20th Congress of the ISRNM
June 16 June 2022
Guangzhou, China

Joint webinar of International Society of Renal Nutrition and Metabolism
and International Federation of Kidney Foundation -World Kidney Alliance

World Kidney Recipes

Perspectives and Challenges

Dr. SF Lui, BBS, MH, JP.
President, IFKF-WKA

(1) IFKF-WKA

(2) World Kidney day 2021, 2022

(3) World Kidney Recipes

Perspectives and Challenges

Why? What? How?

International Federation of Kidney Foundations – World Kidney Alliance (IFKF-WKA)

IFKF was established by Joel Kopple Turkey, 2000.

IFKF was re-launched as **IFKF-WKA** virtually on 1 July 2020 to embrace the whole renal community worldwide.

(J Kopple ISRNM 1988)

Vision

- Better kidney health for all.
- Optimal care for people affected with kidney disease.

Mission Leading a worldwide movement to

- Promote **better kidney health** with primary, secondary and tertiary preventive measures.
- Promote optimal treatment and care to maximize **the health**, **quality of life**, and **longevity** for people with or at high risk for developing kidney disease.

Strategy & Programs

IFKF-WKA - A worldwide renal community

1. To establish **an international community and a network** for people and organizations who are committed to improving the health and care of people with or at high risk for developing Kidney Disease or Kidney Failure.
2. To act as a **global advocate** for issues related to Kidney Health and Kidney Disease, promote prevention of kidney disease and better care of patients with Kidney disease.
3. To **partner with stakeholders,** healthcare professionals, interested people, including patients and patient advocacy groups and related organizations worldwide.

Strategy & Programs

4. To promote **patient-centred care**, **patient engagement** and **empowerment**.
5. To share **expertise, experience, resources and knowledge.**
6. Flagship programs:
   World Kidney Online (education)
   World Kidney Survey & Research
   World Kidney Meeting & Consensus
   World Kidney Recipes
   World Kidney Day

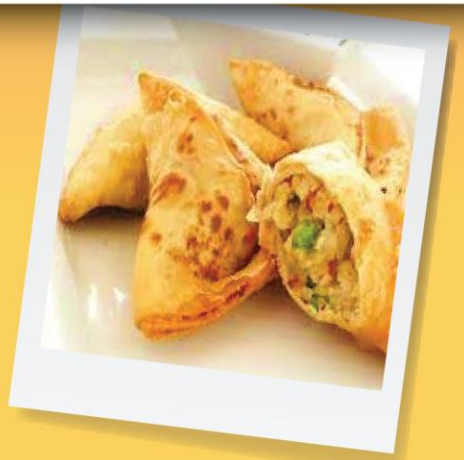




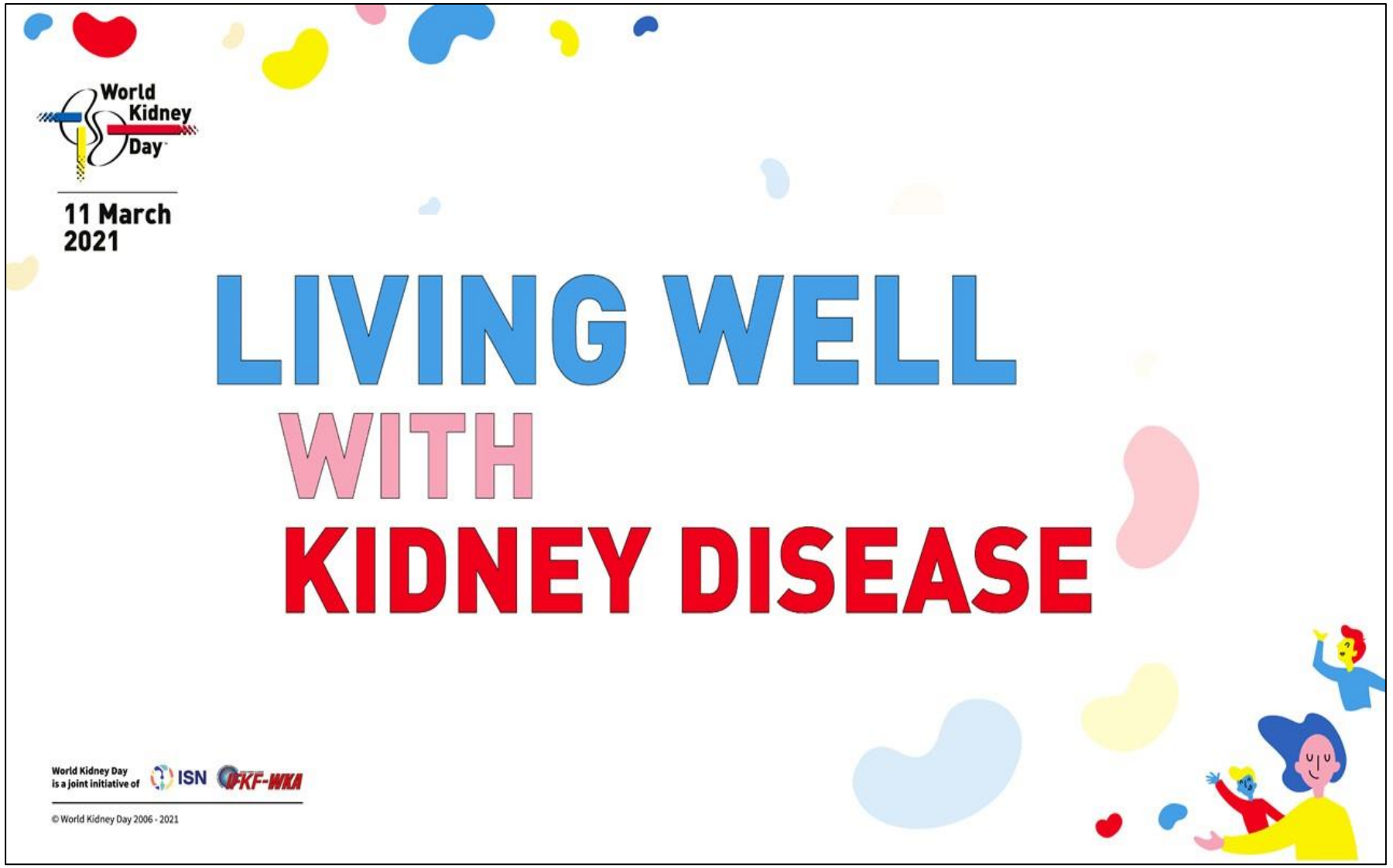
WORLD KIDNEY RECIPES

Why? What? How?




2021 World Kidney Day theme

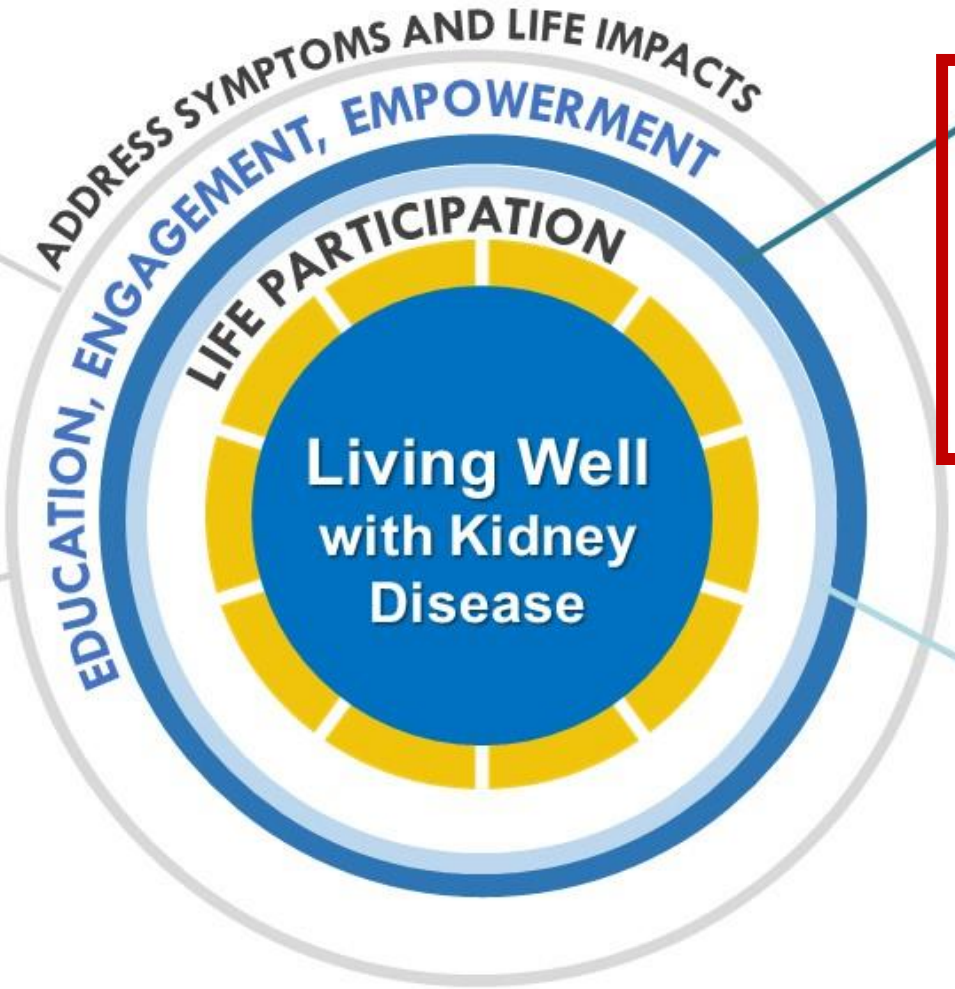


Kidney International (Editorial)
and other 35 worldwide medical journal

Education
Engagement
Empowerment

Symptoms
Fatigue
Mobility
Pain
Stress/anxiety
Depression
Cognitive impairment
Sleep problems
Cramps
Restless legs
Gastrointestinal symptoms

Life impacts
Ability to work
Ability to travel
Ability to study
Impact on family and friends
Financial impact
Dialysis-free time
Dietary restrictions
Lifestyle changes
Social activities



Strengths-based approach
Communication and education
Build resilience
Strengthen social connections
Increase awareness and knowledge
Access to support
Build confidence and control with self-management

Clinical strategies
Preserve kidney function
Patient-friendly lifestyle and diet
Pharmacological management
Delay dialysis start if possible
Incremental transition to dialysis
Patient-centered dialysis prescriptions
Preserve residual kidney function

Figure 1 | Conceptual framework "Living Well with Kidney Disease" based on **patient centeredness** and **empowering patient**, with a focus on **effective symptom management** and **life participation**.

WKD 2021
Pilot study
7 members of IFKF-WKA

Bangladesh
Hungary
Italy
India Tanker Foundation
India Renal Foundation
Hong Kong
Malaysia

Jan – February 2021
N=4807

Living well with kidney disease

Hong Kong Kidney Foundation, Hong Kong Society of Nephrology
And Hong Kong Association of Renal Nurses jointly hosting

A patient survey with a questionnaire

- Are you living well?
- What may be troubling or preventing you from living well?
- What you may do for yourself to live well?
- What you may wish others to do for you to enable you to live well?

The survey can help you to conduct a self evaluation and reflection.

We would like to know how you are doing?
What may be troubling you?
What we can do for you?

Please take 5 minutes to complete the on-line survey

Scan the barcode to go to the on-line survey
or use this link https://cutt.ly/wjpGqn4

I have the following life impact problem/ concern which is affecting me from living well with kidney disease?

Bangladesh		Hungary		Italy		INDIA Tanker Foundation		India Renal Foundation		Hong Kong		Malaysia	
Financial impact	59%	Lifestyle changes	44%	Lifestyle changes	54%	Financial impact	64%	Ability to work	68%	Financial impact	50%	Financial impact	51%
Ability to work	40%	Ability to work	40%	Impact on family and friends	41%	Ability to work	47%	Financial impact	57%	**Diet restriction**	39%	Lifestyle changes	48%
Impact on family and friends	36%	Financial impact	38%	Ability to travel	39%	**Diet restriction**	43%	Lifestyle changes	35%	Impact on family and friends	38%	**Diet restriction**	40%
Lifestyle changes	13%	Ability to travel	35%	Ability to work	36%	Ability to travel	33%	Ability to travel	32%	Ability to work	38%	Social Activities	31%
Social Activities	13%	Impact on family and friends	33%	**Diet restriction**	35%	Lifestyle changes	23%	**Diet restriction**	24%	Ability to travel	35%	Ability to travel	31%

Diet restriction – selected by 5 of the 7 centres worldwide

What I can do for myself to live well with kidney disease?

Comply with medical advice, including medication	7
Take better care of myself: manage the underlying disease	7
Eat smart, eat well	7
Comply with dialysis treatment as instructed	5
Understand my illness and treatment, take part in self-care	4

The number of center reporting the item as one of the top 5 items

2022 World Kidney Day theme

ARTICLE IN PRESS

www.kidney-international.org editorial: special report

Kidney International Editorial 2022
Carried by 30 medical journals worldwide

Kidney health for all: bridging the gap in kidney health education and literacy

Robyn G. Langham[1], Kamyar Kalantar-Zadeh[2], Ann Bonner[3], Alessandro Balducci[4], Li-Li Hsiao[5], Latha A. Kumaraswami[6], Paul Laffin[7], Vassilios Liakopoulos[8], Gamal Saadi[9], Ekamol Tantisattamo[2], Ifeoma Ulasi[10] and Siu-Fai Lui[11] for the World Kidney Day Joint Steering Committee[12]

[1]St. Vincent's Hospital, Department of Medicine, University of Melbourne, Melbourne, Victoria, Australia; [2]Division of Nephrology, Hypertension and Kidney Transplantation, Department of Medicine, University of California Irvine, Orange, California, USA; [3]School of Nursing and Midwifery, Griffith University, Southport, Queensland, Australia; [4]Italian Kidney Foundation, Rome, Italy; [5]Brigham and Women's Hospital, Renal Division, Department of Medicine, Boston, Massachusetts, USA; [6]Tamilnad Kidney Research (TANKER) Foundation, The International Federation of Kidney Foundations-World Kidney Alliance (IFKF-WKA), Chennai, India; [7]International Society of Nephrology, Brussels, Belgium; [8]Division of Nephrology and Hypertension, 1st Department of Internal Medicine, AHEPA Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece; [9]Nephrology Unit, Department of Internal Medicine, Faculty of Medicine, Cairo University, Giza, Egypt; [10]Renal Unit, Department of

Health literacy is the degree to which **persons** and **organizations** have or equitably enable individuals to have the ability to **find, understand, and use** information and services to inform health-related decisions and actions for themselves and others.

