy, more processed, foods have the opposite effect on your hunger signalling system: you feel less satisfied and more likely to overeat.

What about potassium and phosphate?

Sometimes, people with CKD need to limit foods high in potassium and phosphate, but not always. If you need to limit any foods in your diet, your kidney dietitian will help you manage this alongside your healthy diet. All recipes in *Safe Weight Loss* are low in

potassium and phosphate, despite, in some cases, the inclusion of some high-potassium/phosphate ingredients. The amounts have been checked by our dietitians, so be sure to follow the stated quantities and serving sizes in each recipe carefully.

You are what you drink (as well as what you eat)!

The amount of fluid you need to consume depends on many factors: your level of activity, how sweaty you are, the temperature and if you have been advised to limit your fluid intake.

However, the type of fluid you drink impacts your weight. Try to limit high-fat and sugary drinks (particularly cola-style drinks, as they contain phosphate) and avoid adding sugar to drinks. If you drink fruit juice or smoothies, have no more than 150ml per day. Tea and coffee both contribute to fluid intake, but when looking at what's contributing to unwanted weight gain, think about the way your drink is served.

Some lattes, mochas, macchiatos, hot chocolates – even malted drinks – are packed with calories, sugar and fat. For safe weight loss, try to limit drinks to water, sugar-free squash, small amounts of fruit juice or smoothies and enjoy tea or coffee without sugar and with a minimal amount of milk.

What about alcohol?

Alcohol is high in calories and can wipe out healthy intentions. A large glass of white wine can contain the same calories as a dish of ice cream, so if you do consume alcohol, keep within government guidelines of no more than 14 units per week for both men and women.

Reading food labels

Claims of 'healthy' are often used to promote products, but it is always best to check the ingredients list and nutritional information on the back, where ingredients must, by law, be listed in descending order according to weight. This means the first ingredient listed is always present in the largest

amount and can be useful when comparing products. If the first few ingredients are sugar or fat, it is unlikely to benefit your health. Another way to check a food is to use the nutritional information on the back of the packet, or the traffic light symbol on the front.

It is best to avoid, or limit, those that are coloured red. Red indicates the food is less healthy (high in fat, sugar or salt).

Where possible, aim for foods with mostly green and amber traffic light symbols. Not all foods carry traffic light symbols, in which case, you may need to check the nutritional information on the back of the packaging.

What to look for on nutritional information

Check the 'per 100g' section on the nutritional information table and compare with the table below. Limit foods high in fat, sugar and salt. Remember, all this information is available online too, so you can still check labels if you do your shopping online.

Traffic Light Labelling guide

Per 100g	Low	Medium	High
Fat	3g or less	3.1-17.5g	More than 17.5g
Saturated fat	1.5g or less	1.6-5g	More than 5g
Sugar	5g or less	5.1-22.5g	More than 22.5g
Salt	0-0.3g	0.3-1.5g	More than 1.5g

Healthy breakfast suggestions

- Wholegrain cereals, such as wheat biscuits with low-fat milk and fruit
- Poached or scrambled eggs on wholegrain toast, followed by fruit
- Oat or corn porridge made with low-fat milk and added fruit
- Low-fat yoghurt with fruit and oats, or a low-sugar muesli
- Overnight oats with added fruit
- Homemade pancakes, made with wholemeal or gram flour, with low-fat yoghurt and fruit
- Wholemeal toast or English muffin with low-fat cream cheese, or small amount of preserve, followed by fruit
- Boiled eggs and wholemeal bread soldiers, followed by fruit



Unsure of how to get started?

If healthy eating still seems confusing and you are unsure of how, or where, to start, try some of these healthy swaps. You don't need to make lots of changes in one go, try just one or two swaps at a time. Every change for the better helps achieve a healthier weight. Once your healthy swaps become an easy, daily habit, it's a good time to try another new, healthy swap.

Foods	Reduce these less healthy foods	Replace with these healthier alternatives
Breakfast cereals	Sugar, honey or chocolate-coated breakfast cereals	Wheat biscuit or shredded wholegrain breakfast cereals, plain oats, no-added sugar muesli or granola
Bread, rice, pasta and other starchy foods	White bread products, pastries, white pasta and white rice	<ul style="list-style-type: none"> • Wholemeal, granary, seeded, oat bread products with less sugar and salt • Wholewheat pasta, brown rice, other wholegrains, such as quinoa, barley or wholewheat couscous
Potato-based foods	Fried or processed potatoes, such as oven chips, potato waffles, potato croquettes or other breaded/processed potatoes	Minimally processed potatoes (ideally in their skin) like home-made, oven-baked chips or wedges in minimal oil, boiled potatoes
Dairy and alternatives	<ul style="list-style-type: none"> • Full-fat milk and dairy products • Sugary yoghurts • Thick and creamy yoghurts • Full-fat hard cheeses 	<ul style="list-style-type: none"> • Low-fat milk such as semi-skimmed, skimmed, 1% or a plant milk • Lower fat and lower sugar yoghurts or plant-based yoghurt, low in sugar and fat • Reduced-fat hard cheeses • Low-fat soft cheese
Protein foods	<ul style="list-style-type: none"> • Processed meats and foods, such as ham, burgers, sausages, breaded chicken or fish • Fatty meat 	<ul style="list-style-type: none"> • Beans, lentils and pulses • Eggs cooked in minimal fat • Fish and lean meats
Snack foods	Snack foods such as cakes, biscuits, crisps, chocolate, sweets, pies, pastries	Fruit (fresh, tinned or frozen), vegetable crudité with a reduced-fat hummus dip, low-fat/low-sugar yoghurt with fruit, wholegrain crackers with low-fat cream cheese and salad vegetables
Drinks	<ul style="list-style-type: none"> • Sugary drinks, barista-style coffees with added syrups, sugar, cream or made with full-fat milk • Milkshakes • Fruit juice or smoothies 	<ul style="list-style-type: none"> • Water, tea, coffee, herbal teas with no added sugar or honey, and a low-fat milk or milk alternative • Sugar-free drinks such as squash • Low-fat milk or milk alternative

hints and tips

A flavourful Asian-inspired salad, low in salt, potassium and phosphate. Sesame oil is more expensive, but worth the extra cost, as a small amount adds wonderful flavour.

Reduced-salt soy sauce still contains salt, so measure carefully.

ASIAN STICKY CHICKEN SALAD

Prep time **40 minutes** | Cook time **15 minutes** | Serves **2**

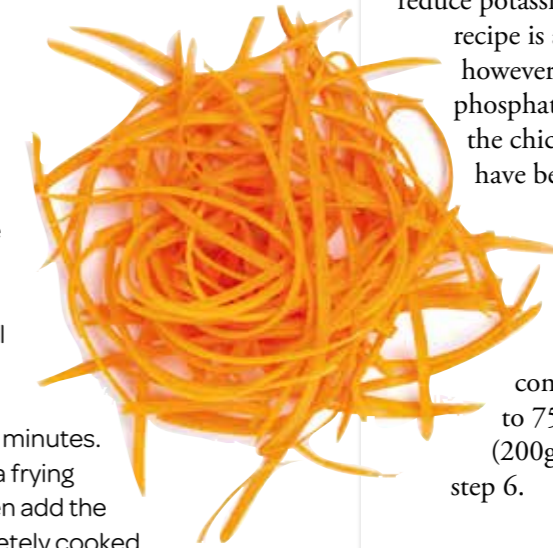


INGREDIENTS

- 150g raw chicken breast meat
- 1 clove garlic, crushed
- 1 tablespoon reduced-salt soy sauce
- 1 tablespoon honey or maple syrup
- 150g white cabbage, finely shredded
- 1 tablespoon sesame oil
- 2 carrots, peeled and finely shredded
- 3 spring onions, finely sliced into lengths
- ¼ cucumber, cut into fine batons
- small handful mint leaves
- 40g of chopped of plain, unsalted almonds or peanuts, roughly chopped
- 1 tablespoon sesame seeds, toasted
- 100g dry rice noodles

METHOD

- 1 Lay the chicken breast between some cling film and pound with a rolling pin until flattened out. Slice the chicken into strips.
- 2 Mix the soy sauce, honey, garlic and half the sesame oil into a bowl and whisk to combine. Put the chicken into the marinade, mix well, cover and chill for at least 20 minutes.
- 3 Heat the remaining sesame oil in a frying pan over a medium/high heat, then add the chicken strips and fry until completely cooked through. Remove chicken from the pan and set aside on a plate.
- 4 Reduce heat and add the remaining marinade mix and cook until a sticky dressing is made, about 5 minutes. Allow to cool.
- 5 Boil a kettle full of water and pour boiling water into a bowl. Put the noodles into the water and leave for 3 minutes. Drain.



