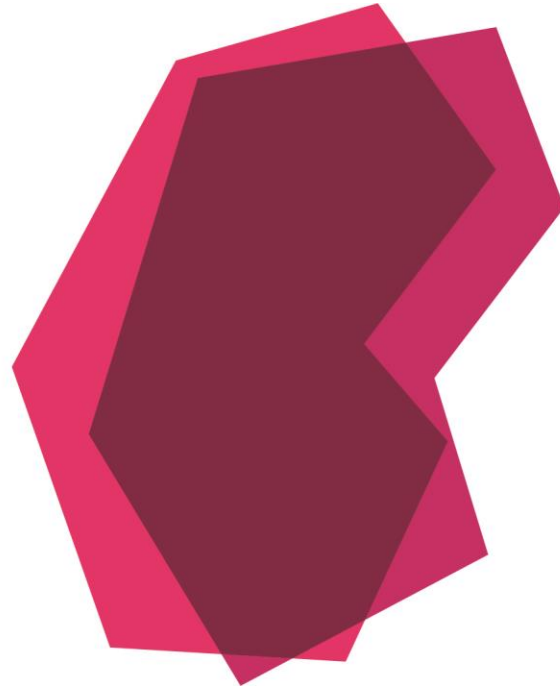


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**kidney**  
FOUNDATION MC TM

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# Kidney Community Kitchen

Lydia Lauder

National Director of Programs and Public Policy

# The challenges of a kidney diet

- **There is no standard kidney diet**
- **Especially hard if balancing two or more different diets at the same time**
- **The kidney diet can impact quality of life**

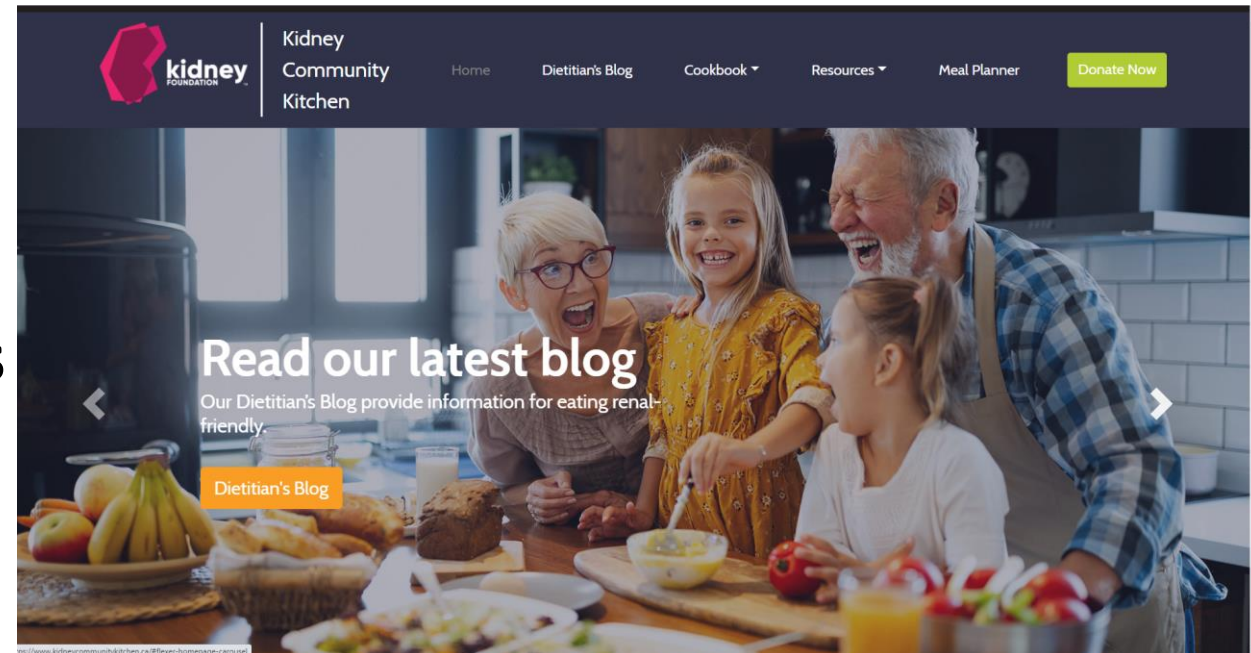
# Background

**The goal of the project was to create an easy to use, interactive and information-rich web based resource on diet and nutrition for people living with kidney disease.**