Rather than viewing health literacy as a patient deficit, improving health literacy largely rests with health care providers communicating and educating effectively in codesigned partnership with those with kidney disease.

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Kidney organizations should work towards shifting the patient-deficit health literacy narrative **to that of being the responsibility of healthcare providers and health policymakers**.

Bridge the Knowledge Gap to better Kidney Health

What are the gaps?

How to bridge the gaps?

A pilot survey by IFKF-WKA

Access to healthcare information by the kidney patients

Do you have enough healthcare/ medical information
about your kidneys and kidney disease to care for yourself?

What kind of healthcare/medical information on
(i) kidney and kidney diseases
(ii) treatment of kidney disease/failure
(iii) living well with kidney disease you want to know?

Where you have obtained/ would prefer to obtain the information
on the best healthcare/ medical information on kidney disease and treatment?

Serial No: _____

World Kidney Day
10 March 2022

Bridge the knowledge gap to better kidney care

IFKF-WKA

International Federation of Kidney Foundations - World Kidney Alliance

A WORLD KIDNEY PATIENTS SURVEY

"Access of healthcare information for patients with kidney disease/ kidney failure"

conducted by .....

1 You are (or the carer of)

		Tick one
a	Someone with kidney Disease	
b	Someone with kidney failure (not yet on dialysis)	
c	Someone on peritonieal dialysis	
d	Someone on haemodialysis	
e	Someone with a kidney transplant	

2 Your age

Enter age (in number)

3 Your Education level

		Tick one
a	High school level / Grade 10 or above / Higher education institution	
b	Junior school level / Secondary school / Grade 7-9	
c	Primary school level / Grade 1-6	
d	No formal school education	

4 Do you have enough healthcare/medical information about **your kidneys and kidney disease** to care for yourself?

Please give 1-10 point (1 =not enough, 10 =very adequate)

5 What kind of healthcare/medical information on **kidney and kidney diseases** you want to know?

		Tick one (can be many)
a	About the kidney and kidney function	
b	The common causes of kidney disease and failure	
c	Symptoms of kidney disease	
d	Am I at risk of kidney disease/ kidney failure?	
e	How can I protect my kidneys?	
f	Are my kidneys working OK? (the status of my kidney function)	
g	Other (please list)	

6 What kind of healthcare/medical information on the **treatment of kidney disease/failure** you want to know?

		Tick one (can be many)
a	Treatment of kidney disease	
b	When will I need dialysis (for those with kidney failure)	
c	What are my options for dialysis treatment (for those with kidney failure)	
d	Information on peritoneal dialysis	
e	Information on haemodialysis	
f	Information on kidney transplant	
g	Information on palliative care	
h	Information on complications of kidney disease	
i	Can alternative medicine help me?	
j	Other (please list)	

7 What kind of healthcare/medical information on **living well with kidney disease** you want to know?

		Tick one (can be many)
a	How to live well with kidney disease? (work, daily life, travel)	
b	How to eat well with kidney disease?	
c	How to keep fit with kidney disease?	
d	How to manage psychological stress?	
e	How can I enhance the care for myself?	
f	The social support for patient?	
g	How to reduce the impact on family and friends?	
h	How can I continue or return to work or study?	
i	Other (please list)	

8 List up to three places **where you have obtained** the best healthcare/medical information on kidney disease and kidney treatment

		List in order (1=first choice, 2=second choice, 3=third choice)
a	Hospital & clinic (e.g. visit, education class, printed patient education materials)	
b	Print media (e.g open public sources - newspapers, magazine, book, booklets)	
c	Electronic media (e.g. TV, radio)	
d	Social media (e.g. Facebook, YouTube, IG)	
e	Website (reliable, easy to find and access anytime, any where)	
f	Other patients	
g	Other source (please list)	

9 List up to three places **where you would prefer to obtain** the best healthcare/medical information on kidney disease and kidney treatment

		List in order (1=first choice, 2=second choice, 3=third choice)
a	Hospital & clinic (e.g. visit, education class, printed patient education materials)	
b	Print media (e.g open public sources - newspapers, magazine, book, booklets)	
c	Electronic media (e.g. TV, radio)	
d	Social media (e.g. Facebook, YouTube, IG)	
e	Website (reliable, easy to find and access anytime, any where)	
f	Other patients	
g	Other source (please list)	

10 Please list any other suggestion

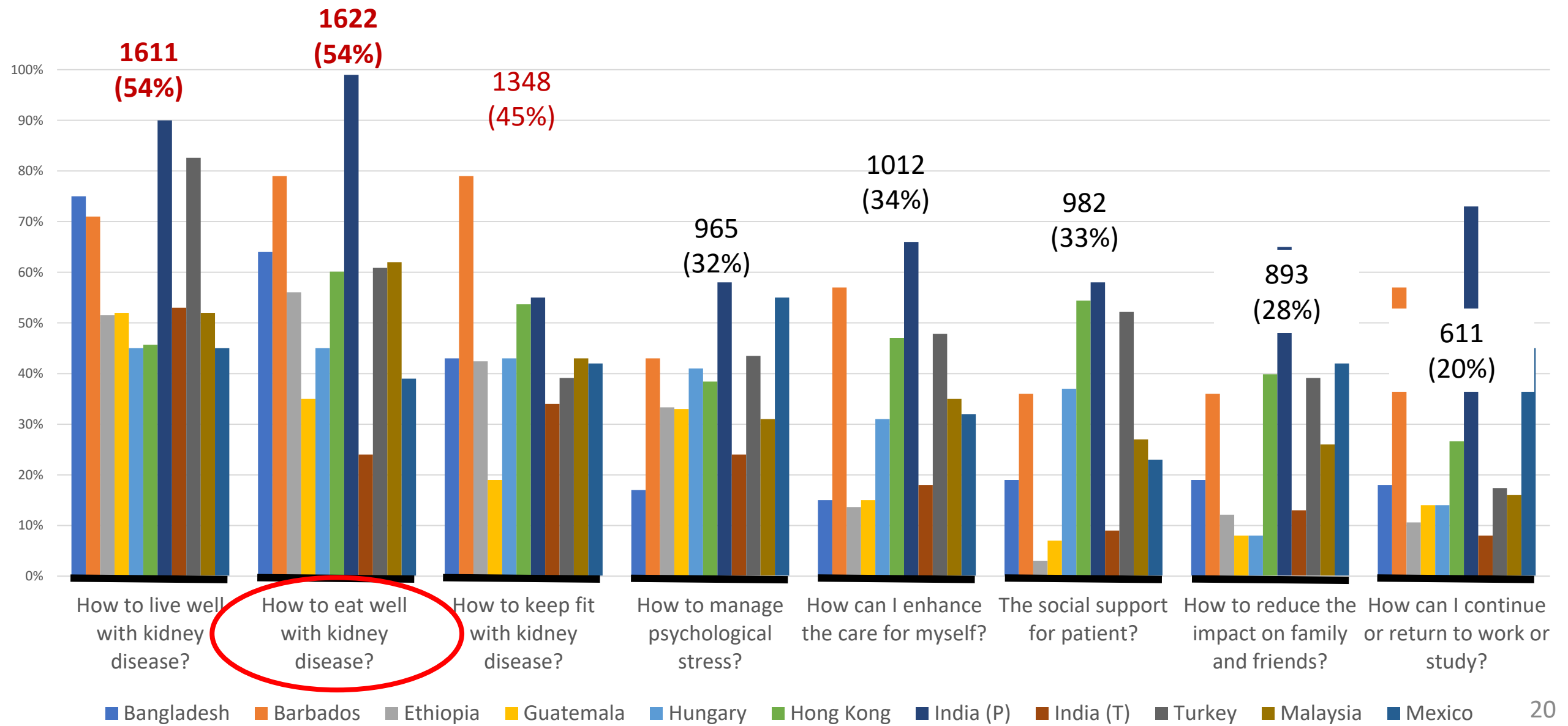
Hard copy

Pilot survey conducted Jan – Feb 2022

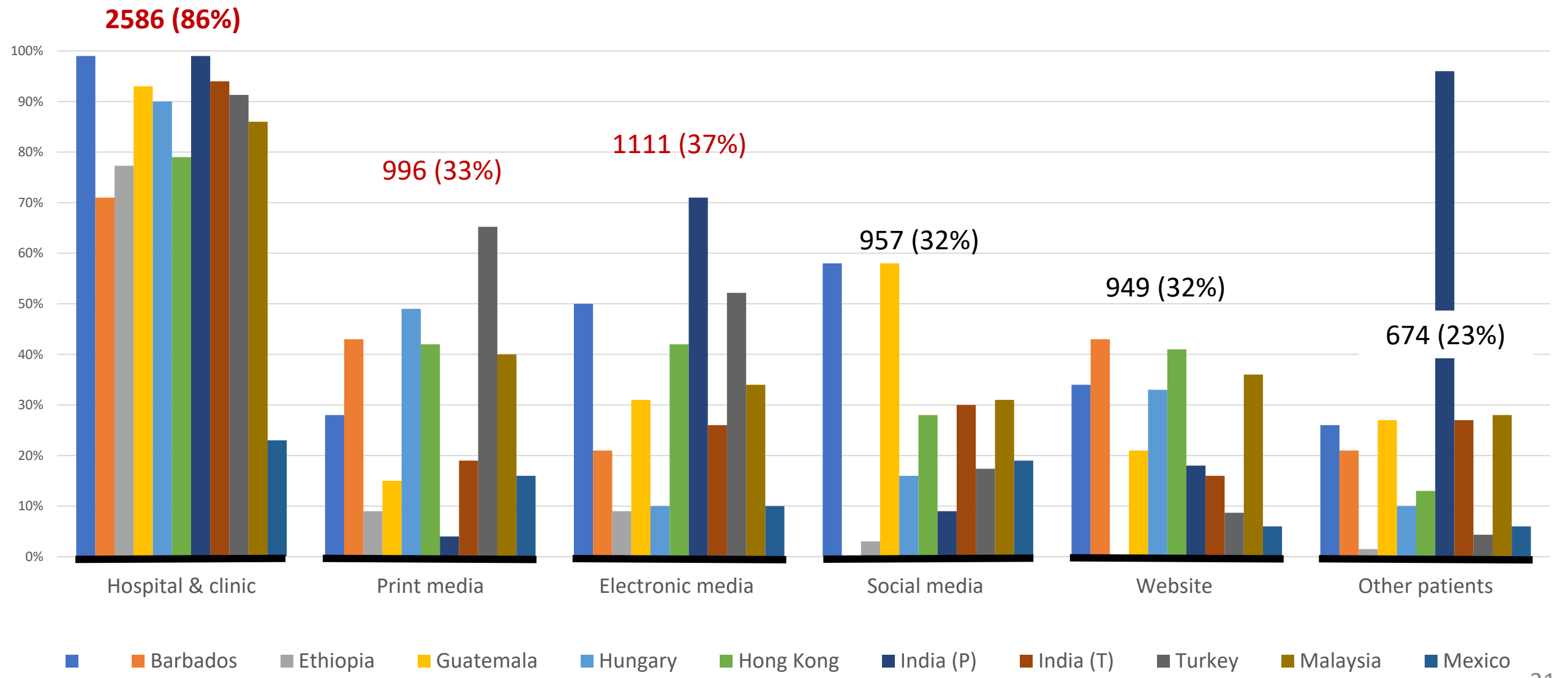
	Place	N
1	Bangladesh	350
2	Barbados	14
3	Ethiopia	55
4	Guatemala	91
5	Hungary	51
6	Hong Kong	1090
7	India	633
8	Turkey	23
9	Malaysia	652
10	Mexico	31
	TOTAL	**3001**

You are (or the carer of)		
a	With kidney disease	**13%**
b	With kidney failure (not yet on dialysis)	**2%**
c	On peritoneal dialysis	**21%**
d	On haemodialysis	**57%**
e	With a kidney transplant	**7%**

What kind of healthcare/medical information on living well with kidney disease you want to know?



List up to three places **where you would prefer to obtain** the best healthcare/medical information on kidney disease and kidney treatment



Findings

- **Patients want to know:**

  - How to protect kidneys
  - Common causes
  - Kidney function

  - Complications
  - Alternative medicine
  - Transplantation

  - **Living well**
  - **Eat well**
  - Keep fit

- **Patients wish to get the information**

  - From healthcare professionals (86%)

  - Electronic media (37%)
  - Website (32%)

  - Social media (32%)

  - Printed matters (33%)

  - Other patients (23%)

Way forward (1)

- Enhance the skill of healthcare professionals to transfer knowledge.
- A more effective and efficient way for healthcare professionals to provide the health and healthcare information (mass transfer).

Way forward (2)

- **Promote website and online webinar**

Pros: - Delivered by healthcare professionals (what patients want)
- Factual and trusted information (social media cannot be control)
- Webinar recordings posted on website
- Information can be accessed by everyone, anytime (24hr x 7) and any where (in the world)
- Content can be in the format the receivers can understand
- Co-design with patients and all healthcare professionals.