- 6 Tip remaining ingredients into a bowl and gently incorporate the chicken and noodles. Serve with dressing drizzled over the top.



FOOD FACTS

£2.51
PER PORTION

Carbohydrate

The rice noodles are the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities in the ingredients and serving sizes. It is therefore suitable for those advised to reduce potassium in their diet. This recipe is also low in phosphate, however, it does contain some phosphate (mainly provided by the chicken and nuts) so if you have been prescribed a phosphate binder, take as directed.

Protein

This recipe provides a source of protein. For a lower protein option, consider reducing the chicken to 75g and adding a small tin (200g) of drained chickpeas at step 6.

NUTRITIONAL INFO

(Per Portion)

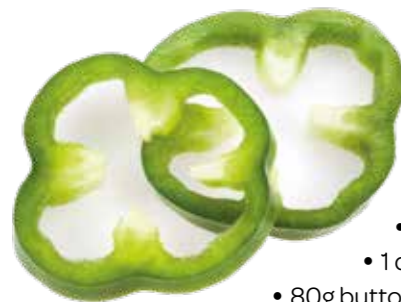
- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

- Carbohydrate **40g**
- Low saturated fat ✓ (0.9g/100g)
- Energy in kcals **470**

CREAMY PAPRIKA PORK & TAGLIATELLE

Prep time **5 minutes** | Cook time **25 minutes** | Serves **2**



INGREDIENTS

- 1 tablespoon vegetable oil
- 1 small onion, finely sliced
- 175g pork fillet, cut into thick strips
- 1 green pepper, sliced
- 1 tablespoon smoked paprika
- 1 dessert spoon (10ml) tomato purée
- 80g button mushrooms
- 100ml low-salt chicken stock
- 50ml half-fat crème fraîche

TO SERVE

- 120g dried tagliatelle pasta



METHOD

- 1 Heat the oil in a frying pan over a medium/high heat, add in the onion and cook until soft and turning golden, approximately 8 minutes.
- 2 Add in the pork, sliced peppers and mushrooms, cooking until the mushrooms brown. Stir in the paprika and cook for a further 1 minute. Stir in the tomato purée and stock, bring to a simmer and cook for about 8 minutes until the pork is thoroughly cooked.
- 3 Whilst the pork is cooking, cook the tagliatelle pasta as per the packet instructions (without adding salt).
- 4 When pork is cooked, mix in the crème fraîche and serve with the pasta.

FOOD FACTS

£1.64
PER PORTION

Carbohydrate

The pasta is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Despite the use of some high potassium ingredients, such as mushrooms and tomato purée, this recipe is low in potassium, when following the quantities and serving sizes. It is suitable for those advised to lower potassium in their diet. This recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the pork, therefore if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is a source of protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Source of protein
- Carbohydrate **50g**
- Low saturated fat ✓ (1.3g/100g)
- Energy in kcals **500**

hints and tips

A creamy, filling dish that's quick and easy to make and surprisingly low in potassium. You could swap white pasta for a more filling, high-fibre wholewheat pasta. Once cooled, this dish can be stored in an air-tight container in the fridge for up to 3 days (re-heat thoroughly).



CHICKEN WITH ONION MARMALADE

Prep time **20 minutes** | Cook time **50 minutes** | Serves **2**

hints and tips

This family-friendly, high-protein dish makes a tasty mid-week supper. Use a gluten-free stock cube if necessary. Best eaten freshly made, this nutritious and filling dinner is delicious.



INGREDIENTS

- 2 skinless chicken thighs (225g)
- 1 tablespoon olive oil
- 150g carrots, peeled and thinly cut
- 150g cavolo nero or Savoy cabbage (stalks removed and thickly sliced)
- 1 garlic clove, crushed
- 100g brown basmati rice
- 3 dessert spoons (30ml) onion marmalade
- cracked black pepper
- ½ teaspoon allspice
- low-salt chicken stock made up to 175ml with boiling water
- 100g green beans



FOOD FACTS

£2.52
PER PORTION

Carbohydrate

The rice is the main source of carbohydrate in this meal and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities and serving sizes given, so is suitable for those advised to reduce potassium in their diet. This recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the chicken, therefore if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is high in protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis. If you have been advised to eat less protein, you could halve the amount of chicken and replace with a drained tin of beans, such as cannellini beans.

METHOD

- 1 Pre-heat oven to 180°C / fan 160°C / gas mark 4. On the hob, heat half the oil in an oven-proof frying pan and add the chicken, season with black pepper and cook until lightly browned on both sides. Remove from frying pan and set aside. Put the carrots into a separate saucepan of cold water, boil and cook for 5 minutes, add in the cavolo nero and cook for a further 3 minutes. Drain and set aside.
- 2 Pour remaining oil into the original frying pan, adding the carrots, cabbage and garlic. Fry for 3 minutes, stirring regularly. Stir in allspice and cook for 1 more minute. Stir in rice and add the stock. Stir in 2 dessert spoons of onion marmalade. Return chicken to the pan, placing on top of the vegetables and rice, then season with black pepper. Spread remaining marmalade on top of chicken.
- 3 Put frying pan in the oven and cook for 30 minutes. Check the dish after 15 minutes and add more water if it's dry, to ensure rice cooks (you could put a lid or foil on to help).
- 4 Bring a pan of cold water to the boil, add the green beans and cook for 5 minutes, then drain. Remove chicken from oven, allow to sit for 10 minutes, then serve with the beans.

SHEPHERD'S PIE WITH LAMB & LENTILS

Prep time **1 hour** | Cook time **20 minutes** | Serves **2**

INGREDIENTS

- 1 dessert spoon (10ml) vegetable oil
- 1 small onion, diced
- 1 garlic clove, crushed
- 1 bay leaf
- 1 teaspoon fresh thyme, chopped
- ½ celery stick, diced
- 125g lean lamb mince
- 1 tablespoon tomato purée
- 50g dried red lentils
- 1 low-salt beef stock cube
- 175ml boiling water
- 1 teaspoon wholegrain mustard
- 1 dessert spoon (10ml) Worcestershire sauce
- 225g swede, peeled and diced
- 180g carrots, sliced
- 75g frozen peas
- 12g grated parmesan cheese



FOOD FACTS

£1.74
PER
PORTION

Carbohydrate

The lentils and vegetables are the main sources of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

The lamb mince, lentils and cheese are all sources of phosphate, although used in these amounts, they make a lower phosphate version of a traditional shepherd's pie. If you have been prescribed a phosphate binder you should take as directed.

Using swede and carrots, rather than potato, reduces the amount of potassium compared to a traditional shepherd's pie.

Protein

This recipe is a source of protein. If you have been advised to reduce your protein intake, you may want to reduce the filling and have more of the topping.

METHOD

- 1 Preheat oven to 180°C/ fan 160°C/ gas mark 4. Heat a large, non-stick pan over a medium heat and add the oil. Add the onion, garlic, bay leaf, thyme and celery, cooking for 6 to 8 minutes until soft.
- 2 Add the mince and cook, breaking it up with a wooden spoon, for 5 minutes or until browned. Make up the stock using 175ml boiling water. Add the lentils, stock, tomato purée, mustard and Worcestershire sauce. Bring to the boil, reduce heat and simmer for 25 minutes.
- 3 While the filling is cooking, bring a large pan of water to the boil and add the swede and carrots. Return to the boil and simmer for 20 minutes or until vegetables are soft. Once cooked, drain and return to the pan, turning off the heat. Mash the swede and carrot, season with black pepper and set aside.
- 4 Stir the peas into the filling, then spoon the mixture into a baking dish. Cover evenly with the swede and carrot topping and sprinkle the parmesan over the top. Bake for 20 minutes, or until the topping is golden. Remove from oven and leave to cool for 5 minutes before serving.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

- Carbohydrate **36.6g**
- Low saturated fat ✓
- Energy in kcals **375**



hints and tips

A hearty and warming family favourite! Substituting half of the lamb with lentils cuts the cost and reduces the potassium and phosphate too. Cook without Worcestershire sauce to lower the salt content further.

hints and tips

Chicken tikka is often marinated in yoghurt, but this marinade is vinegar-based, giving a tangy sweetness that's tastier and lighter.