**The site would allow people to choose from a range of breakfast, lunch, dinner, snack and dessert options to create their own weekly meal plans or load pre-developed meal plans, in addition to uploading their own recipes for review and sharing it with the online community.**

# Kidney Community Kitchen

- Launched November 2011
- Kidney diet & nutrition information, recipes, menu planner, sample menus, and “kidney kitchen community”
- Almost 200 recipes, 150 single items
- 500-1000 visits daily
- Over 130,000 users
- Videos
- Kidney Community Kitchen Chefs
- Updated menu planner



# Challenges along the way

- Management
- Moderating
- Spam
- Updating
- Languages
- Units of measure
- Re-branding
- Videos
- Recipe variety
- “Western” diet



Kidney Community Kitchen | Information and tools to help you manage your renal diet.

http://www.kidneycommunitykitchen.ca/ RSS Google

HOME | CONTACT US | FRANÇAIS MEMBER LOGIN

Kidney Kitchen Cookbook Meal Planner Kidney Diet Information Discussion Forums Dietitian's Blog

WEBSITE SEARCH

**Feedback**

**The Kidney Foundation of Canada**  
The foundation of kidney care.

# Kidney Community Kitchen

Information and tools to help you manage your renal diet.


Set up your personal nutrition profile today, and:

**Discover New Recipes**  
Browse our dietitian approved, kidney friendly cookbook and track your favourites.

**Plan & Track Your Meals**  
Our Meal Planner and Food Journal make it easy!

**Share Experiences**  
Meet new friends and share in our groups and forums.

**JOIN NOW IT'S FREE!**




### Featured Kidney Kitchen Recipe:

#### Fettuccine with Pork Ragu

You don't have to add truffle oil to this satisfying and savoury dish but if you do it adds a wonderful flavour

Diet Type: [Low Phosphorus](#) / [Low Potassium](#) / [Low Sodium](#)

**VIEW RECIPE**



★★★★★

### The Kidney Diet Quiz

**TEST YOUR KNOWLEDGE!**

### Latest Discussions

Welcome to the Kidney Community Kitchen!  
*in General Discussion*  
Last Updated by: [Nadine Valk](#) 26 minutes ago  
Started by: [Nadine Valk](#) with (1) posts

**Appetizers and snacks**  
**Beef**  
**Beverages**  
**Breakfasts and brunch**  
**Casseroles**  
**Desserts & sweets**  
**Dips and Spreads**  
**Family Friendly**  
**Fish & Seafood**  
**Grains & Pasta**  
**Indigenous**  
**Inspired by our chefs**  
**International Cuisine**  
**Marinades**  
**Pork**  
**Poultry**  
**Quick and easy**  
**Salads**  
**Sandwiches & wraps**  
**Servings for 1 or 2**  
**Simple recipes for kids**  
**Soups & Stews**  
**Vegan – Plant-based**  
**Vegetables**  
**Vegetarian main dishes**



# Meal Types

# Indigenous recipes


Kidney Kitchen Cookbook

*Bon Appétit!!*

Diet Types

APPLY FILTER CLEAR ALL

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[Saskatoon Berry Pudding](#)

DIET TYPE  
[Low Phosphorus](#), [Low Potassium](#),  
[Low Sodium](#)

MEAL TYPE  
[Desserts & sweets](#), [Indigenous](#)