(Use social media to promote the site but not as a source of education information)

IFKF-WKA

(1) To address “what matters to the patient”

WORLD KIDNEY RECIPES

Eat Smart, Eat Well

(2) To bridge the knowledge gap

An online platform to provide healthcare information
on Kidney Nutrition, Diet and Recipes
for healthcare professionals, patients and carers.
Accessible by anyone, anytime, anywhere around.

KDOQI
KIDNEY DISEASE OUTCOMES QUALITY INITIATIVE
National Kidney Foundation

eat right® Academy of Nutrition and Dietetics

KDOQI CLINICAL PRACTICE GUIDELINE FOR NUTRITION IN CKD: 2020 UPDATE

T. Alp Ikizler, Jerrilynn D. Burrowes, Laura D. Byham-Gray, Katrina L. Campbell, Juan-Jesus Carrero, Winnie Chan, Denis Fouque, Allon N. Friedman, Sana Ghaddar, D. Jordi Goldstein-Fuchs, George A. Kaysen, Joel D. Kopple, Daniel Teta, Angela Yee-Moon Wang, and Lilian Cuppari

Abstract

The National Kidney Foundation's Kidney Disease Outcomes Quality Initiative (KDOQI) has provided evidence-based guidelines for nutrition in kidney diseases since 1999. Since the publication of the first KDOQI nutrition guideline, there has been a great accumulation of new evidence regarding the management of nutritional aspects of kidney disease and sophistication in the guidelines process. The 2020 update to the KDOQI Clinical Practice Guideline for Nutrition in CKD was developed as a joint effort with the Academy of Nutrition and Dietetics (Academy). It provides comprehensive up-to-date information on the understanding and care of patients with chronic kidney disease (CKD), especially in terms of their metabolic and nutritional milieu for the practicing clinician and allied health care workers. The guideline was expanded to include not only patients with end-stage kidney disease or advanced CKD, but also patients with stages 1-5 CKD who are not receiving dialysis and patients with a functional kidney transplant. The updated guideline statements focus on 6 primary areas: nutritional assessment, medical nutrition therapy (MNT), dietary protein and energy intake, nutritional supplementation, micronutrients, and electrolytes. The guidelines primarily cover dietary management rather than all possible nutritional interventions. The evidence data and guideline statements were evaluated using Grading of Recommendations, Assessment, Development and Evaluation (GRADE) criteria. As applicable, each guideline statement is accompanied by rationale/background information, a detailed justification, monitoring and evaluation guidance, implementation considerations, special discussions, and recommendations for future research.

In citing this document, the following format should be used: Ikizler TA, Burrowes JD, Byham-Gray LD, et al; KDOQI Nutrition in CKD Guideline Work Group. KDOQI clinical practice guideline for nutrition in CKD: 2020 update. *Am J Kidney Dis*. 2020;76(3)(suppl 1):S1-S107.

The challenge:

How to adopt and apply the guideline?

How to turn it into a day-to-day practice for the patient?

EDITORIAL

The World Kidney Recipes: Teaming up to Empower Patients, Care-Partners, Dietitians, and Chefs With Culinary Creativity and Multicultural Diversity in Renal Nutrition and Dietetics

Check for updates

Kamyar Kalantar-Zadeh, Angela Wang, Linda Moore, SF Lui

IN A PARADIGM-SHIFTING effort to empower renal nutrition communities with infinite kidney advocacy possibilities across cultures and boundaries throughout the world, the *International Federation of Kidney Foundation–World Kidney Alliance* (IFKF-WKA) and the *International Society of Renal Nutrition and Metabolism* (ISRNM) have teamed up and embarked on the World Kidney Recipes project. The main goal is to galvanize patients and their care partners to work with gastronomic experts and dietetic professionals, including chefs and dietitians, to inspire creativity in culinary medicine and medical nutrition therapy in kidney care.[1,2] Additionally, advancing the concept of the World Kidney Recipes is expected to enforce multicultural diversity in renal nutrition and kidney dietetics so that these efforts can evolve into appealing experiences for all persons and providers engaged in care for patients with chronic kidney disease (CKD) in any stage and severity.[3,4]

Activities under the World Kidney Recipes can entail three separate but interconnected components: (1) Engage kidney healthcare professionals and kidney advocacy organizations, including kidney foundations and nephrology societies in the art and science of culinary medicine, so that barriers and gaps along with opportunities for partnership and collaboration can be identified, in an effort to become better familiarized with and appreciate the field of applied renal nutrition in support for patients with kidney disease under real-world scenarios.[5] (2) Encourage kidney patients and their family members to overcome the constraints of the often imposed dietary restrictions by embracing diversity in multicultural recipes and joy in cooking and choice of food, aligned with the 2021 World Kidney Day's theme of "living well with kidney disease,"[6] and (3) Enforce patients' and care partners' education, engagement and empower-

Financial Disclosure: The authors declare that they have no relevant financial interests.

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1051-2276/$36.00
https://doi.org/10.1053/j.jrn.2021.08.007

Journal of Renal Nutrition, Vol 31, No 6 (November), 2021: pp 545-549

A PARADIGM-SHIFTING effort to empower renal nutrition communities with infinite kidney advocacy possibilities across cultures and boundaries throughout the world, IFKF-WKA and ISRNM have teamed up and embarked on the World Kidney Recipes project.

The main goal is to galvanize patients and their care partners to work with gastronomic experts and dietetic professionals, including chefs and dietitians, to inspire creativity in culinary medicine and medical nutrition therapy in kidney care.

Nutrition → Diet → Recipes

for patients with kidney disease

Perspectives

Challenges

Kidney Nutrition, Diet and Recipes

Perspectives

Medical doctor / nurses	• Provide the best care for the patient including nutrition aspect
Dietitians	• Assist patient to understand nutrition, explore diet option, use recipes
Patient / carer	• How can I protect (with an appropriate diet) - my kidneys - my life (general health) • To live well

Kidney Nutrition, Diet and Recipes

Challenges

Medical doctor /nurse	• Knowledge (inadequate) • Time (may not be the top priority)
Dietitians	• Time • Manpower
Patient / carer	• **Patient's health literacy** Able to get, understand and use information.
Insitutation Organization	• **Organizational Health Literacy** To provide information that users can get and understand.

Joint Steering Committee of International Federation of Kidney Foundations – World Kidney Alliance and International Society of Renal Nutrition and Metabolism on Renal nutrition, Diet and World Kidney Recipes

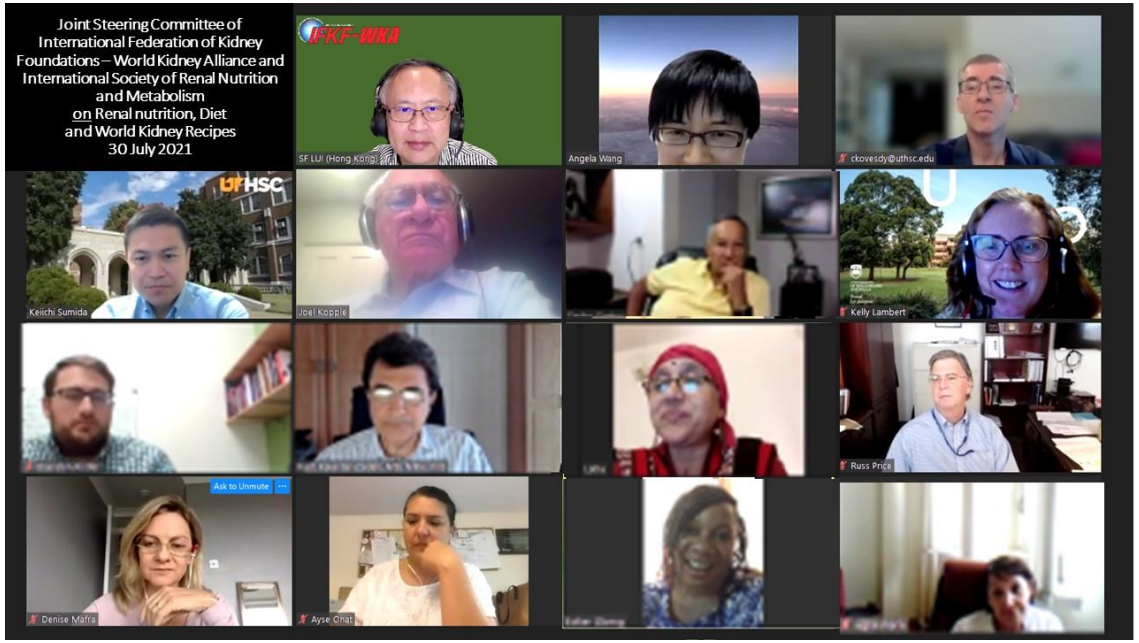
First JSC meeting 30th July 2021 via Zoom

Joint Steering Committee of World Kidney Nutrition, Diet and Recipes

IFKF-WKA
SF Lui (Hong Kong) Co-Convenor
Kam Kalantar (US)
Ágnes Haris (Hungarian Kidney Foundation)
Carlos Castro (ALE, IAP/FEMETRE, Mexico)
Joel Kopple (US)
Latha Kumaraswami(India Tanker Foundation)
Esther Obeng (Ghana Kidney Foundation)
Ayşe Onat (Turkey Kidney Foundation)

ISRNM
Angela Wang (Hong Kong) Co-Convenor
Russ Price (US)
Anna Laura Fantuzzi (*Dietitian – Italy)
Brandon Kistler (*Dietitian – US)
Csaba Kovesdy (US)
Kelly Lambert (*Dietitian - Australia)
Denise Mafra (*Dietitian - Brazil)
Keiichi Sumida

World Kidney Recipes Working group
SF Lui, Angela Wang
Maria Chan, Zarina Ebrahim
Sylvia Lam, Kelly Lambert
Kam Kalantar, Joel Kopple



2021 July
IFKF-WKA & ISRNM Joint Project

(1) Health literacy on Kidney Nutrition & Diet

Healthcare professional
Organizations (foundation)
Patient group / patient and carer
and the general public

(2) World Kidney Recipes

Inaugural Joint Webinar of ISRNM and IFKF-KWA
4 May 2022

Pros and Cons of Plant-based Diet for Chronic Kidney Disease

https://www.youtube.com/watch?v=TFN7nCXsV3g

Inaugural Joint Webinar of ISRNM and International Federation of Kidney Foundation-World Kidney Alliance (IFKF-WKA)

Title: Pros and cons of plant based diet chronic kidney disease (Live debate)

Date: 4 May 2022 (3PM CEST)

Duration	Up to 60 minutes

Opening remarks (5 mins)

Dr. Angela Yee Moon Wang, MD, PhD
President, ISRNM
Hong Kong SAR

Dr Lui Siu Fai
President, IFKF-WKA
Hong Kong SAR

Moderators

Angeles Espinoza
Dietitian
Mexico

Kam Kalantar-Zadeh
Nephrologist
USA

Speakers

Giorgina Piccoli
Italy
Pros side

Joel Kopple
USA
Cons side

Click here for REGISTRATION

LIVE EVENT WITH Q and A Session

WORLD KIDNEY ONLINE

IFKF-WKA

Home | About IFKF – WKA | Members | News | Programs | WKD | Meetings | Survey | Education | Patient Corner | Awards | Gallery

World Kidney Online Webinars

May 4, 2022 / .

Inaugural Joint Webinar of ISRNM and IFKF-KWA 4 May 2022

Read More >

April 23, 2022 / .

Tanker Webinar

Read More >

March 10, 2022 / .

IFKF-WKA & ISN World Kidney Day Webinar

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March 10, 2022 / .

World Kidney Day Health Literacy A Call to Arms for all Nephrologists

Read More >

March 10, 2022 / .

World Kidney Day, Kidney Health for All

Read More >

December 8, 2021 / .

HYPERTENSION The Silent Killer

Read More >

腎智台 KIDNEYS TALK

知多腎好

The Launching of the "Kidneys Talk"

A Live Channel on Kidney Care for Everyone

我講 你講 與腎同行

From 5 October 2021
fortnightly on Tuesday evening 8:00 - 8:45

LIVE ONLINE and to view recording

Dr. Chow Kai Ming
Chairman,
Hong Kong Society of Nephrology

Dr. Lui Siu Fai BBS MH JP
Chairman,
Hong Kong Kidney Foundation

Ms. Lee Kit Fan, Maggie,
President,
Hong Kong Association of Renal Nurses

▲ *Representatives of the HKARN, co-organiser of the "Kidneys Talk" Channel*

▲ *Representatives of the HKSN, co-organiser of the "Kidneys Talk" Channel*

<u>The poster design</u> A life journey with kidney disease is like climbing up the mountains, many challenges, but there are many paths up the mountain.

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▲ *Representatives of the HKSN, co-organiser of the "Kidneys Talk" Channel*

1 Kidney and you	Kidney and Kidney disease
2 Kidney disease and you	Your kidneys are not well, you need to know!
3 Kidney failure and you	At the crossroad of kidney replacement therapy.
4 Kidney Replacement therapy 1	The myth of peritoneal dialysis
5 Kidney Replacement therapy 2	The concerns on haemodialysis
6 Kidney Replacement therapy 3	Kidney Transplant – a new beginning
7 Rehabilitation 1	Barrier free renal replacement therapy
8 Rehabilitation 2	**Living well with kidney disease – Kidney Diet**
9 Rehabilitation 3	Walk with you (support)

The poster design A life journey with kidney disease is like climbing up the mountains, many challenges, but there are many paths up the mountain.