The freshness and crunch of the salad is a perfect accompaniment.

Leftover cooked chicken can be stored in the fridge for up to 3 days.

CHICKEN TIKKA

with kachumber salad

5

Marinade time **6 to 24 hours** | Prep time **20 minutes** | Cook time **15 minutes** | Serves **2**



INGREDIENTS

Chicken Tikka marinade

- 15g fresh root ginger, peeled and chopped
- 2 cloves garlic, peeled
- 1 tablespoon rice vinegar
- ½ teaspoon spicy or sweet paprika
- ½ teaspoon ground turmeric
- 1 teaspoon granulated or caster sugar
- 2 teaspoons vegetable oil
- 200g boneless and skinless chicken thighs, cut into chunks
- 2 metal skewers (optional)

Kachumber

- ½ red onion, sliced into strips
- 2 medium (or 1 large) tomatoes (about 200g), deseeded, sliced
- half a cucumber (200g), halved lengthways, deseeded, sliced
- leaves 8 sprigs of coriander, chopped
- juice of ½ lime

TO SERVE

- 1 lime, cut into 4 wedges
- 2 rotis or chapatis (or wholewheat flatbread/wrap/pitta)
- 2 heaped tablespoons Greek yoghurt

METHOD

- 1** Marinade: Blitz all ingredients, apart from chicken, in mini food processor to make smooth paste. Put the chicken into a bowl, pour marinade over and mix. Cover and leave to marinate in fridge for 6 to 24 hours.
- 2** To cook, heat grill to high. Thread chicken onto skewers (if using), or lay directly on the grill tray, leaving space between the pieces for thorough cooking. Grill for about 15 minutes, turning half-way through, until the chicken is deep golden brown with some charred edges. Check to make sure cooked all way through. Rest for 5 minutes before serving.
- 3** While chicken is cooking, prepare the salad by combining onion, tomato, cucumber and coriander. Prepare rotis/chapatis/flatbread/pitta bread; sprinkle with water, then warm in dry frying pan, 30 seconds each side, or pop in toaster.
- 4** Serve with a wedge of lime per person, roti, or wrap etc, salad and yoghurt.



FOOD FACTS

£2.15
PER PORTION

Carbohydrate

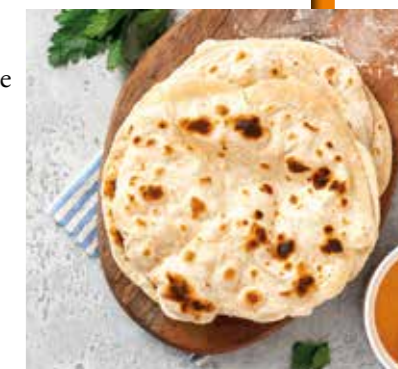
The rotis or flatbreads are the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This dish is low in potassium; if you have been advised to restrict your potassium, please keep to the quantities and serving sizes suggested. This dish is low in phosphate, however, does contain some phosphate which is provided by the chicken. If you have been prescribed a phosphate binder, ensure you take with this dish.

Protein

This recipe provides a source of protein, therefore is suitable for those advised to eat more protein, such as those receiving dialysis.



NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

Carbohydrate **38g**
Low saturated fat ✓ (0.8g/100g)
Energy in kcals **400**

JERK CHICKEN & BEAN PILAF

Prep time **15 minutes** | Cook time **30 minutes** | Serves **2**

£1.63
PER
PORTION

INGREDIENTS

- 120g brown rice, rinsed (or a 200-250g pouch of cooked wholegrain rice)
- 1 tablespoon vegetable oil
- 2 frozen mini corn on the cobs
- 1 small red onion, finely sliced
- 2 medium carrots, diced into small cubes
- 150g chicken thigh fillets, boneless and skinless, cut into strips
- 2 teaspoons jerk seasoning (ideally with no added salt)
- 1 small green chilli, deseeded (optional) and sliced
- 1 clove garlic, finely chopped
- 200g tin of red kidney beans, drained and rinsed

TO SERVE

- 1 lime, cut into wedges (optional)
- small handful coriander, roughly chopped (optional)

METHOD

- 1 Put the rice into a pan with double the amount of water, bring to boil, put a lid on and turn heat down, cook for 12 minutes, checking to add more water if needed. If using a cooked rice pouch, skip this step.
- 2 In a separate saucepan, add the corn on the cobs and cover with water, bring to boil, then reduce to a low heat until cooked, about 5 minutes. Turn off heat and set aside.
- 3 Heat the oil in a pan over a medium heat and fry the onion and carrots for 5 minutes. Add in the chicken and fry for another 6 minutes. Add in the jerk seasoning, chilli and garlic and cook for a further minute. Add the cooked rice into the chicken mix along with the beans. Mix thoroughly and heat through until the beans are warm.
- 4 Drain the corn on the cobs. Serve the dish with the corn on the cob, lime wedges and coriander scattered over the top.

FOOD FACTS

Carbohydrate

The rice is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities and serving sizes given. It's suitable for those advised to reduce potassium in their diet.

This recipe is also low in phosphate, however, it does contain some phosphate, mainly provided by the chicken, beans and rice, therefore if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is source of protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis. If you have been advised to eat less protein, you may wish to halve, or omit, the amount of chicken and increase the kidney beans.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Source of protein
- Carbohydrate **55g**
- Low saturated fat ✓ (0.4g/100g)
- Energy in kcals **415**



hints and tips

This Caribbean-inspired dish is filling, easy to cook, and low in salt, potassium and phosphate. Best eaten freshly made. If you can't buy low-salt jerk seasoning, make your own: 1 teaspoon allspice, 2 teaspoons cumin, 1 teaspoon dried sage, 1 teaspoon dried thyme, ½ teaspoon nutmeg and ¼ teaspoon cayenne.

ASIAN TURKEY WRAPS

Prep time 10 minutes | Cook time 20 minutes | Serves 2

£1.99
PER PORTION

FOOD FACTS

Carbohydrate

The wholemeal tortilla wraps are the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities and serving sizes given. This is suitable for those advised to reduce potassium in their diet. The recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the turkey mince and chickpeas, therefore if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is high in protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis. If you have been advised to eat less protein, you may wish to reduce the quantity of turkey mince and top it with some extra tinned and drained chickpeas.



INGREDIENTS

- 1 tablespoon olive oil
- ½ red onion, finely chopped
- 150g lean turkey mince
- 1 clove garlic, minced or finely chopped
- 1 red chilli, finely sliced
- 100g carrot, peeled and cut into fine strips
- 1 tablespoon low-salt soy sauce
- handful coriander, roughly chopped
- small handful mint, roughly chopped
- 2 limes, juiced
- 50g chickpeas, drained and dried on kitchen paper
- 1 teaspoon cumin seeds
- 2 wholemeal tortilla wraps
- 6 spring onions, finely chopped
- 70g shredded lettuce



METHOD

- 1 Heat half the oil in a frying pan over a medium heat and fry onion until soft. Add in the turkey, garlic and chilli and cook until turkey is cooked through, about 10 minutes. Add in carrot and cook for a further 5 minutes. Drain the excess liquid out of the frying pan and turn off heat.
- 2 Add the soy sauce, coriander, mint and lime juice to the turkey mixture and set aside for the flavours to develop.
- 3 Heat remaining oil in a separate pan over a high heat and add chickpeas and cumin seeds. Cook until crispy; keep them moving so they don't burn.
- 4 Warm the tortilla wraps. Divide the turkey mixture equally between the two wraps. Top with chopped spring onions, chickpeas and lettuce. Seal and roll-up wraps to serve.

hints and tips

This is a delicious, healthy, high-protein wrap. It could also be a quick meal on a busy day by preparing the filling in advance (cool after Step 1 and store in fridge for up to 3 days, then warm filling and follow recipe from Step 2). Also good for a healthy packed lunch.