[Get the recipe](#) >




[Honey-garlic Moose](#)

DIET TYPE  
[Low Phosphorus](#), [Low Potassium](#),  
[Low Sodium](#)

MEAL TYPE  
[Indigenous](#)

[Get the recipe](#) >



[Fish Cakes](#)

DIET TYPE  
[Low Phosphorus](#)

MEAL TYPE  
[Family Friendly](#), [Fish & seafood](#),  
[Indigenous](#)

[Get the recipe](#) >





### [Kidney-Friendly Vegan Kimchi](#)

DIET TYPE

[Low Phosphorus](#), [Low Potassium](#), [Low Sodium](#)

MEAL TYPE

[Appetizers & snacks](#), [Dips & spreads](#), [International cuisine](#), [Vegan - Plant-based](#), [Vegetables](#)

[Get the recipe](#) >



### [Kidney-Friendly Chicken and Ginger Congee](#)

DIET TYPE

[High Protein](#), [Low Phosphorus](#), [Low Potassium](#), [Low Sodium](#)

MEAL TYPE

[Family Friendly](#), [International cuisine](#), [Poultry](#)

[Get the recipe](#) >



### [MADRAS SPICED BAKED TILAPIA](#)

DIET TYPE

[High Protein](#), [Low Sodium](#)

MEAL TYPE

[Fish & seafood](#), [Inspired by our Chefs](#), [International cuisine](#), [Servings for 1 or 2](#)

[Get the recipe](#) >



### [Red Lentil Dahl](#)

DIET TYPE

[High Protein](#), [Low Phosphorus](#), [Low Potassium](#)

MEAL TYPE

[International cuisine](#), [Soups & stews](#), [Vegan - Plant-based](#), [Vegetarian main dishes](#)

[Get the recipe](#) >



### [Egg plant & Chickpea Curry](#)

DIET TYPE

[Low Phosphorus](#), [Low Sodium](#)

MEAL TYPE

[International cuisine](#)

[Get the recipe](#) >



### [Eggplant & Chickpea Bites](#)

DIET TYPE

[Low Phosphorus](#), [Low Sodium](#)

MEAL TYPE

[Appetizers & snacks](#), [International cuisine](#), [Vegan - Plant-based](#)

[Get the recipe](#) >



### [Ash-e-jow Barley Soup](#)

DIET TYPE

[Low Phosphorus](#)

MEAL TYPE

[International cuisine](#), [Soups & stews](#)

[Get the recipe](#) >



### [Jamaican Steamed Fish](#)

DIET TYPE

[High Protein](#), [Low Phosphorus](#), [Low Potassium](#), [Low Sodium](#)

MEAL TYPE

[Fish & seafood](#), [International cuisine](#)

[Get the recipe](#) >



### [Chicken Makhani](#)

DIET TYPE

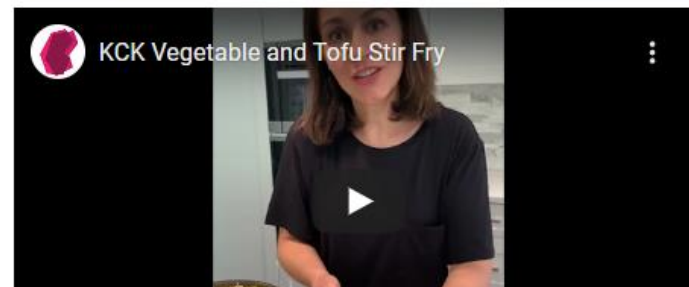
[Low Phosphorus](#), [Low Potassium](#), [Low Sodium](#)

MEAL TYPE

[International cuisine](#), [Poultry](#)