Second series of Kidneys Talk
For kidney patients
9 episodes

July 2022

Episode 2: Eat Smart, Eat well
Episode 3: Kidney and
Health-friendly Recipes

A “Life” journey with your Kidneys

Stage 2-3	Stage 4	Stage 5	**On renal replacement therapy**
Chronic kidney failure	Chronic kidney failure (pre-dialysis)	End stage kidney failure	- haemodialysis - peritoneal dialysis - transplant

Different dietary information and advice is required for a patient at different time.

A continuum.

Know how to progressively modify/ adapt the diet and recipe

To improve the health literacy on Kidney Nutrition and Diet

For healthcare professionals

For health information providers

For patient and their carers

- ABC of nutrition and diet for kidney disease
- Update on renal nutrition and diet
- Hot topics (e.g. types of diet, anti-inflammatory)
- A new approach to renal recipe

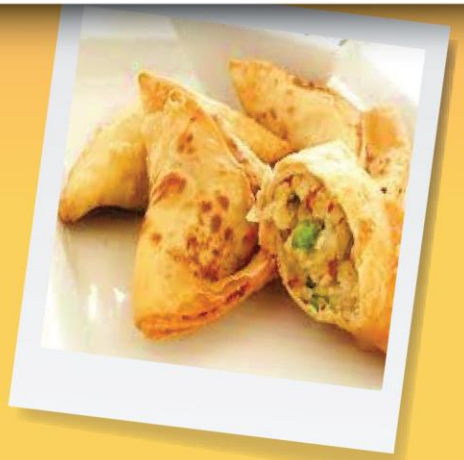


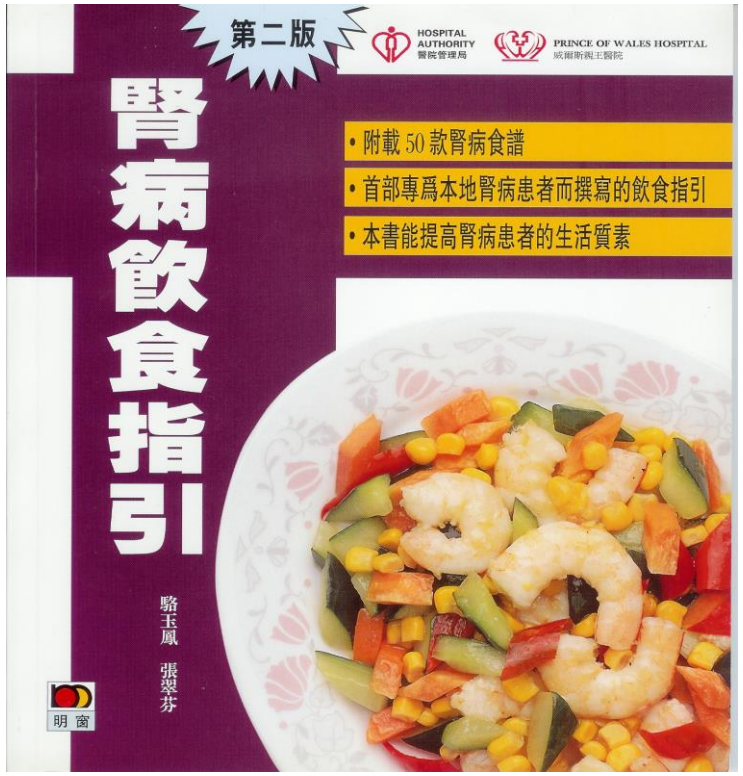


WORLD KIDNEY RECIPES

Why? What? How?



1997 Renal diet book

Kidney-friendly
Health-friendly
Cuisine 2022

Eat SMART Eat WELL

KIDNEY DIET AND RECIPES

LONG LIVE KIDNEYS AND PATIENT

Eat Happily – Home cooking • Eating out

HONG KONG DIETITIANS ASSOCIATION

HONG KONG KIDNEY FOUNDATION

HONG KONG SOCIETY OF NEPHROLOGY

HONG KONG ASSOCIATION OF RENAL NURSES





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WORLD KIDNEY ALLIANCE

In partnership with

ISRNM

WORLD KIDNEY RECIPES

Eat Smart Eat well

WORLD KIDNEY RECIPES

LONG LIVE KIDNEYS AND PATIENT





Nutrition → Diet → Recipes

for patients with kidney disease

Prerequisite to use the recipes

- **Basic knowledge of nutrition and diet for kidney disease**
- **Aware of one's own condition**
  - physical (BMI, nutrition status),
  - biochemistry (renal function, protein/albumin, electrolytes, sugar, lipids)
  - stage of kidney failure
  - mode of renal replacement therapy
- **Is given dietary advice/prescription (daily allowance)** to follow
  - Caloric
  - Protein (exchanges)
  - Carbohydrates (exchanges)
  - Fat (if a need to focus on)
  - Sodium, potassium, phosphorus (if a need to focus on)

Basic knowledge
Exchanges

Protein (7g)
Carbohydrates (15g)

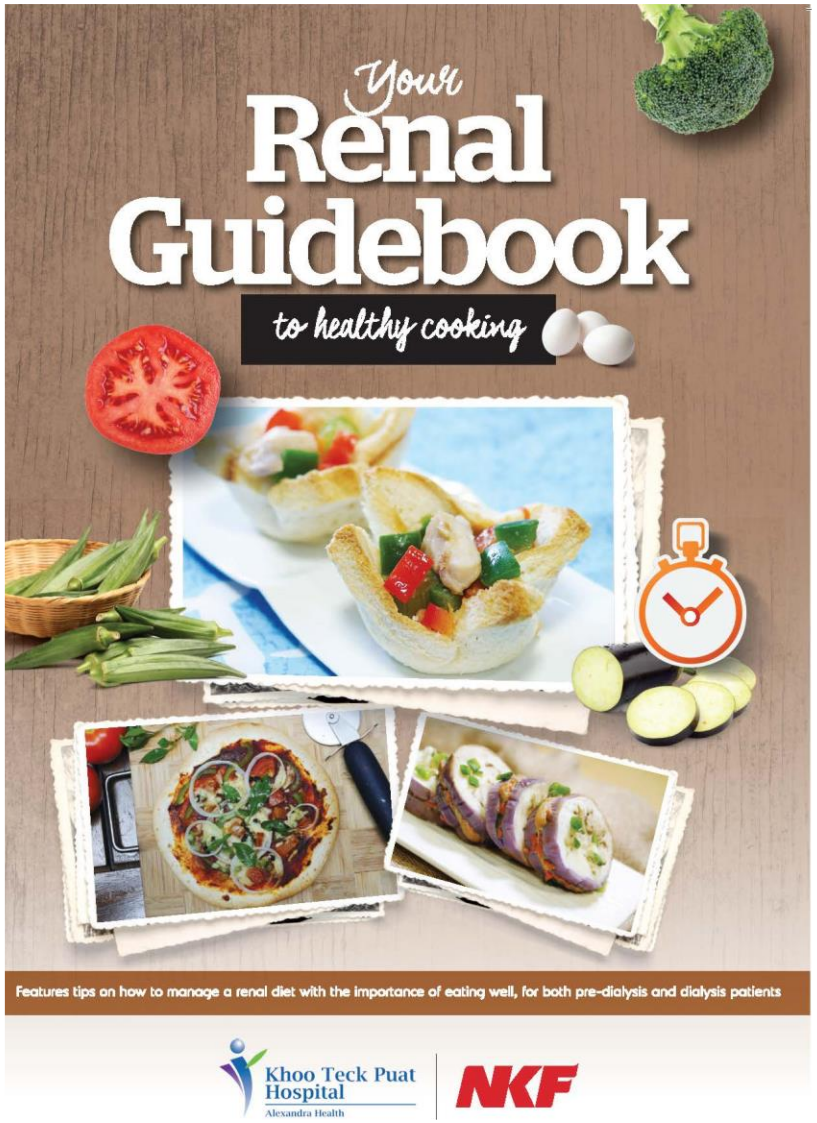
Starches	80 Calories		15 g Carb., 3 g Protein, 1 g Fat
• bread	1 slice	1 slice	• Most starches are good source of B vitamins
• breads, other	1 oz	30 g	• Choose whole grain foods such as 'all natural, 100% whole wheat' bread, pasta, tortillas, and brown rice, etc. for nutrients and fiber.
• tortilla	1 (6")	1 (15 cm)	• Combine beans (starch & meat) with grains (starch) for their complimentary proteins and fiber
• crackers	4-6 (3/4 oz)	4-6 (20 g)	• Combine grains (starch) with milk (milk) or cheese (meat) to compliment proteins.
• cooked cereals	1/2 cup	125 ml	• Add additional fat exchanges for starchy foods prepared with fat.
• dry cereals, unsweetened	3/4 cup	175 ml	
• dry cereals, sweetened	1/2 cup	125 ml	
• dry flour or grain	3 Tbsp	45 ml	
• pasta	1/2 cup	125 ml	
• rice	1/3 cup	80 ml	
• corn	1/2 cup	125 ml	
• popcorn	3 cups	720 ml	
• potato (small)	1 (3 oz)	1 (85 g)	
• potato, mashed	1/2 cup	125 ml	
• sweet potato	1/3 cup	80 ml	
• squash, winter	1 cup	250 ml	
• cooked beans, peas, lentils (add 1 meat exchange)	1/2 cup	125 ml	

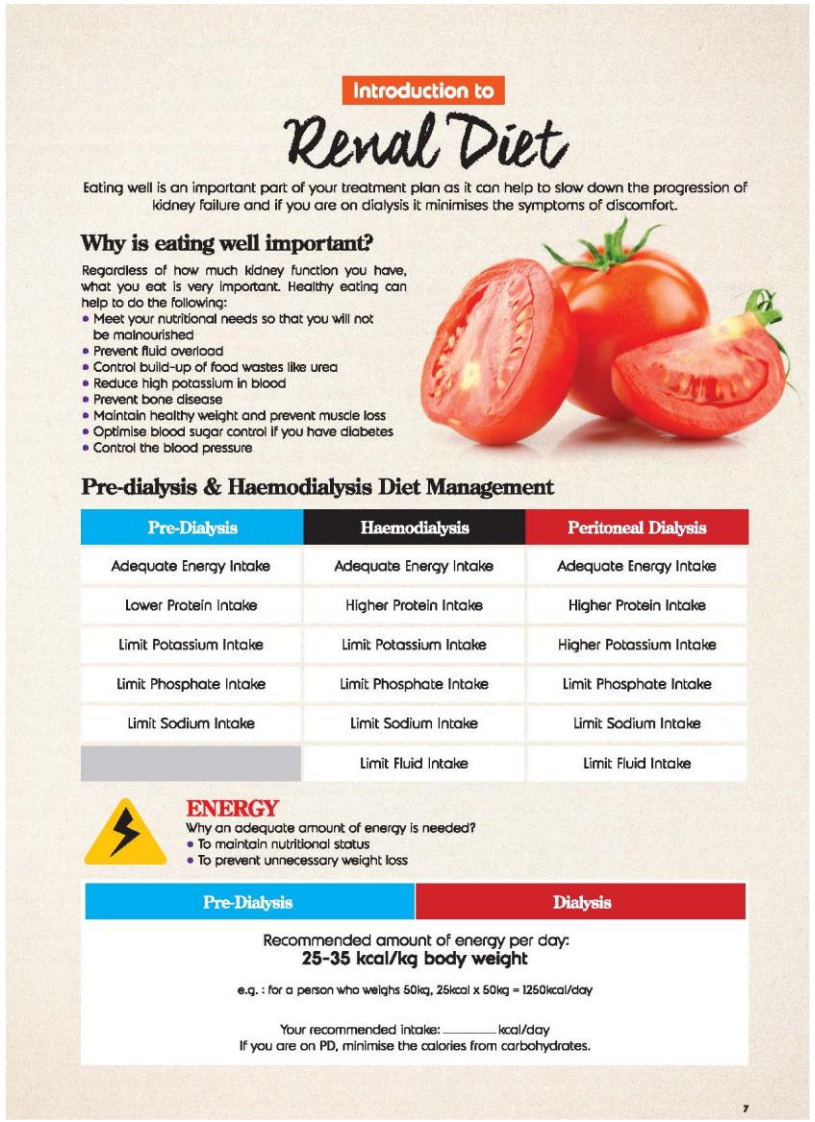
Fruit	60 Calories		15 g Carb.
• fresh fruit	1 small	1 small	• Choose whole fruits for fiber
• melon (cubes)	12 oz (1 cup)	360 g (250 ml)	• Choose citrus fruits such as oranges, grapefruits, or tangerines
• canned fruit	1/2 cup	125 ml	
• dried fruit	1/4 cup	60 ml	
• fruit juice	1/2 cup	125 ml	