CHICKEN & VEGETABLE CURRY

Prep time **45 minutes** | Cook time **30 minutes** | Serves **2**

INGREDIENTS

- 120g basmati rice, rinsed
- 1 large/2 small chicken breasts (200g), skinless and boneless, cut into small pieces
- 50ml low-fat plain yoghurt
- ½ teaspoon red chilli powder
- 2 teaspoons garam masala/curry powder
- 1 teaspoon turmeric
- 1 tablespoon vegetable oil
- 1 onion, peeled and finely chopped
- ½ tin chopped tomatoes (200g)
- ½ inch ginger, crushed
- 2 cloves garlic, crushed
- 80g carrots, peeled and diced
- 40g green beans, chopped
- 30g frozen green peas
- small handful fresh coriander, roughly chopped.



METHOD

- 1 Wash the rice, put into a pan with double the amount of water, bring to boil, put lid on and turn heat down. Simmer for 10 minutes until cooked, checking to add more water if needed.
- 2 Marinate chicken pieces in yoghurt, chilli powder, garam masala and turmeric for 30 minutes.
- 3 Heat oil over a medium heat and fry onion until light brown.
- 4 Add the tomatoes, ginger and garlic and fry for 1 to 2 minutes until onions and tomatoes are well mixed, then add vegetables and fry for a minute.
- 5 Add the marinated chicken and stir well so the chicken mixes with the onion, tomatoes and vegetables. Reduce heat to low, cover with a lid and let chicken and vegetables cook for 20 minutes.
- 6 Once the chicken is cooked, add in freshly chopped coriander and serve warm with rice.



FOOD FACTS

£1.63
PER
PORTION

Carbohydrate

Rice is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Despite some high potassium ingredients, such as tomatoes, this recipe is low in potassium, when following quantities and serving sizes given, and suitable for those advised to lower potassium. It is also low in phosphate, but does contain some, mainly from the chicken, so if you have been prescribed a phosphate binder, take as directed.

Protein

This recipe is high in protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis. If you have been advised to eat less protein, reduce the quantity of chicken to 100g, or use 400g of tinned and drained chickpeas instead.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- High** in protein
- Carbohydrate **67.3g**
- Low saturated fat ✓ (0.5g/100g)
- Energy in kcals **526**



hints and tips

This Indian-style, high-protein curry is perfect for batch cooking. Store in an airtight container in the fridge for up to 2 days, or freeze (re-heat thoroughly). Adding 2 to 3 black peppercorns, 1 cinnamon stick and 2 to 3 cloves to the oil before adding the onions enhances the flavour.

CHICKEN & PEPPER ONE POT

Prep time 15 minutes | Cook time 45 minutes | Serves 2

£2.18
PER PORTION

FOOD FACTS

Carbohydrate

The pasta (orzo) is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities in the ingredients, and the serving sizes. The recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the chicken, so if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is high in protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis. If you have been advised to eat less protein, you may wish to reduce the chicken and add a tin of chickpeas. This would also lower the potassium and phosphate content.



INGREDIENTS

- 2 chicken thighs (150-160g), skin removed
- 1 dessert spoon (10ml) olive oil
- 1 red pepper, cut into 3cm chunks
- 1 green pepper, cut into 3cm chunks
- 1 shallot, finely chopped
- 1 garlic clove, chopped
- 2 red chillies, sliced and deseeded
- 150g orzo pasta
- 1 dessert spoon (10ml) sweet paprika
- 250ml low-salt chicken stock
- 75g cherry tomatoes
- black pepper
- small handful parsley, chopped (optional)
- 10g crème fraîche (optional)



METHOD

- 1 Preheat oven to 190°C / fan 170°C / gas mark 5. Put olive oil into a flameproof casserole dish and place over a medium heat on the hob. Season chicken with black pepper and cook until sealed on each side. Transfer to a plate for later.
- 2 Add the peppers into dish and cook for 3 to 4 minutes, then add shallots, garlic and chillies. Cook for a further 5 minutes until softened. Stir in orzo and paprika.
- 3 Pour the stock over and an additional 200ml of boiling water to completely cover the orzo. Place the chicken and tomatoes on top of the orzo and bake in oven for 30 minutes.
- 4 Serve in bowls, topped with the crème fraîche and chopped parsley if desired.



hints and tips

An easy, mid-week supper dish, suitable for all stages of CKD. This dish is best eaten freshly made. Uncooked rice can be used in place of orzo if your supermarket doesn't stock it.

NUTRITIONAL INFO

(Per Portion)

Low phosphate ✓

Low potassium ✓

Low salt ✓

High in protein

Carbohydrate 64.5g

Low saturated fat ✓ (0.4g/100g)

Energy in kcals 437

TUNA, TOMATO & OLIVE PASTA

Prep time **10 minutes** | Cook time **15 minutes** | Serves **2**

INGREDIENTS

- 200g wholewheat penne pasta, dried
- 1 dessert spoon (10ml) olive oil
- 1 garlic clove, thinly sliced
- 200g fresh tomatoes, roughly chopped
- 25g pitted black olives, roughly chopped
- ½ onion, thinly sliced
- 1 small courgette (approx. 75-90g), cubed
- ½ teaspoon chilli flakes
- 170g tinned tuna in spring water
- ground black pepper
- 10g basil leaves



METHOD

- 1 Fill a large saucepan with water and bring to the boil. Once boiling, add the pasta and cook for 10 to 12 minutes, or as per packet instructions. Add the oil to a frying pan and place over a medium heat. Add garlic, tomatoes, olives, onion and courgette cubes.
- 2 Stir in the chilli flakes and bring to a boil, then reduce heat and simmer for 5 minutes.
- 3 Open and drain tin of tuna. Break the tuna up with a fork, stir into sauce, then simmer for 2 minutes. Season with black pepper and gently tear basil leaves, adding them to the sauce.
- 4 When cooked, drain the pasta and carefully toss through the sauce. To serve, divide between two plates.

FOOD FACTS

£1.99
PER PORTION

Carbohydrate

The pasta is the main source of carbohydrate in this recipe and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

While tomatoes are a high-potassium food, when used in the quantities in this recipe, and as there are no other high potassium foods served with it, this is a low-potassium dish, overall. The dish is low in phosphate, but will still contain a small amount, so if you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein

The tuna in this dish provides a source of protein, therefore is suitable for those receiving dialysis or who have been advised to increase the amount of protein they eat. If you wish to reduce the protein in this dish, replace the tuna with a plant-based protein such as a 200g (drained) tin of beans, lentils or pulses.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

- Carbohydrate **82.6g**
- Low saturated fat ✓
- Energy in kcals **487**

hints and tips

This quick and easy-to-make Mediterranean dish gets a spicy kick with the addition of chilli flakes. Bursting with flavour, it is low in phosphate and potassium. Once cooled, it can be stored in the fridge for up to 3 days.



SALMON

with pomegranate salsa

Marinade time **30 minutes** | Prep time **15 minutes** | Cook time **15 minutes** | Serves **2**

INGREDIENTS

- 2 salmon fillets (up to 100g per portion)
- 1 tablespoon honey or maple syrup
- 1 tablespoon olive oil
- 1 lemon, zest and juice
- handful parsley (approx. 20g), roughly chopped
- 1 small red onion, finely chopped
- 20g pomegranate seeds

TO SERVE

- 80g baby sweetcorn
- 80g tenderstem broccoli
- 200g new potatoes

METHOD

- 1 Put salmon on a small baking sheet. Make the marinade by mixing the honey or maple syrup, half the olive oil, half the lemon zest and juice and a grind of black pepper together in a bowl. Brush the salmon fillets with the marinade and chill for at least 30 minutes.
- 2 Pre-heat oven to 180°C / fan 160°C / gas mark 4. Bake salmon for 12 to 15 minutes until fillets are cooked through. Whilst the salmon is cooking, put potatoes in a pan, cover with cold water and put on a high heat. Bring to a boil and cook for approximately 15 minutes, until just soft. Drain.
- 3 Fill a saucepan with cold water and add the vegetables, boiling the broccoli and baby sweetcorn until just tender. Drain. Mix the parsley, pomegranate seeds, red onion, remaining olive oil, lemon juice and zest together to make a salsa. Set aside.