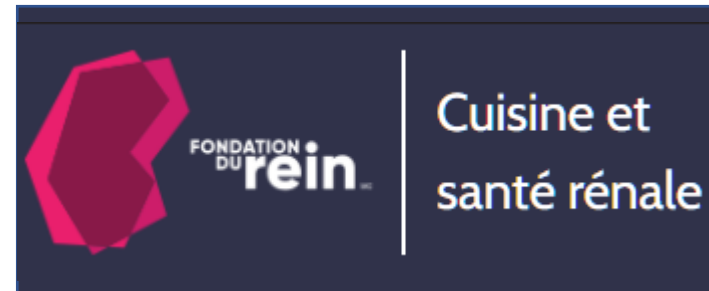
[Get the recipe](#) >

## Renal Friendly Cooking Demos

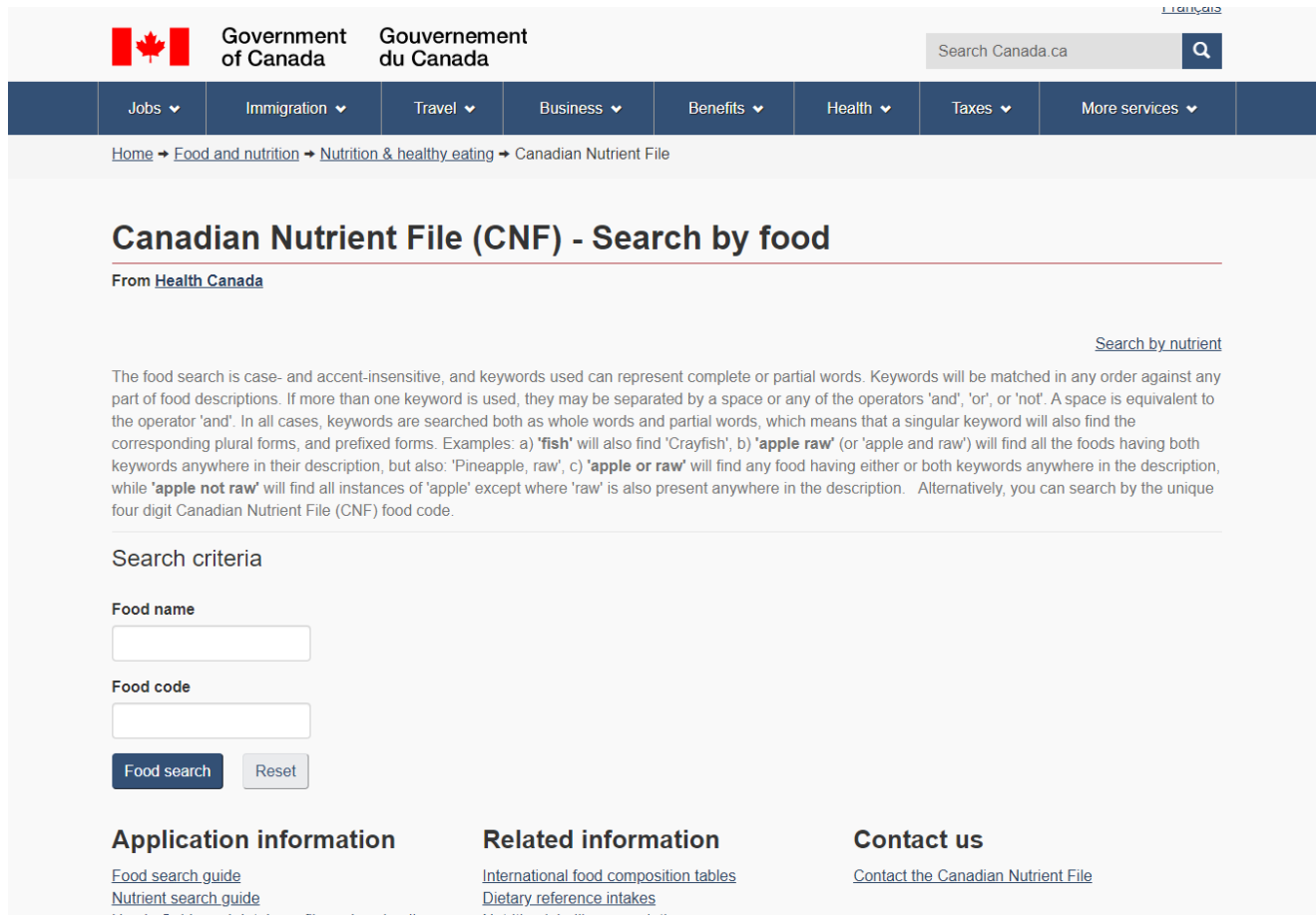


# The Kidney Community Kitchen

Recipes & Meal Planner Overview



# Linkage directly to the Canadian Nutrient file



Government of Canada / Gouvernement du Canada

Search Canada.ca

Jobs | Immigration | Travel | Business | Benefits | Health | Taxes | More services

Home → Food and nutrition → Nutrition & healthy eating → Canadian Nutrient File

## Canadian Nutrient File (CNF) - Search by food

From [Health Canada](#)

[Search by nutrient](#)

The food search is case- and accent-insensitive, and keywords used can represent complete or partial words. Keywords will be matched in any order against any part of food descriptions. If more than one keyword is used, they may be separated by a space or any of the operators 'and', 'or', or 'not'. A space is equivalent to the operator 'and'. In all cases, keywords are searched both as whole words and partial words, which means that a singular keyword will also find the corresponding plural forms, and prefixed forms. Examples: a) 'fish' will also find 'Crayfish', b) 'apple raw' (or 'apple and raw') will find all the foods having both keywords anywhere in their description, but also: 'Pineapple, raw', c) 'apple or raw' will find any food having either or both keywords anywhere in the description, while 'apple not raw' will find all instances of 'apple' except where 'raw' is also present anywhere in the description. Alternatively, you can search by the unique four digit Canadian Nutrient File (CNF) food code.

Search criteria

Food name

Food code

[Food search](#) [Reset](#)