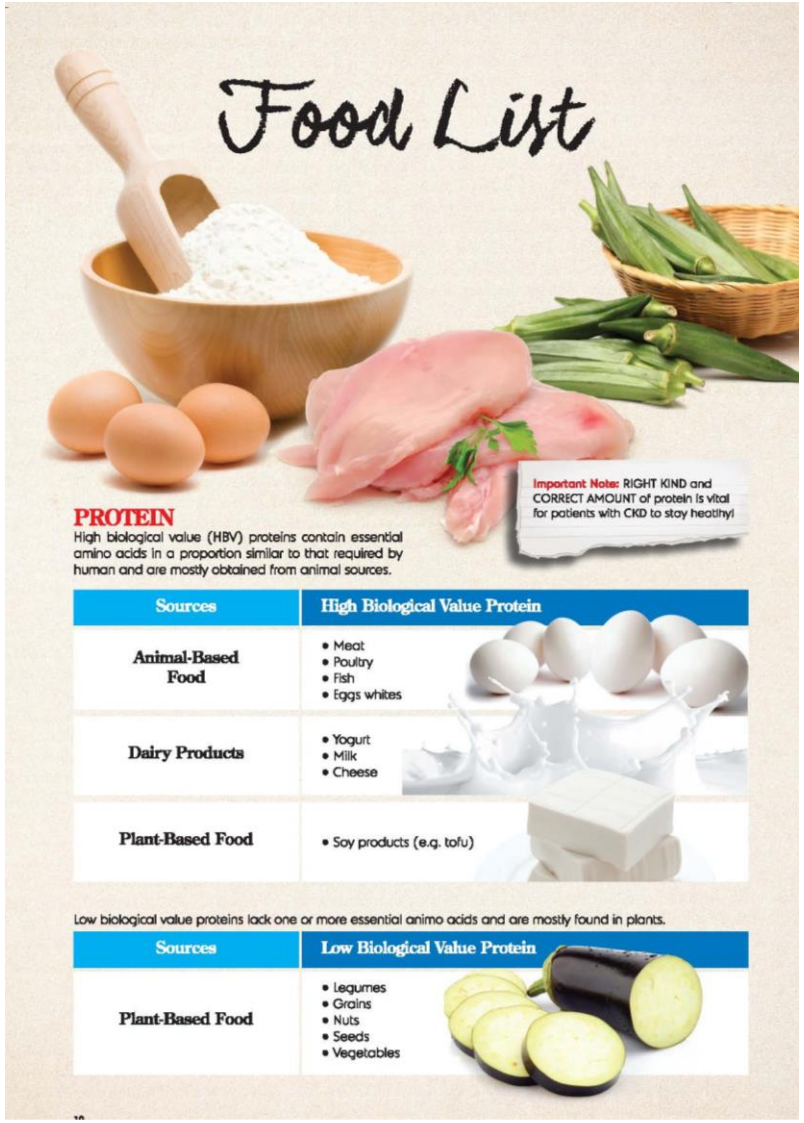
Meat & Substitutes	35-145 Calories		7 g Protein, 0-13 g Fat
• meat, poultry, fish	1 oz	30 g	• Choose leaner meats such as chicken, fish, and lean cuts of meat; add fat exchange for higher fat meats and substitutes.
• cheese	1 oz	30 g	• Limit frying or adding fat.
• cottage cheese	1/4 cup	60 ml	• Have 2 servings of fish per week for Omega 3 fatty acid.
• egg	1	1	
• peanut butter	1.5 Tbsp	22 ml	
• tofu	4 oz (1/2 cup)	115 g (125 ml)	
• cooked beans, peas, lentils (add 1 starch)	1/2 cup	125 ml	

Milk	80-150 Calories		12 g Carb., 8 g Protein, 0-8 g Fat
• milk	1 cup	250 ml	• Consider lower fat milks; add fat exchange for higher fat milk.
• yogurt	1 cup	250 ml	

Example of basic knowledge of renal nutrition & diet



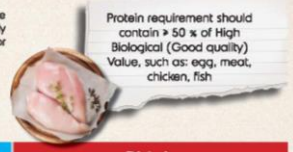




(Source: Your Renal Guidebook to healthy cooking. NKF Khoo Teck Puat Hospital, Malaysia)

PROTEIN

When kidneys fail, they are unable to filter protein waste products such as urea from body or an abnormally high amount of protein in urine, resulting in foamy or soapy urine.



Protein requirement should contain > 50 % of High Biological (Good quality) Value, such as: egg, meat, chicken, fish

Functions of protein:

- Essential for tissue growth, repair and maintenance
- Fight infections by boosting the immune system

Pre-Dialysis	Dialysis
Require LESS protein to prevent the risk of waste products building up to a high level.	Require MORE protein to replace the lost protein during dialysis.
Recommended Amount of Protein Intake per day: **0.6 - 0.8g/kg body weight**	Recommended Amount of Protein Intake per day: **1.2 - 1.3g/kg body weight**
e.g. : A person who weighs 50kg 0.6 x 50kg = 30g 0.8 x 50kg = 40g 30-40g/day	e.g. : A person who weighs 50kg 1.2 x 50kg = 60g 1.3 x 50kg = 65g 60-65g/day
Your recommended intake:.....g/day	Your recommended intake:.....g/day

POTASSIUM

When kidneys fail, potassium accumulates in blood. High levels of potassium in the blood cause muscles weakness, abnormal heartbeat, leading to heart failure.

Functions of potassium:

- Keeps a normal water balance
- Keeps the heart beating steadily
- Conducts nerve impulse and muscle contraction

Pre-Dialysis	Dialysis
UNRESTRICTED unless there is abnormally high level of potassium in blood.	Recommended Amount of Potassium Intake per day: **2000mg**

Tip to increase potassium level:
Eat a variety of vegetable and fruits daily.

Tips to control potassium level:

- AVOID high potassium foods, CONSUME foods that contain low to moderate level of potassium instead.
- Soak vegetables in a large volume of water and drain to allow potassium to leach out
- Cut or slice into smaller pieces when soaking in water to increase potassium loss
- Drain canned fruits and vegetables before eating
- Control the intake of low-potassium food

PHOSPHATE

When kidneys fail, phosphorous accumulates and causes calcium to be drawn out from the bones, causing them to become weak and brittle. These damages may lead to other problems such as muscle aches, pain and bone disease.

Functions of phosphate:

- Critical for bone formation
- Need for healthy strong bones, along with calcium
- Essential buffer used in the excretion of acid by the kidney

Pre-Dialysis	Dialysis
Recommended Amount of Phosphorus Intake per day: **800 - 1000mg**	

Tips to control phosphate level:

- Limit foods high in phosphate such as processed meats, milk and other dairy products
- Avoid foods high in phosphate such as chocolate, dried fruits, nuts
- Take phosphate binders with meals and snacks. Phosphate binders bind with the phosphorus in your intestine. The bound phosphorus will pass in your motion

SODIUM

When kidneys fail, the ability to excrete sodium is reduced. High levels of sodium result in retention of water and hence increase blood pressure, leading to edema (swelling) and excessive thirst. This affects the fluid restriction of patients with CKD.

Pre-Dialysis	Dialysis
Recommended Amount of Sodium Intake per day: **2000mg**	

Tips to limit sodium intake:

- Buy fresh foods, limit intake of processed food (e.g. hotdog, ham, instant noodles)
- Use spices, herbs, and sodium-free seasonings in place of salt
- Rinse canned vegetables, beans, meats, and fish with water before consumption
- Look out for Healthier Choice Symbol (HCS)

FLUID INTAKE

When kidneys fail, they may not produce as much urine as before, and your body may become overloaded with fluid. This causes fluid retention in the body.

Important Note: Do not limit fluids unnecessarily because this may cause damage to the kidney when you are on fluid restriction.

Symptoms of fluid re

- Swelling of the legs, hands a
- Shortness of breath
- Increase in blood pressure

Pre-Dialysis
Unrestricted with normal urine output Normal Urine Output: **800 - 2000ml**

Tips to limit fluid int

- Moisten the dry mouth by s
- Limit salty food to reduce t
- Drink from a smaller cup
- Measure and divide the flu

POTASSIUM

Sources	Low (< 200mg)	Medium (200mg - 350mg)	High (> 350mg)
Vegetables *1 Serve - 100g (3/4 cup) cooked - 100g raw nonleafy - 150g raw leafy	• Bean sprout • Bitter gourd • Brinjal • Capsicum • Cucumber • French bean • Frozen vegetables • Hairy gourd • Kang kung • Lettuce • Long bean • Onion • Peas, green • Spring onion • Tempeh • Zucchini	• Asparagus • Carrot • Cauliflower • Celery • Chilli • Chinese cabbage • Chives • Ladies finger • Leeks • Lentils • Peas • Pumpkin • Snow peas • Sweet Corns • Tomato	• Bamboo shoot • Beans • Beets • Broccoli • Chick peas • Kale • Legumes • Lotus root • Mushroom • Peanut • Potato • Seaweed • Spinach • Sweet potato • Water chestnut • Yam
	Low (< 150mg)	**Medium (150mg - 250mg)**	**High (> 250mg)**
Fruits	• Apple (1 small) • Blueberries (1/2 cup) • Canned fruits (1/2 cup) • Cranberries (100g) • Dragonfruit (1/2 fruit) • Durian (2 seeds) • Grapes (10 small) • Guava (1/2 fruit) • Lemon (1 small) • Lime (1 whole) • Longan (10 medium) • Mangosteen (4 medium) • Pear (1 small) • Pineapple (1 wedge) • Watermelon (1 wedge)	• Cherry (10 medium) • Chiku (1 ½ medium) • Duku (10 medium) • Grapefruit (1/2 medium) • Langsat (10 medium) • Lychee (6 medium) • Orange (1 small) • Papaya (1 wedge) • Peach (1 medium) • Plum (2 small) • Pomelo (3 segments) • Raspberries (1 cup) • Strawberries (1 cup) • Tangerines (1 medium)	• Apricots (4 small) • Avocado (1 medium) • Banana (1 small) • Custard apple (1 medium) • Dates (2 pieces) • Dried fruits (20g) • Figs (2 small) • Honeydew (1 slice) • Jackfruit (2 seeds) • Kiwi (1 medium) • Mango (1/2 medium) • Pomegranate (1/2 medium) • Prunes (4 pieces) • Rockmelon (1 slice) • Soursop (1 slice)

PHOSPHATE

Sources	Low Phosphate	High Phosphate
Vegetables & Fruits	All fruits & vegetables are low in phosphorous	
Meat, Nuts & Beans	• Egg white • Fish • Meat • Poultry	• All sort of seafood e.g. crayfish, oyster • Sardines • Anchovies (Ikan bilis) • Organ meat e.g. liver, intestine • Bone-based soups e.g. chicken feet and pork bone • Bean products e.g. all forms of nuts, seeds, bean soup
Dairy Products	• Low fat cheese • Rice milk • Sherbet or popsicle • Non-dairy creamer • Pudding or custard made with non-dairy creamer • Cream soups made with water	• Cheese • Cottage cheese • Custard • Ice cream • Milk • Pudding • Cream soups made with milk • Yoghurt
Beverages	• Non-cola (flavoured drinks) • Lemon-lime soda • Rice milk, unfortified • Non-dairy creamer (Ingredient list without the latter term of "phos")	• Ale • Beer • Chocolate drinks • Cocoa • Dark colas • Malted drinks e.g. Milo, Horlicks
Others	• Non-bran cereal, rice cereals, or corn flakes • White bread (High-fibre) • White rice • Pasta • Light salt/low fat popcorn • Honey • Jam or jelly • Hard candy, fruit flavors or jelly beans	• Bran cereals • Brewer's yeast • Nuts • Seeds • Wheat germ • Whole grain products e.g. brown rice, wholemeal bread, wholemeal pasta • Caramels • Peanut butter • Chocolate bar

SODIUM

Sources	Low Sodium	High Sodium
Vegetables & Fruits	• Any fresh fruits • Any fresh vegetables • Frozen vegetables (without added sauce) • Canned vegetables that are low in sodium or have no salt added • Low sodium vegetable juice • Frozen or dried fruit (unsweetened) • Canned fruit (packed in water or 100% juice)	• Canned vegetables e.g. pickled olives and pickles
Bread, Cereals and Grains	• Rice or pasta • Unsalted popcorn	• Instant noodles • Ready-to-eat meals • Popcorns
Meat, Nuts and Beans	• Fish or shellfish • Chicken or turkey breast without skin • Lean cuts of beef or pork • Unsalted nuts and seeds • Peas and beans • Canned beans labeled "no salt added" or "low sodium" • Eggs	• Hotdogs or sausages • Ham • Canned meats e.g. luncheon meats, corned beef • Dried fish • Salted nuts and seeds • Canned beans
Dairy Products	• Low- or reduced-sodium cheese	• Cheese
Dressing, Oils and Condiments	• Unsalted margarine and spreads with no trans fat • Vegetable oil e.g. canola, olive, peanut, or sesame • Sodium-free, light mayonnaise and salad dressing • Low-sodium soy sauce • Low-sodium broth • Low-sodium oyster sauce • Vinegar	• Margarine and butter • Mayonnaise and salad dressings • Soy sauce • Broth • Oyster sauce • Tomato sauce • Chili sauce • Fish sauce • Marinades
Seasonings	• Herbs, spices, or salt-free seasoning blends • Chopped vegetables e.g. garlic, onions and peppers • Lemons and limes	• Salt

What do I need to know? My level is high/normal/low?		What do I need to do? My diet target should be	
BMI (? Under / overweight)		Calories	X Kcal/day
Nutritional assessment Protein / Albumin		Protein	X portions/day
		Carbohydrates	X portions/day
Lipids (Chol/Tg)		Fat	? standard / low
		Fibre	? standard / high
		Vegetable	X portions/day
		Fruit	X portions/day
FBG/HA1C (Blood sugar control)		Glucose	
Sodium		Sodium	? standard / low
Potassium		Potassium	? standard / low / high
Phosphorous		Phosphorous	? standard / low / high

Restrictive renal diet is a barrier to living well

- Can it be less restrictive?
- Can they eat better (well), if they eat smart(er)?
- If so, how to do so?

- Can they get the information?
- Can they understand the information?
- Can they use the information (day to day)?

From diet restriction

→ Positive eating

To eat smart, eat well
Bring the joy back into eating

Enjoy recipes from around from world.

WORLD KIDNEY RECIPES

- **Home cooking**
- **Family meals** (not just cooking for one person)
- **Kidney and health-friendly food**

- **Co-design, co-produce**
with patients and healthcare professionals

- Simple, easy recipes to understand and use
- Tips on how to eat smart and eat well

- **Use of exchanges (protein, carbohydrates)**
- **Use of indicators (low/high level)**

WORLD KIDNEY RECIPES

The recipe is a guide (options)

<u>how</u> to select and prepare your food,

according to your prescribed allowance

to set up your meal plan for the day/week.