- 4 Remove salmon from the oven and serve with the salsa, potatoes and vegetables.

FOOD FACTS

£2.69
PER PORTION

Carbohydrate

Potatoes are the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities in the ingredients and serving sizes, making it suitable for those advised to reduce potassium in their diet. If you wish to lower the potassium further, you could consider swapping the potatoes for rice or pasta, ideally using a wholegrain variety for extra fibre.

This recipe is also low in phosphate, however, it does contain some phosphate, mainly provided by the salmon, so if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is a source of protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis.

hints and tips

An impressive-looking dish, easy to prepare and great for a special occasion. This colourful meal, full of variety and flavour, is low in salt, potassium and phosphate. Frozen salmon is often cheaper than fresh, but defrost thoroughly before cooking.

MIDDLE EASTERN ZA'ATAR COD

Prep time **20 minutes** | Cook time **20 minutes** | Serves **2**

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 red onion, thinly sliced
- 1 red or orange pepper, sliced
- 1 medium carrot, peeled, trimmed and cut into ribbons using a potato peeler
- 1 garlic clove, grated or finely chopped
- 120g bulgur wheat
- 240ml low-salt vegetable stock
- 2 cod fillets, skinless (approx. 100g each)
- 2 tablespoons za'atar spice
- 1 tablespoon balsamic vinegar

TO SERVE

- 20g fresh coriander, roughly chopped (optional)

METHOD

- 1 Preheat oven to 200°C / fan 180°C / gas mark 6.
- 2 Heat the oil in a saucepan on a medium high heat. Once hot, add the onion, pepper and carrot and cook, stirring frequently until tender, for 5 to 6 minutes. Add the garlic and cook for a further 1 minute.
- 3 Once the garlic has cooked, pour in vegetable stock and bring to the boil. Then stir in bulgur wheat, bring back to a boil and simmer for 1 minute. Cover with a lid and remove from the heat to steam cook. Leave aside for 12 to 15 minutes, or until ready to serve.
- 4 Place the cod fillets on a baking tray, lined with baking paper, season with pepper, sprinkle over the za'atar spice and roast until cooked through, for 12 to 15 minutes. The fish will flake and look opaque in the middle when fully cooked.
- 5 Once the bulgur wheat has steamed, fluff it up with a fork and stir through the balsamic vinegar. Season with pepper to taste.
- 6 Divide the bulgur wheat evenly between plates. Top with the cod and sprinkle over coriander to serve.



FOOD FACTS

£2.38
PER PORTION

Carbohydrate

Bulgur wheat is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, when following the quantities in the ingredients and serving sizes. It is suitable for those advised to reduce potassium in their diet. The recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the cod, so if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe provides a source of protein and is suitable for those advised to eat more protein.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Source of protein
- Carbohydrate **57g**
- Low saturated fat ✓ (0.3g/100g)
- Energy in kcals **400**



hints and tips

A tasty low-fat, high-protein dinner, flavoured with Middle Eastern spice blend za'atar. If you have had a transplant, you should buy pre-packaged fish, rather than from a fresh fish counter, to avoid any risk of bacterial contamination. We used frozen cod, as it is often cheaper than fresh.

hints and tips

A good source of fibre and protein; this would be a great post-dialysis snack. Lower the cost by using a cheaper alternative bread. You could add finely chopped red pepper to the peas for added flavour and crunch.

PEAS & PESTO

on sourdough toast

Prep time 5 minutes | Cook time 10 minutes | Serves 2

£0.70
PER
PORTION

FOOD FACTS

Carbohydrate

The sourdough is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Boiled peas are low in potassium and provide a portion of vegetables in this dish. This recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the eggs, therefore if you have been prescribed a phosphate binder you should take as directed.

Protein

Peas and eggs are good protein sources, making this recipe suitable for somebody on dialysis. If you have been advised to lower your protein intake, you could omit the egg.



INGREDIENTS

- 200g frozen peas
- 2 slices wholemeal sourdough bread
- 2 eggs
- 2 tablespoons green pesto alla Genovese
- chilli flakes
- cracked black pepper



METHOD

- 1 Cook the peas in a pan of boiling water for 3 to 4 minutes. Drain and tip peas back into pan with the pesto. Using a wooden spoon, crush the peas.
- 2 Poach the eggs. Fill a saucepan with water and heat until boiling. Lower the heat until the water is simmering. Crack one egg into a small bowl and gently slip it into the simmering water. Add all the eggs you are poaching to the pan in the same way, keeping some distance between them. Turn off the heat, cover the pan and let sit for 4 to 5 minutes.
- 3 Toast the sourdough bread slices.
- 4 Assemble the dish: take the toast and top with the prepared crushed peas. Gently lift out the eggs with a slotted spoon and put on top of the peas. Sprinkle with chilli flakes and cracked black pepper to taste.



NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✗
- Low in protein
- Carbohydrate 27g
- Low saturated fat ✓
- Energy in kcals 278

2

QUINOA SALAD

with beetroot and walnuts

Prep time 15 minutes | Cook time 20 minutes | Serves 2

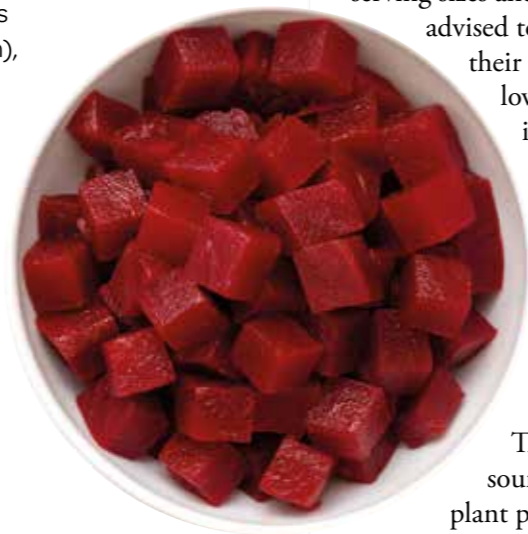


INGREDIENTS

- 80g quinoa, cooked as per instructions
- 2 medium-sized beetroots (100g each), cooked, peeled and cubed
- ¼ cucumber (100g) cubed
- 80g rocket leaves
- 50g ricotta cheese
- 30g walnuts, lightly toasted and roughly chopped

For dressing

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 1 teaspoon white wine vinegar
- 2 tablespoons fresh coriander or parsley, chopped
- black pepper to taste



METHOD

- 1 Cook quinoa as per instructions and put into serving bowls.
- 2 Top with beetroot, cucumber, rocket and ricotta cheese.
- 3 Combine all the ingredients for the dressing in a separate bowl and mix well.
- 4 Finish by drizzling over the prepared dressing on the quinoa salad. Sprinkle walnuts on top.

FOOD FACTS

£2.52
PER PORTION

Carbohydrate

Quinoa is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Despite the use of some high potassium ingredients, such as beetroot, this recipe is low in potassium, when following the quantities in the ingredients, and the serving sizes and is suitable for those advised to lower potassium in their diet. The recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the walnuts, therefore if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe provides a source of good quality plant protein.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

Carbohydrate 31.5g
Low saturated fat ✓ (1.5g/100g)
Energy in kcals 380



hints and tips

This fresh and healthy nutty salad is perfect for a quick, yet nutritious, meal providing a good source of plant protein and fibre. Use low-fat cottage cheese instead of ricotta for a lower fat content. Best eaten freshly made.

hints and tips

This bean chilli recipe is a delicious vegetarian option, providing plenty of fibre and protein. You could parboil the sweet potato before roasting to lower the potassium content further. The bean mixture can be prepared in advance and stored in an airtight container in the fridge for up to 3 days.

BEAN CHILLI

on baked sweet potato

3

Prep time 20 minutes | Cook time 40 minutes | Serves 2

£1.24
PER
PORTION

FOOD FACTS

Carbohydrate

Sweet potato is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Despite the use of some high potassium ingredients, such as baked sweet potatoes and tomato purée, this recipe is low in potassium, when following the quantities in the ingredient and the serving sizes.

This recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the black beans, so if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is a source of protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis.



INGREDIENTS

- 2 medium sweet potatoes (120g each)
- 1 clove garlic, crushed
- 4 spring onions, chopped
- 400g tin of black beans, rinsed and drained
- 10g tomato purée
- ½ teaspoon chilli flakes
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- 30g frozen sweetcorn
- 2 teaspoons olive oil

TO SERVE

- 40g soured cream

METHOD

- 1 Preheat oven to 200°C / fan 180°C / gas mark 6. Prick sweet potatoes all over and rub with a little olive oil. Bake in oven for approximately 40 minutes, until soft.
- 2 While the potatoes are cooking, heat the olive oil in a pan over a medium heat and fry the spring onions and garlic until soft.
- 3 Add in the black beans, tomato purée, chilli flakes, cumin, paprika and sweetcorn. Mix together and cook over a low heat for 10 minutes.
- 4 Remove potatoes from oven when cooked and rest for 5 minutes. To make an opening, slit along the length of the potato, prise open a little and fill with the bean mix. Serve with soured cream on top.



NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

Carbohydrate 51g

Low saturated fat ✓ (1.3g/100g)

Energy in kcals 358

SPICY EGG PITTA POCKETS

Prep time **5 minutes** | Cook time **10 minutes** | Serves **2**

INGREDIENTS

- 4 large eggs
- black pepper for seasoning
- 2 tablespoons olive oil
- 1 large onion, peeled and finely chopped
- 1 large tomato, finely chopped
- 3 teaspoons garlic paste
- ¼ teaspoon turmeric
- ½ teaspoon red chilli powder
- ½ teaspoon coriander powder
- ½ teaspoon cumin powder
- 2 teaspoons garam masala powder or curry powder
- ½ red or yellow pepper, deseeded, sliced
- 2 wholemeal pitta breads
- 1 teaspoon fresh coriander leaves, finely chopped



METHOD

- 1 In a bowl, crack the eggs and whisk with black pepper. Heat olive oil in a pan over a medium heat, add the onion and fry until soft.
- 2 Add the tomato and stir until pulpy. Next add in the garlic paste and stir for a few seconds until fragrant.
- 3 Add all the spices, mixing well until combined. Gradually add in the eggs, mixing well with the onion and tomato. Continue stirring until the eggs reach a scrambled consistency and are cooked through.
- 4 Cut each pitta in half and toast to make 4 pitta pockets. Remove eggs from the heat and stuff into the toasted pitta pockets. Serve 2 pitta pockets per person, topped with sliced peppers and chopped coriander leaves.

FOOD FACTS

£1.13
PER PORTION

Carbohydrate

Pitta bread is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Despite the use of some high potassium ingredients, such as tomatoes, this recipe is low in potassium, when following the quantities and serving sizes and is suitable for those advised to lower potassium in their diet. The recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the eggs, so if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe is high in protein, therefore suitable for those advised to eat more protein, such as those receiving dialysis.



NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Source of protein
- Carbohydrate **44g**
- Low saturated fat ✓ (1.2g/100g)
- Energy in kcals **516**

hints and tips

This flavour-packed recipe is a twist on traditional scrambled eggs, loaded with Indian spices to enhance the taste. Quick and nutritious, it can be made in just under 20 minutes and provides a good source of protein and fibre. Best eaten freshly made.





hints and tips

This flavoursome, super-quick vegan Thai dish is full of flavour and packed with vegetables for a meal everyone can enjoy. Use the lowest-salt soy sauce you can find.

Tofu prep tips

To press the tofu, wrap the block in a clean tea towel and put on a large plate. Put a chopping board or plate on top and add weight with cans or jars. Leave for 30 minutes. The tofu will be about two-thirds its original thickness and up to 100ml water will have been removed.



THAI VEGETABLE STIR FRY

with rice

Prep time 30 minutes | Cook time 10 minutes | Serves 2

£2.23
PER PORTION

INGREDIENTS

- 140g extra-firm tofu
- 120g brown rice/ basmati rice/jasmine rice
- 240ml water to cook the rice
- 1 tablespoon reduced-salt soy sauce
- 2 tablespoons light brown sugar
- 1 tablespoon sweet chilli sauce
- 60ml rice vinegar
- 2 garlic cloves, crushed
- 1 large carrot, cut into ribbons with peeler
- 3 spring onions, halved lengthways and sliced
- 80g Chinese cabbage, finely sliced
- 3 tablespoons vegetable oil
- 150g beansprouts
- 30g unsalted roasted peanuts, roughly chopped
- 1 lime



FOOD FACTS

Carbohydrate

The brown sugar and rice are the main sources of carbohydrate in this meal and the value has been provided for those trained in insulin adjustment.

Phosphate/potassium

The small quantity of peanuts really adds texture and flavour, and when following the serving sizes, this dish is low in both potassium and phosphate. If you have been prescribed a phosphate binder, ensure you take them.

Protein

If you have been advised to increase your protein, you can serve with 280g tofu and the dish will remain low in potassium and phosphate. If you are following a non-vegan diet and want to increase your protein intake, you could prepare this dish with one medium-sized chicken breast (150g) instead of tofu.

METHOD

- 1 Press the tofu for 30 minutes (see 'hints and tips'), then cut into 2cm cubes. Put the rice in a saucepan and pour over the water. Bring to a boil, then reduce the heat to a gentle simmer. Cook for 15 to 20 mins, or until rice is fully cooked and then turn off the heat. Cover with a lid and leave tightly covered for another 5 to 10 mins to absorb any remaining water.
- 2 Mix the rice vinegar, sugar, soy sauce and chilli sauce together to make the sauce. Set aside.
- 3 Heat 2 tablespoons of oil in a wok, add the tofu and stir fry for 1 to 2 minutes until it starts to brown. Transfer to a plate. Add remaining tablespoon of oil, and over a medium heat, add garlic, frying for a few seconds. Add the spring onions, beansprouts, cabbage and carrot ribbons. Stir fry for 2 minutes before adding the sauce to the pan. Sprinkle over the chopped peanuts.
- 4 Serve the prepared rice with the vegetable and tofu stir fry and a wedge of lime.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Low in protein
- Carbohydrate 76g
- Low saturated fat ✓
- Energy in kcals 485

CORONATION CAULIFLOWER PITTAS

Prep time **10 minutes** | Cook time **40 minutes** | Serves **2**

£1.55
PER
PORTION

INGREDIENTS

- 1 small (up to 425g) cauliflower, separated into florets
- 1 tablespoon medium curry powder
- 1 dessert spoon (10ml) olive oil
- 125g soya yoghurt (or dairy yoghurt if you prefer)
- 10g sultanas
- 10g fresh coriander, chopped
- 4 wholemeal pitta breads
- 50g rocket

FOOD FACTS

Carbohydrate

Pitta bread is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

This recipe is low in potassium, despite the use of a whole cauliflower that has been baked rather than boiled. This is because the quantities of all the ingredients have been kept to a minimum, therefore please ensure you follow the quantities for all the ingredients and serving sizes. The recipe is also low in phosphate, however it still contains some phosphate, so if you are prescribed a phosphate binder, you should take as directed.

Protein

This recipe is low in protein, therefore suitable for those advised to eat less protein. If you have been advised to eat more protein, then ensure you eat more protein at your other meals.



METHOD

- 1 Preheat oven to 200°C / fan 180°C / gas mark 6. Add cauliflower to a saucepan and fill with water, bring to a boil and cook for 3 minutes so it is still quite firm. Drain and allow to cool slightly. Put cauliflower into a roasting tin and toss with 2 teaspoons of curry powder and 1 tablespoon of olive oil. Roast for 20 minutes.
- 2 Whilst the cauliflower is cooking, mix the yoghurt with rest of curry powder, sultanas and half of the chopped coriander leaves.
- 3 Remove cauliflower from the oven and leave to cool. Once cooled, mix into yoghurt mixture.
- 4 Toast the pitta breads, cool and cut open. To serve, fill the pittas with the cauliflower mix and rocket and sprinkle over the remaining chopped coriander. Serve 2 filled pitta breads per portion.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Low in protein
- Carbohydrate **80.4g**
- Low saturated fat ✓ (0.3g/100g)
- Energy in kcals **457**

hints and tips

This plant-based, low protein recipe is low in salt, potassium and phosphate – great if you've been advised to reduce your protein. Once the cauliflower mixture has been prepared, it will keep in an airtight container in the fridge for 3 days.