**Application information**  
[Food search guide](#)  
[Nutrient search guide](#)

**Related information**  
[International food composition tables](#)  
[Dietary reference intakes](#)

**Contact us**  
[Contact the Canadian Nutrient File](#)

- Permission sought to have a direct link to the Canadian Nutrient file, a food composition database
- Bilingual (French and English)
- Only foods available on the market in Canada
- Uses the International Network of Food Data Systems (INFOODS) tagnames

# Revamping Kidney Community Kitchen



- ✓ Allows the user to create and save daily and weekly meal plan
- ✓ Connects to the Canadian Nutrient File, a powerful database of ingredients
- ✓ Calculates the nutritional content of recipes and ingredients
- ✓ Allows users to achieve their nutrient requirements, cut back on food waste, save on groceries and helps them to manage stress about what to eat every day

# Meal Plan Week 2021-09-20

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

## Daily Meal Plan for 2021-09-20

### Breakfast

- Cereal, hot, oats, instant: apple & cinnamon, prepared, Quaker (100 mL (½ cup))
  - Coffee, brewed, prepared with tap water (250 mL (1 cup))
  - Buttermilk biscuits
- + Click to add an item

### Lunch

- Cucumber Salad
  - Apple juice, canned or bottled, added vitamin C (125 mL (½ cup))
  - Low-protein tuna-salad sandwich
  - Bread pudding, with raisins, homemade (250 mL (1 cup))
- + Click to add an item

### Nutrient Analysis

	Daily Nutrient Analysis	Weekly Nutrient Analysis
Calories	1586 kCal	1586 kCal
Protein	53 g	53 g
Carbohydrates	216 g	216 g
Fibre	7 g	7 g
Total Fat	51 g	51 g
Sodium	1770 mg	1770 mg
Phosphorus	803 mg	803 mg
Potassium	1716 mg	1716 mg