WORLD KIDNEY RECIPES

The recipe is "generic"

which can be modified

to meet the allowance/meal plan of the patient

by

- varying the **protein** content (portion size to be consumed)
- be mindful of the **caloric** content and adjust accordingly
- be mindful of the **carbohydrate** content (if diabetic)
- if necessary, a focus on and modify the **ingredients**

with **sodium, potassium, and phosphorous** content.

May not necessary to have a different recipe
for different stages of kidney failure, or renal replacement therapy.

A recipe can be modified accordingly (with tips).

WORLD KIDNEY RECIPES

The recipe is a guide
on the protein, sodium, potassium,
and phosphorous content
of one serving of the meal.

The indicator "Low" or "High"
is only a relative indicator (not absolute),
must be considered **in the context of**
- the patient's condition (body weight, biochemistry),
- stage of kidney failure
- on which type of renal replacement therapy
- meal plan for the day/week.

WORLD KIDNEY RECIPES

TIPS

(Help them to fish, rather than give them the fish)

- **How to modify the recipe**

(ingredient of different levels of nutrient requirement)

- **Cooking skill**

Grill, roast, steam, fry
Slow cooking, Air-fried
Use of herbs and seasoning (without salt)

KEEP IT SIMPLE, UNDERSTANDABLE, PRACTICAL

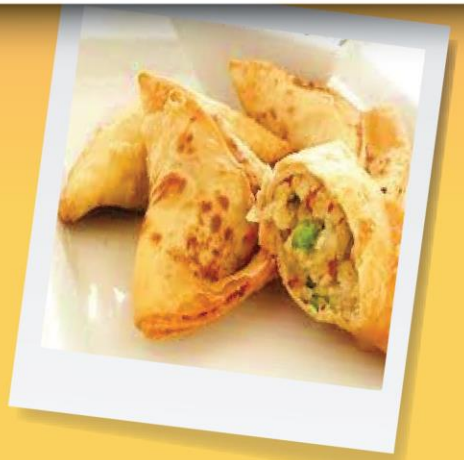




WORLD KIDNEY RECIPES

Why? What? How?




Collections of international recipes

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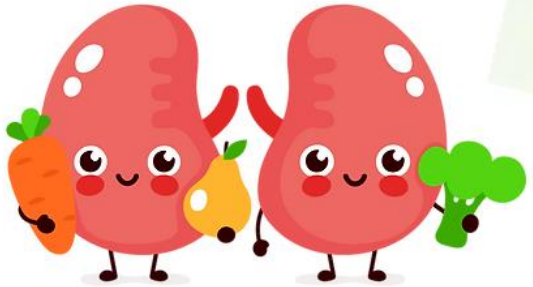
Kidney-Friendly Recipes from Around the World

Diet and Nutrition are essential for healthy eating and living in people living with chronic kidney disease. In this section, you can find useful resources of kidney-friendly recipes and cooking tips from around the world. We welcome you to share your recipes and cooking tips for a healthy kidney diet, as well as your comments. Feel free to email your recipes to us, we may post it up in our blog posts!

Please work with your dietitian on how to use these recipes for your personalized eating plan.



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May 3 · 2 min

FROM ITALIAN CUISINE... ANTI-WASTE RECIPES FOR KIDNEY HEALTH (ENG, ITA,...

Now, more than ever, fighting waste is a challenge that the world must deal with. It's an issue concerning each and every one of us, from...

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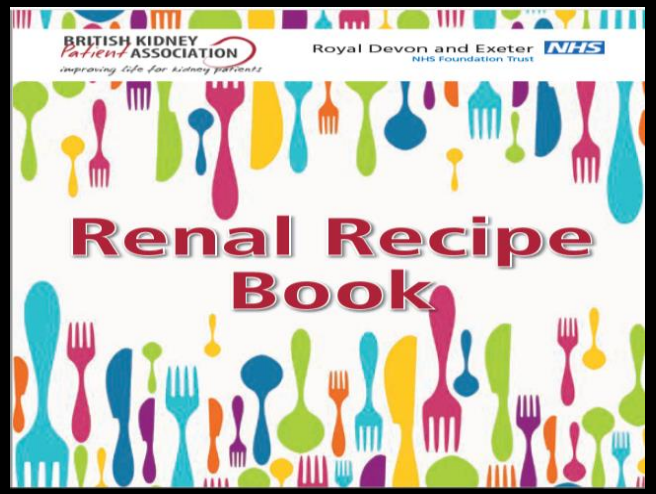
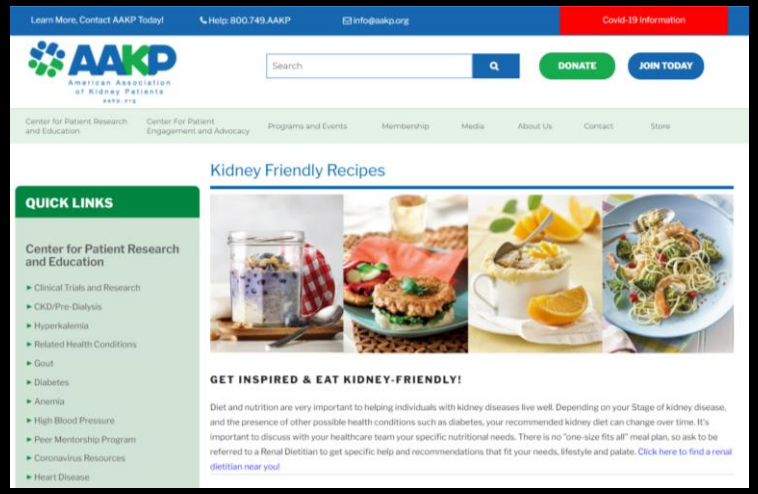

BRITISH KIDNEY PATIENT ASSOCIATION
improving life for kidney patients
Royal Devon and Exeter NHS
NHS Foundation Trust
Renal Recipe Book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Hyperkalemia
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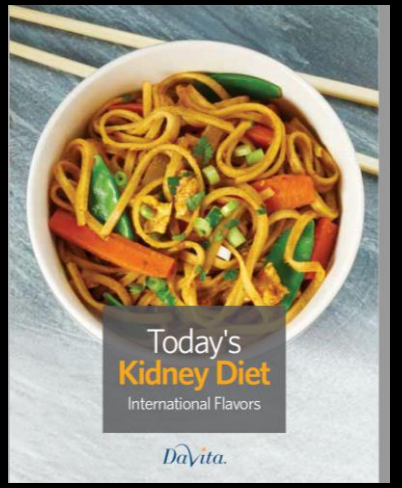
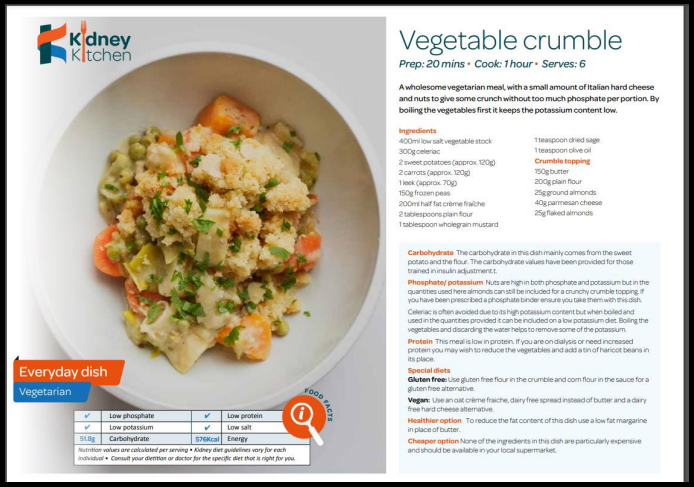
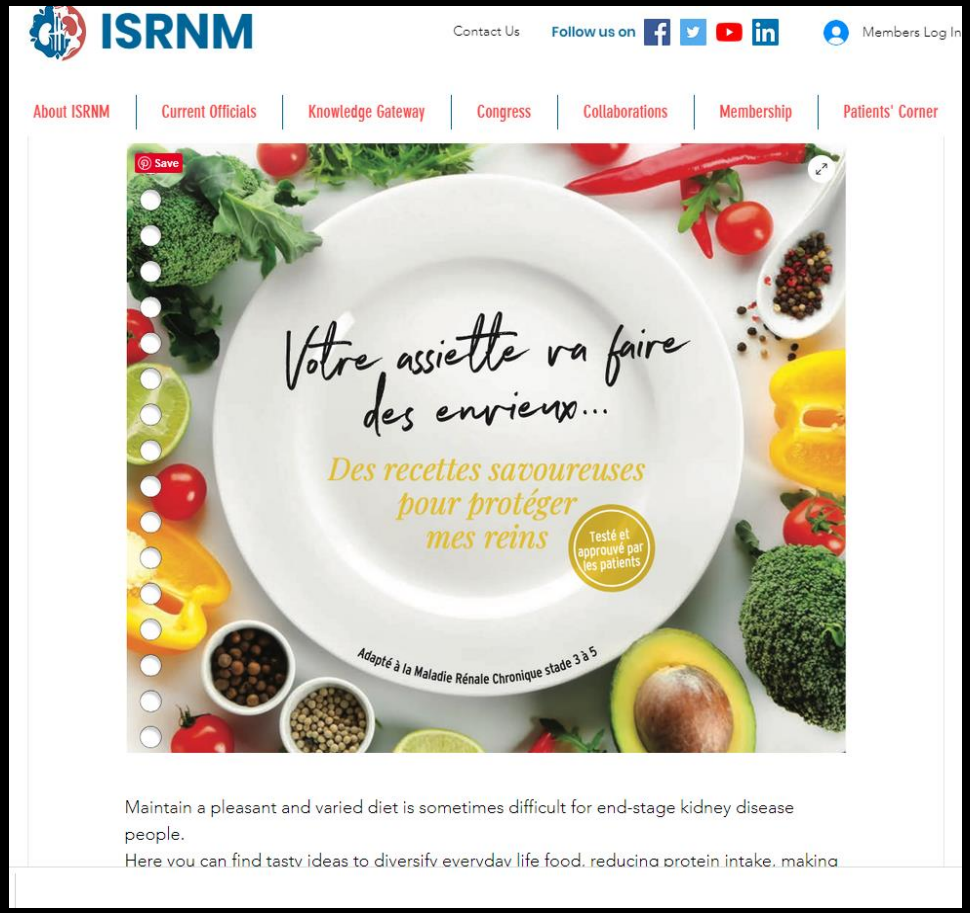
Diabetes
Anemia
High Blood Pressure
Peer Mentorship Program
Coronavirus Resources
Heart Disease
GET INSPIRED & EAT KIDNEY-FRIENDLY!
Diet and nutrition are very important to helping individuals with kidney diseases live well. Depending on your Stage of kidney disease, and the presence of other possible health conditions such as diabetes, your recommended kidney diet can change over time. It's important to discuss with your healthcare team your specific nutritional needs. There is no "one-size fits all" meal plan, so ask to be referred to a Renal Dietitian to get specific help and recommendations that fit your needs, lifestyle and palate. Click here to find a renal dietitian near you!


Today's
Kidney Diet
International Flavors
DaVita.