SWEET POTATO MOROCCAN TAGINE

Prep time **20 minutes** | Cook time **40 minutes** | Serves **2**

£1.31
PER PORTION

FOOD FACTS

Carbohydrate

Rice and sweet potato are the main sources of carbohydrate in this recipe, and the value has been provided for those trained in insulin adjustment.

Phosphate/potassium

Despite the use of some high potassium ingredients, such as sweet potatoes, this recipe is low in potassium, when following the quantities and serving sizes. It is suitable for those advised to lower potassium in their diet. Consider parboiling the sweet potatoes before adding to the mixture to further reduce the potassium content. The recipe is also low in phosphate, but does contain some, mainly from the chickpeas, so if you have been prescribed a phosphate binder, take as directed.

Protein

This recipe provides a source of protein and is suitable for those advised to eat more protein.



INGREDIENTS

- 120g brown rice, rinsed and drained
- 1 tablespoon olive oil
- 1 small onion, peeled and chopped
- 1 clove garlic, crushed
- 1 medium sweet potato, peeled and cubed
- ¼ teaspoon turmeric
- ¼ teaspoon ground coriander
- ¼ teaspoon cinnamon
- ¼ teaspoon fresh/ground ginger
- 400g tin of chickpeas, drained and rinsed
- 30g chopped, dried apricots or raisins
- 100ml low-salt vegetable stock
- handful fresh parsley or coriander, roughly chopped
- ¼ lemon, juiced
- black pepper



METHOD

- 1 Cook rice as per packet instructions without any added salt.
- 2 Heat olive oil in a pan over a medium heat and cook onions for 5 minutes until soft. Add garlic and sweet potato. Mix in spices and cook for 5 minutes, stirring regularly.
- 3 Add in apricots (or raisins) and stock; cook for a further 10 minutes. Put a lid on the pan, reduce heat and simmer for 20 minutes, until sweet potato is tender.
- 4 Add the chickpeas to the tagine mix and cook for a further 5 minutes.
- 5 Stir in parsley, lemon juice and a grind of black pepper.
- 6 Serve with the cooked rice.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓
- Source of protein
- Carbohydrate **90g**
- Low saturated fat ✓ (0.6g/100g)
- Energy in kcals **506**

hints and tips

This warm and comforting recipe is packed with flavour, low in potassium and phosphate and a good source of fibre and plant protein. Use a (salt-free) Moroccan spice mix instead of individual spices to give a more authentic flavour. This recipe is suitable for storing in fridge or freezer, so could be prepared in advance.

RED LENTIL & VEGETABLE CURRY

Prep time **1 hour 15 minutes** | Cook time **25 minutes** | Serves **2**

£1.09
PER
PORTION

INGREDIENTS

- 80g red or green lentils
- 120g brown rice
- 1 tablespoon vegetable oil
- 1 onion, chopped
- ½ inch fresh ginger, minced
- 2 garlic cloves, minced
- 1 green chilli, slit in half (optional)
- 1 tomato (80g), chopped
- ¼ teaspoon turmeric powder
- ¼ teaspoon coriander powder
- ¼ teaspoon cumin powder
- 1 teaspoon garam masala or curry powder
- 500ml reduced-salt vegetable stock (or use water instead)
- 1 carrot (100g), diced
- 50g broccoli or cauliflower florets
- 30g frozen green peas
- handful fresh coriander leaves, chopped



FOOD FACTS

Carbohydrate

Rice is the main source of carbohydrate in this recipe, and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium

Despite the use of some high potassium ingredients, such as red lentils and tomatoes, this recipe is low in potassium, when following the quantities, serving sizes and cooking method. This is suitable for those advised to lower potassium in their diet. The recipe is also low in phosphate, however it does contain some phosphate, mainly provided by the lentils, so if you have been prescribed a phosphate binder, you should take as directed.

Protein

This recipe provides a source of protein. If you need a higher protein diet, consider having more protein in other meals of the day.

METHOD

- 1 Soak lentils in 3 to 4 cups of hot water for about an hour. Drain the water and rinse the lentils thoroughly before cooking. This will help to remove some potassium.
- 2 Cook the rice as per packet instructions.
- 3 Heat oil in a pan over a medium heat, add onions and sauté for 2 minutes. Add the ginger, garlic and green chilli (if using) and sauté for a minute until fragrant.
- 4 Add the chopped tomato and stir for a minute until slightly soft. Add turmeric, coriander powder, cumin powder and garam masala / curry powder. Add vegetable stock / water and the rinsed lentils. Bring to a boil.
- 5 Now add in broccoli, carrots and peas. Reduce heat and simmer for 15 to 20 minutes or until the lentils are cooked and mushy.
- 6 Finally, add the freshly chopped coriander leaves, mix well and serve the curry hot with the prepared rice.

NUTRITIONAL INFO

(Per Portion)

- Low phosphate ✓
- Low potassium ✓
- Low salt ✓

Source of protein

Carbohydrate **83g**

Low saturated fat ✓ (0.3g/100g)

Energy in kcals **481**



hints and tips

A simple and wholesome vegan meal packed with flavour. The combination of lentils and vegetables in this dish provide fibre, vitamins and protein, while spices enhance the taste without the need for salt. This recipe can be stored in an airtight container in the fridge for up to 3 days. 1 teaspoon of ginger-garlic paste could be used instead of fresh ginger and garlic. Use 2 teaspoons curry powder instead of 1 teaspoon if you wish to omit other dry spices.

7 tips for HEALTHY WEIGHT LOSS

1 SPEAK TO YOUR KIDNEY DIETITIAN
Ask for support if you have questions about your diet or losing weight.

2 PLAN MEALS AND WRITE SHOPPING LISTS
Studies show you're more likely to lose weight when you shop from a list and avoid shopping when hungry. Making a meal plan helps prepare meals and keep within a food budget.

3 BATCH COOK MEALS
Try batch cooking a few favourites for the freezer. This is helpful for days when you have less time or energy to cook from scratch.

4 LISTEN TO FULLNESS CUES
Consider putting your knife and fork down once you are about 80% full. Avoid second helpings for at least 20 minutes after eating.

5 PRACTISE MINDFUL EATING
Mindful eating involves observing how food makes you feel and the signals your body sends about taste, satisfaction and fullness. This means avoiding screens while you eat and avoiding eating on the go.

6 KEEP A FOOD DIARY
This can help you feel more in control of your eating habits. Record what and when you eat, who you were with and how you were feeling.

7 BE KIND TO YOURSELF
To be healthy, you need to look after both your physical and mental health. Be kind to yourself and your body will thank you. If you have a week where your weight stays the same, don't lose hope or punish yourself.



Guide to MEASUREMENTS & CONVERSIONS

Measurement

Cup	Ounces	Millilitres	Tablespoons
1/16 cup	1/2 oz	15 ml	1
1/8 cup	1 oz	30 ml	3
1/4 cup	2 oz	59 ml	4
1/3 cup	2.5 oz	79 ml	5.5
3/8 cup	3 oz	90 ml	6
1/2 cup	4 oz	118 ml	8
2/3 cup	5 oz	158 ml	11
3/4 cup	6 oz	177 ml	12
1 cup	8 oz	240 ml	16
2 cups	16 oz	480 ml	32
4 cups	32 oz	960 ml	64
5 cups	40 oz	1180 ml	80
6 cups	48 oz	1420 ml	96
8 cups	64 oz	1895 ml	128

Weight

Imperial	Metric
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g

Oven temperature

Description	Gas Mark	Electricity °C	Electricity (Fan) °C
Very Cool	1/4	110	90
Very Cool	1/2	120/130	100
Cool	1	140	120
Cool	2	150	130
Moderate	3	160/170	140
Moderate	4	180	160
Moderately Hot	5	190	170
Moderately Hot	6	200	180
Hot	7	220	200
Hot	8	230	210
Very Hot	9	240	220
Very Hot	10	260	240

Cake tin sizes

Round Tin	Square Tin
15cm (6 inch)	13cm (5inch)
20cm (8 inch)	18cm (7inch)
23cm (9 inch)	20cm (8inch)
28cm (11 inch)	25.5cm (10inch)



LOVING YOUR KIDNEYS, LOVING YOUR FOOD

Not only is it possible, but it's easy to do!