### Dinner

- Asian Eggplant Dip with Seared Peppercorn Steak
  - Drink, orange, vitamin C added, canned (250 mL (1 cup))
- + Click to add an item

### Snacks

- Baked Pita Chips
  - Mushroom and Leek Pie
- + Click to add an item

# Plan de repas pour la semaine 2021-09-20

[Lundi](#)[Mardi](#)[Mercredi](#)[Jeudi](#)[Vendredi](#)[Samedi](#)[Dimanche](#)

## Plan de repas quotidien pour le 2021-09-21

### déjeuner

Yogourt, saveurs de fruits (2-3,9% M.G.) (125 mL (½ tasse))

Canneberge, jus, non sucré (100 mL (½ tasse))

Melon d'eau (pastèque), cru (1 morceau (2,5 cm x 25 cm dia) ou (1 in x 9¾ in dia))

Fromage cheddar (100 mL (½ tasse) en dés)

+ Cliquez pour ajouter un élément

### dîner

Salade de concombre

Doigts de tofu

Boissons gazeuses, soda au gingembre (1 cannette (355 mL ou 1½ tasse))

Oeuf, poule, entier, cuit, bouilli à la coque, dur (100 mL (½ tasse) haché)

Grignotises, RICE KRISPIES SQUARES (50 g (1¾ oz))

+ Cliquez pour ajouter un élément

### Valeurs nutritives

	Valeurs quotidienne	Valeurs hebdomadaire
Énergie	2042 kCal	5511 kCal
Protéines	86 g	216 g
Glucides	242 g	675 g
Fibre	13 g	33 g
Total des lipides	67 g	187 g
Sodium	1652 mg	5102 mg
Phosphore	1231 mg	3188 mg
Potassium	2417 mg	6263 mg

### souper

Maïs sucré, jaune, avec ou sans épi, bouilli, égoutté (1 épi, petit, 14 cm (5½ in - 6½ in))

Pain mollet, petit, aux oeufs (1 pain mollet (6,3 cm ou 2½ in dia))

Sandwich de bœuf grillé aux oignons fondus

Alcoolisé, vin de table, tous (11,5% alcool par volume) (150 mL (⅔ tasse))

### collations

Carotte, crue (100 mL (½ tasse) haché)

Hoummos (hommos, hummus), commercial (60 mL (¼ tasse))

Pomme, Gala, crue avec pelure (125 mL (½ tasse) tranches)

+ Cliquez pour ajouter un élément

# Resources/Ressources

## Kidney Community Kitchen – Cuisine et santé rénale:

- **Ask a Dietitian** - <https://www.kidneycommunitykitchen.ca/dietinformation/renalfaqs/ask-a-question/>
- **Posez une question à un diététiste** - <https://www.kidneycommunitykitchen.ca/fr/dietinformation-fr/renalfaqs-fr/ask-a-question-fr/>
- **The Meal Planner** - <https://www.kidneycommunitykitchen.ca/the-meal-planner/>
- **Planificateur de repas** - <https://www.kidneycommunitykitchen.ca/fr/planificateur-de-repas/>
- **Submit a Recipe** - <https://www.kidneycommunitykitchen.ca/kkcookbook/submit-a-recipe/>
- **Soumettre une recette** - <https://www.kidneycommunitykitchen.ca/fr/kkcookbook-fr/soumettre-une-recette/>
- **Cooking Classes** - <https://www.kidneycommunitykitchen.ca/cooking-classes/>
- **Cours de Cuisine** - <https://www.kidneycommunitykitchen.ca/fr/cours-de-cuisine/>

## External Resources – Ressources externes :

- **Spice it Up!** - <https://www.myspiceitup.ca/>
- **Osez les saveurs!** - <https://www.osezlessaveurs.ca/>





# Questions

For more information please contact  
Kidney Programs  
[KidneyPrograms@kidney.ca](mailto:KidneyPrograms@kidney.ca)