Kidney Kitchen
Vegetable crumble
Prep: 20 mins • Cook: 1 hour • Serves: 6
A wholesome vegetarian meal, with a small amount of Italian hard cheese and nuts to give some crunch without too much phosphate per portion. By boiling the vegetables first it keeps the potassium content low.
Ingredients
Everyday dish
Vegetarian
Low phosphate
Low protein
Low potassium
Low salt
Carbohydrate
Energy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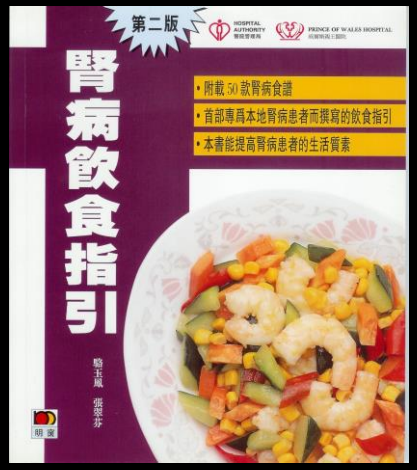
Des recettes savoureuses pour protéger mes reins
Testé et approuvé par les patients
Adapté à la Maladie Rénale Chronique stade 3 à 5
Maintain a pleasant and varied diet is sometimes difficult for end-stage kidney disease people.
Here you can find tasty ideas to diversify everyday life food, reducing protein intake, making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腎病飲食指引
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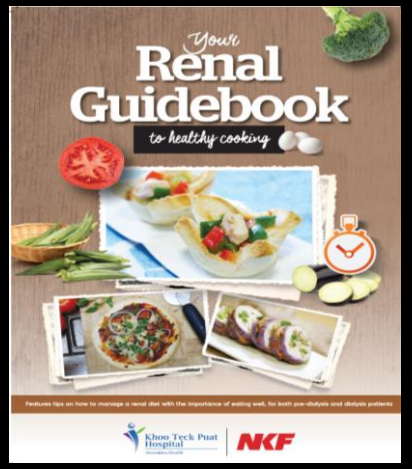
• 首部專爲本地腎病患者而撰寫的飲食指引
• 本書能提高腎病患者的生活質素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Renal Guidebook
to healthy cooking
Khoo Teck Puat Hospital
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kidney
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Dietitian's Blog
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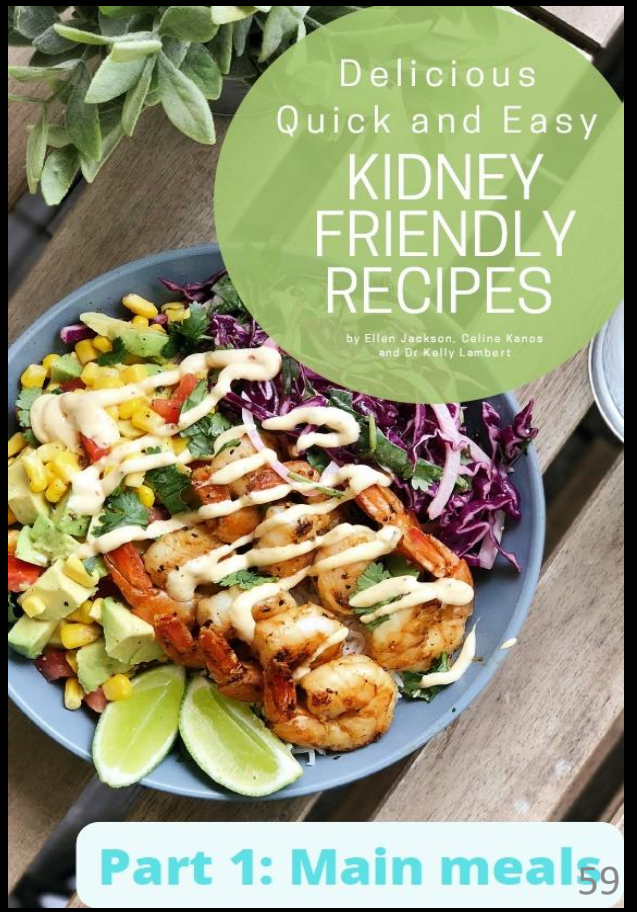
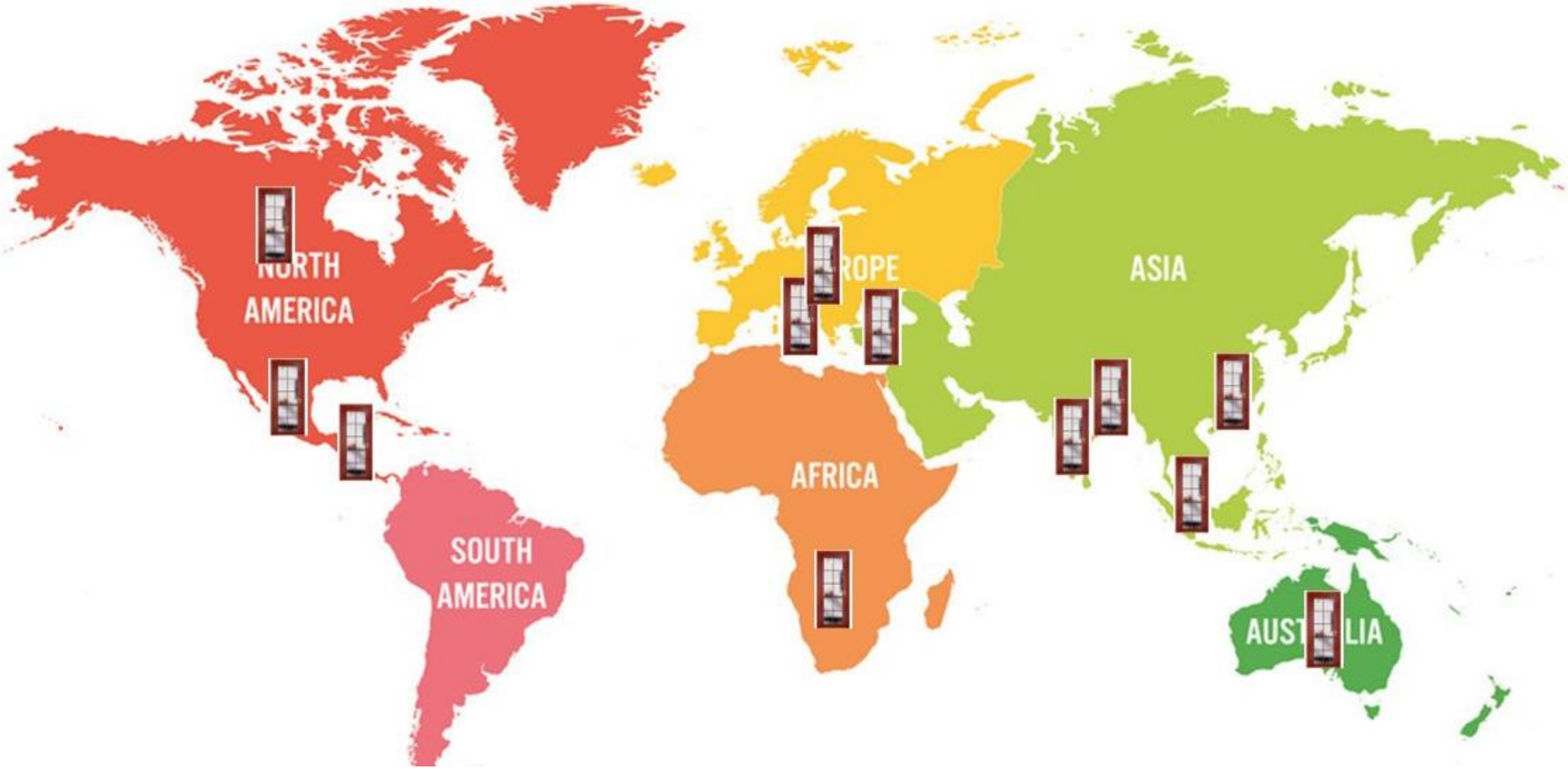
Welcome to the Kitchen
Information and tools to help you manage your renal diet
About The Kidney Community Kitchen


Delicious
Quick and Easy
KIDNEY FRIENDLY RECIPES
by Ellen Jackson, Celine Kanos and Dr Kelly Lambert
Part 1: Main meals

Recipes in a structured format, easy to understand and to use



Kitchen door to

WORLD KIDNEY RECIPES

Australia
Bangladesh
Canada (TBC)
Guatemala
Hong Kong
Hungary
India
Italy
Malaysia
Mexico
South Africa
Türkiye

How to present recipes
that can be understood and used

Nutrition content per serving

Serving size: 300 g		% Daily Value
Calories (kcal)	400	20%
Carbohydrate (g)	47	16%
Protein (g)	27	
Fat (g)	12	18%
Cholesterol (mg)	125	42%
Fiber (g)	4	16%
Sodium (mg)	370	17%
Potassium (mg)	368	
Phosphate (mg)	160	

* Based on 2,000 kcal diet per day

Salt and Sodium

Confusing terminology!!!!!!

- **5g of salt 2000 mg (sodium)**
- **a teaspoon of salt (Sodium choloride)**

2300 mg sodium

100 mmol of sodium

5.8 gm (5800 mg) of salt

Can patients understand and use the information (numbers)?

Does a patient add up the actual values for a day's intake?

How to present recipes
that can be understood and used

Currently, many recipe book / information provided

- Indication of the nutrient level **high / low**
- **Actual value** may also be provided
- Use of "**exchanges**" for protein, carbohydrates
- **Tips** on how to use the recipe

This is organizational health literacy

Old Fashioned Canadian Stew

Diet Type High Protein | Low Phosphorus | Low Potassium
Meal Type Beef | Family Friendly | Soups & stews

Adapted from https://www.ricardocuisine.com

Photo by Melanie Liu

Here's a low potassium version of the classic Canadian stew.

Ingredients

- 1 slice 1.10 lbs (500 g) boneless beef blade, fat removed
- 2 tablespoons (30 ml) olive oil
- 1 cup onion, sliced
- 6 cloves garlic, peeled
- 1 tablespoon (15 ml) whole-grain mustard
- 2 cups turnip, cubed
- 1 cup carrots, sliced
- 4 cups cabbage, shredded
- 4 cups low sodium chicken or beef broth

Directions

In a skillet, brown the meat on both sides in the oil. Place in the slow cooker. Set aside.

In the same skillet, brown the onion and garlic.

Deglaze with 1 cup low sodium chicken or beef broth and add the mustard. Pour into the slow cooker and add the remaining ingredients.

Cover and cook on low for about 8 hours or until the meat is fork-tender. Adjust the seasoning.

Nutrient Analysis

Calories: 185 KCal
Protein: 17 g
Carbohydrates: 11 g
Fibre: 2.3 g
Total Fat: 8.7 g
Sodium: 153 mg
Phosphorus: 184 mg
Potassium: 542 mg

Renal Diet Nutrient Analysis

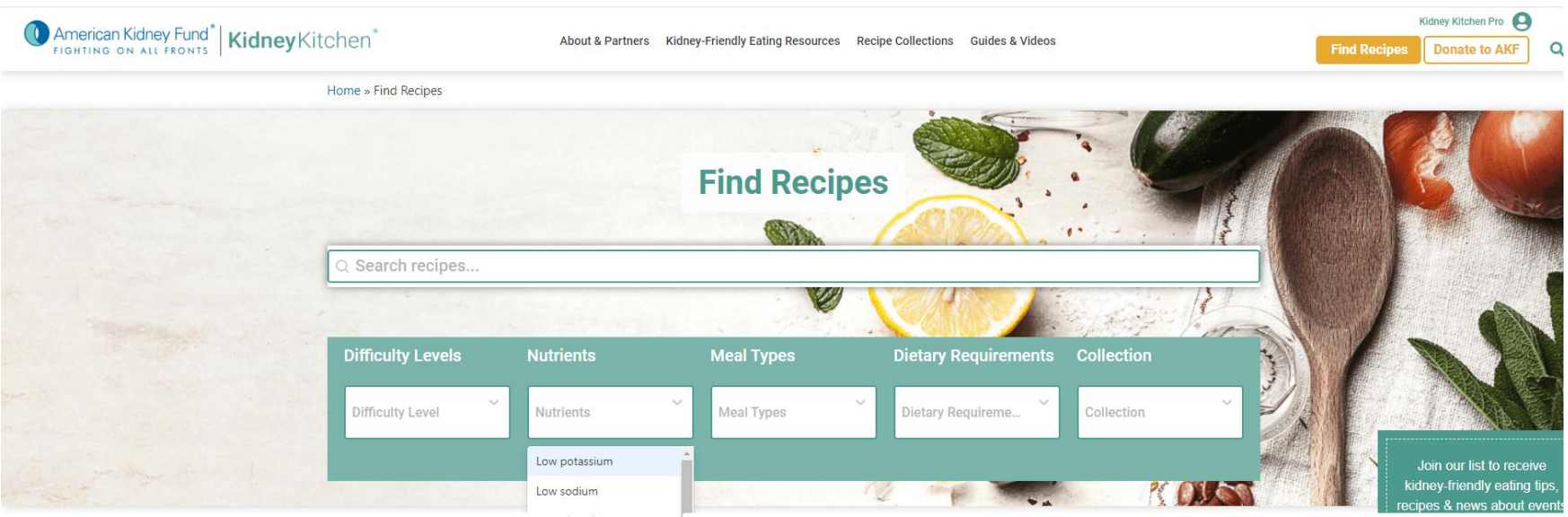
Servings per recipe: 8
Serving size: 1 1/4 cup

Renal and Diabetic Exchanges

2 protein, 2 vegetables

What is one exchange?

1 Protein Choice = 1oz of meat or 7g of dietary protein
1 Starch Choice = about 15g of carbohydrates
1 Fruit or Vegetable Choice = ½ cup
1 Milk Choice = ½ cup