The Kidney Kitchen was developed by Kidney Care UK with the British Dietetic Association, Renal Nutritional Group (RNG) to help people living with kidney disease, their family and friends, all enjoy great-tasting food that is safe and nutritious for everyone to eat.

That might seem like a tall order, but every one of our Kidney Kitchen recipes has been approved by the RNG as being safe to eat even for people living with CKD – at every stage of CKD – and even if you are also living with diabetes.

This Kidney Kitchen recipe collection magazine is a sample of some of the recipes available in the Kidney Kitchen.

To find more delicious recipes, watch video preparation and cooking demonstrations, 'meet the dietitians', learn some simple kitchen skills or find trustworthy diet and lifestyle advice, visit the Kidney Kitchen website at www.kidneykitchen.org or scan the QR code.



Eating well to feel well

Eating well is not just about optimising nutrition. Being able to enjoy a tasty Sunday brunch with a partner, hearty meal with family, or a piece of cake now and again, is important to everyone. It's personal and connects us with the people who matter. This doesn't change when you are diagnosed with CKD.

Each of our Kidney Kitchen recipes has been developed as part of an inspired collaboration between our Kidney Kitchen chefs and recipe developers, and kidney dietitians, working together to produce recipes that support good kidney health and align more closely with the dietary needs of people living with kidney disease.

As the leading source of expertise for kidney nutrition in the UK, the RNG carefully analyses and provides detailed nutritional information to accompany each recipe we cook in the Kidney Kitchen. This means that as well as having a great selection of delicious and kidney-friendly meals, snacks, breads, cakes, and puddings to try, you are also receiving nutritional information you can trust.



Even if you don't have kidney disease, our Kidney Kitchen recipes will help you support good kidney health.

But I have diabetes as well as kidney disease

Every Kidney Kitchen recipe includes a per portion carbohydrate content to help people who are living with diabetes, who are insulin-dependent and who have been trained on insulin dose adjustment, ensure they are taking the correct dose to cover their Kidney Kitchen meal. In addition to information on carbohydrate-content, we always try to reduce any added sugar in our Kidney Kitchen recipes, to a minimum – and we challenge you to notice the difference! All of our Kidney Kitchen puddings, cakes and biscuits are utterly delicious.

Isn't following a kidney-friendly diet going to be more expensive?

We know that for many people living with kidney disease, recent hikes in the cost of living have made life extremely challenging. For people living on a limited income, or trying to stretch their health-related state benefit, to cover utility bills and their weekly food shop, impossible choices have had to be made.

In the Kidney Kitchen, we are aware of these challenges and whilst we do include some 'special occasion' recipes which are a little more costly, the majority of Kidney Kitchen recipes are developed to be as low-cost as possible. Each recipe is costed on a per-portion basis so that you can see at a glance, which ones best fit your budget.



These costs per portion are reviewed and updated every two years. You might also find our *Eat Well Spend Less* Kidney Kitchen recipe collection magazine helpful as it contains useful hints and tips on how to keep costs low whilst still enjoying a wonderful range of tasty kidney-friendly meals which are all great for the whole family too. Ask your kidney dietitians for a copy of *Eat Well Spend Less*.

If you are facing financial hardship, Kidney Care UK's 'Cost of living hub' – www.kidneycareuk.org/get-support/cost-living-hub – has details of the many ways we can provide advice and help.



Getting started...

Cooking from scratch can be daunting at first, go to www.kidneykitchen.org where we've put together some useful video guides to get you started with basic cooking and knife skills.



FOOD FACTS, TIPS & ADVICE

If your kidney dietitian has talked to you about modifying your diet, you will find our recipe Food Facts section very helpful. Here you will find useful information on per-serving phosphate, potassium, protein, calorie, carbohydrate and (natural) salt content of each recipe.

ALWAYS CHECK
with your
kidney dietitian
before adapting
your diet

What we mean when we say...

Low potassium ✓

These recipes are suitable if you have been advised to lower the amount of potassium in your diet. They may contain ingredients higher in potassium than you expect to see in a Kidney Kitchen recipe, but are only included in small amounts and across several servings, so are safe to enjoy in the portion sizes suggested in the recipe. *Read the Food Facts in the recipe for more information.*

Low phosphate ✓

These recipes are suitable if you have been advised to lower the amount of phosphate in your diet. They may contain ingredients higher in phosphate than you expect to see in a Kidney Kitchen recipe, but are only included in small amounts and across several servings, so are safe to enjoy in the portion sizes suggested. If you have been advised to take a phosphate binder, you will find advice on when these need to be taken. *Read the Food Facts in the recipe for more information.*

Low protein ✓

These recipes are suitable if you have been advised to lower your protein intake, usually when your kidney function is low, but you have not yet started dialysis or are being worked up for a transplant. Dialysis can mean this advice is reversed as dialysis may remove too much protein from your body. **Ensure you check with your kidney dietitian before modifying your protein intake.** *Read the Food Facts in the recipe for more information.*

Low salt ✓

We do not add salt to any Kidney Kitchen recipes, but many food sources and ingredients contain salt. Our low-salt recipes contain less than 0.3g of salt per 100g. We adapt every recipe to be as low in salt as possible and our creative Kidney Kitchen chefs, introduce other ingredients to enhance flavours (*see below for tips*). However, a few recipes do contain more salt than others and so fall slightly outside our agreed 'low-salt' parameters. We **DO NOT** advise replacing salt with salt replacement products, such as Lo-Salt, as these contain potassium chloride which some people with kidney disease need to avoid.

Calories

Our calorie information calculation is based on quantities and serving sizes suggested in this magazine. You may wish to choose higher calorie-content meals if you have been advised by your kidney dietitian to try to gain weight. If you have been advised to lose some weight, opt for lower calorie-content meal options, or refer to the healthier options section of Food Facts for how to lower the recipe's calorie content.

Vegan, vegetarian and gluten-free eating plans

If you follow a vegan, vegetarian, or gluten-free eating plan, you will be pleased to see that many of our Kidney Kitchen recipes have been developed with you in mind. Also, many more Kidney Kitchen recipes are easy to adapt and you will find hints and tips on where ingredient-swaps can be made.

Benefits of eating a more plant-based diet

Eating a more plant-based diet is a sustainable way to plan meals, but also supports good kidney and overall health. Eating a predominantly plant-based diet does not mean giving up meat altogether; it means gradually introducing more healthy pulses, grains, vegetables and fruit into your diet. Start by making simple changes, like halving the amount of meat in meat-based dishes and replacing this with lentils or beans – which can also make your weekly shop cheaper!

SALT Alternatives

Try replacing:

Table salt, garlic salt, onion salt, celery salt, onion pepper, 'low-salt' products and meat tenderisers

With:

Fresh garlic, black pepper, onion or garlic powder, vinegar, fresh onions, lemon juice, herbs and spices



Set yourself a challenge this year



Every penny you raise will help improve the lives of people living with chronic kidney disease

Thanks to you, Kidney Care UK continues to support the kidney community. Together we'll make sure no one has to face kidney disease alone.

Get in touch to find out more

www.kidneycareuk.org/challenge-events

01420 541 424 | fundraising@kidneycareuk.org



The UK's leading kidney patient support charity



We're here for you

Help and support for kidney patients and their families

At Kidney Care UK we understand the challenges of living with kidney disease, and we're here for you from day one.

As well as delicious recipe ideas and diet advice through the Kidney Kitchen, our other FREE patient services include:



Financial support



Counselling support line



Information & advice



Holiday & respite grants

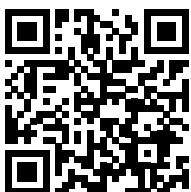


Benefits support



Fighting for better care

Find out how we can help you



SCAN ME



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