American Kidney Fund
FIGHTING ON ALL FRONTS
KidneyKitchen
About & Partners
Kidney-Friendly Eating Resources
Recipe Collections
Guides & Videos
Kidney Kitchen Pro
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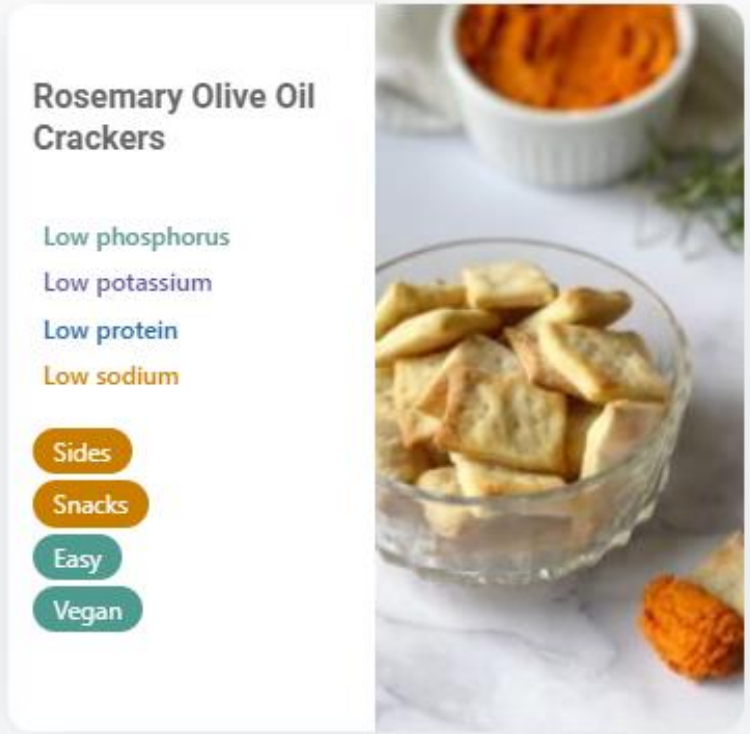
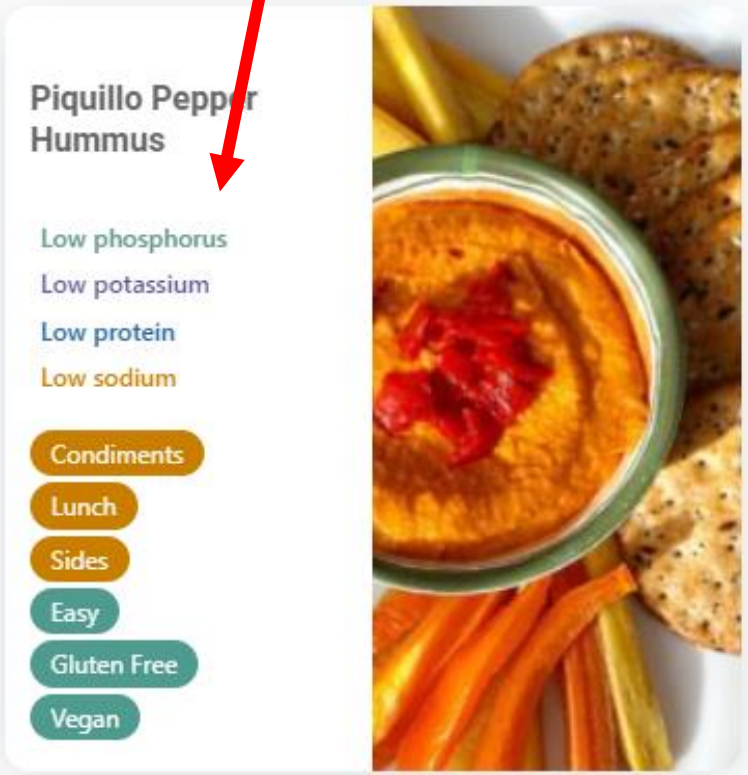
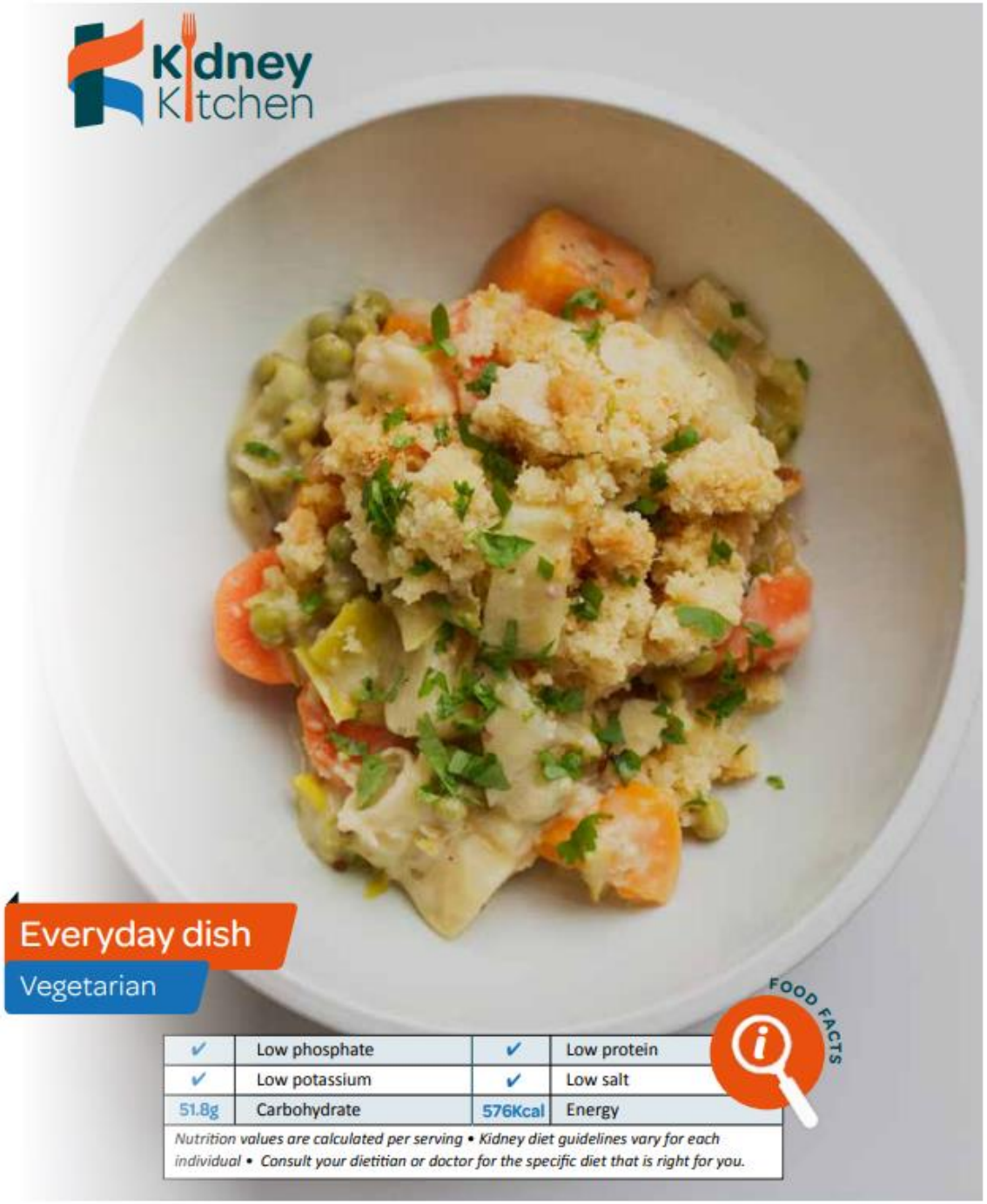
Donate to AKF
Home » Find Recipes
Find Recipes
Search recipes...
Difficulty Levels
Nutrients
Meal Types
Dietary Requirements
Collection
Difficulty Level
Nutrients
Meal Types
Dietary Requireme...
Collection
Low potassium
Low sodium
ow phosphorus
ow protein
fedium phosphorus
fedium sodium
fedium potassium
fedium protein
Join our list to receive kidney-friendly eating tips, recipes & news about events


Rosemary Olive Oil Crackers
Low phosphorus
Low potassium
Low protein
Low sodium
Sides
Snacks
Easy
Vegan


Piquillo Pepper Hummus
Low phosphorus
Low potassium
Low protein
Low sodium
Condiments
Lunch
Sides
Easy
Gluten Free
Vegan

Kidney Kitchen



Everyday dish

Vegetarian

✔	Low phosphate	✔	Low protein
✔	Low potassium	✔	Low salt
51.8g	Carbohydrate	576Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.

FOOD FACTS

Vegetable crumble

Prep: 20 mins • Cook: 1 hour • Serves: 6

A wholesome vegetarian meal, with a small amount of Italian hard cheese and nuts to give some crunch without too much phosphate per portion. By boiling the vegetables first it keeps the potassium content low.

Ingredients

400ml low salt vegetable stock
300g celeriac
2 sweet potatoes (approx. 120g)
2 carrots (approx. 120g)
1 leek (approx. 70g)
150g frozen peas
200ml half fat crème fraîche
2 tablespoons plain flour
1 tablespoon wholegrain mustard
1 teaspoon dried sage
1 teaspoon olive oil

Crumble topping

150g butter
200g plain flour
25g ground almonds
40g parmesan cheese
25g flaked almonds

Carbohydrate The carbohydrate in this dish mainly comes from the sweet potato and the flour. The carbohydrate values have been provided for those trained in insulin adjustment.t.

Phosphate/ potassium Nuts are high in both phosphate and potassium but in the quantities used here almonds can still be included for a crunchy crumble topping. If you have been prescribed a phosphate binder ensure you take them with this dish.

Celeriac is often avoided due to its high potassium content but when boiled and used in the quantities provided it can be included on a low potassium diet. Boiling the vegetables and discarding the water helps to remove some of the potassium.

Protein This meal is low in protein. If you are on dialysis or need increased protein you may wish to reduce the vegetables and add a tin of haricot beans in its place.

Special diets

Gluten free: Use gluten free flour in the crumble and corn flour in the sauce for a gluten free alternative.

Vegan: Use an oat crème fraiche, dairy free spread instead of butter and a dairy free hard cheese alternative.

Healthier option To reduce the fat content of this dish use a low fat margarine in place of butter.

Cheaper option None of the ingredients in this dish are particularly expensive and should be available in your local supermarket.

Eggplant and sweet potato curry

Ingredients:

4 Serves

- 2 medium onions, peeled and sliced
- 1 medium eggplant, chopped into 2cm pieces
- 1 medium sweet potato
- 350g of Korma Curry Sauce (Mild)
- 4 serves of white rice

Instructions:

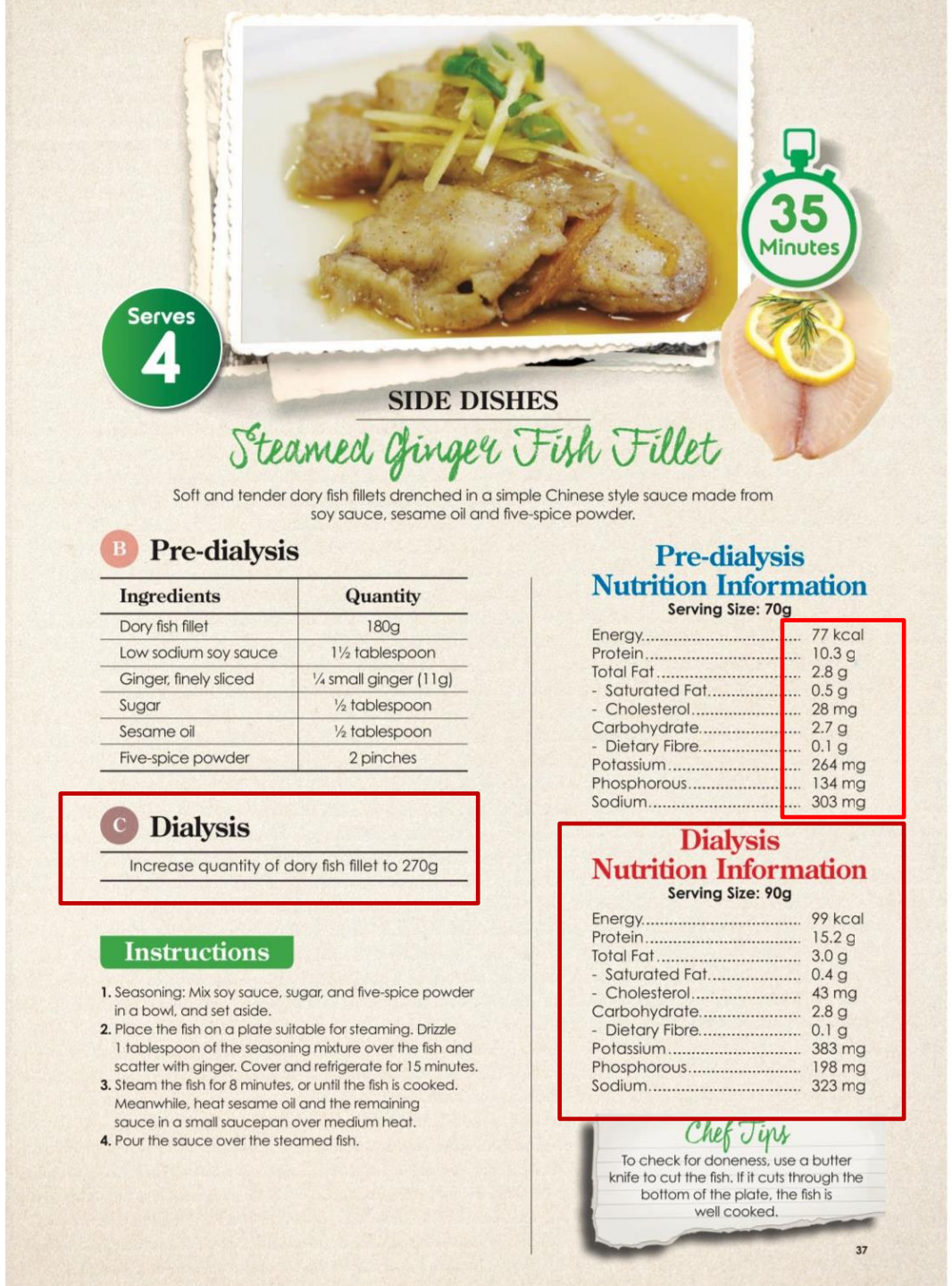
1. Simmer onion in a little water for just a minute
2. Remove from pan and set aside
3. In a non stick frying pan, fry eggplant until evenly browned
4. Add onions and sweet potato to pan with sweet potato and korma sauce
5. Fill half the empty jar with water and add to pan.
6. Simmer for 20-30minutes until the potato and eggplant are tender
7. Serve with rice and pappadums.

Nutrient Values Per Serve:

Protein (total): **7g**
Protein rich food exchange: **0**
Carbohydrate: **57g**
Carbohydrate Exchange: **4**
Sodium: **467mg**
Potassium: **641mg**
Phosphate: **147mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



A recipe with tips to modify the protein content

for
Pre-dialysis
to
on Dialysis

Criteria of High/Low

A wide variation in the criteria used by different recipe books for different settings.

No international standard

Kidney Community Kitchen Tagging Guidelines

Tagging diet type is "easiest" using renal diet exchanges to calculate whether or not something qualifies e.g. as low sodium.

Food Group	Nutrient Breakdown					
	Protein (g)	Fat (g)	Carbohydrates (g)	Potassium (mg)	Phosphorus (mg)	Sodium (mg)
Protein choice	7	4	0	100	70	25
Starch Choice	2	0	15	40	50	80
Milk Choice	4	variable	6	195	125	80
Fruit Choice	0.5	0	10	200-240	15	0
Vegetable Choice	2	0	6	200-240	30	15

1 Protein Choice = 1oz of meat or 7g of dietary protein
1 Starch Choice = about 15g of carbohydrates
1 Fruit or Vegetable Choice = ½ cup
1 Milk Choice = ½ cup

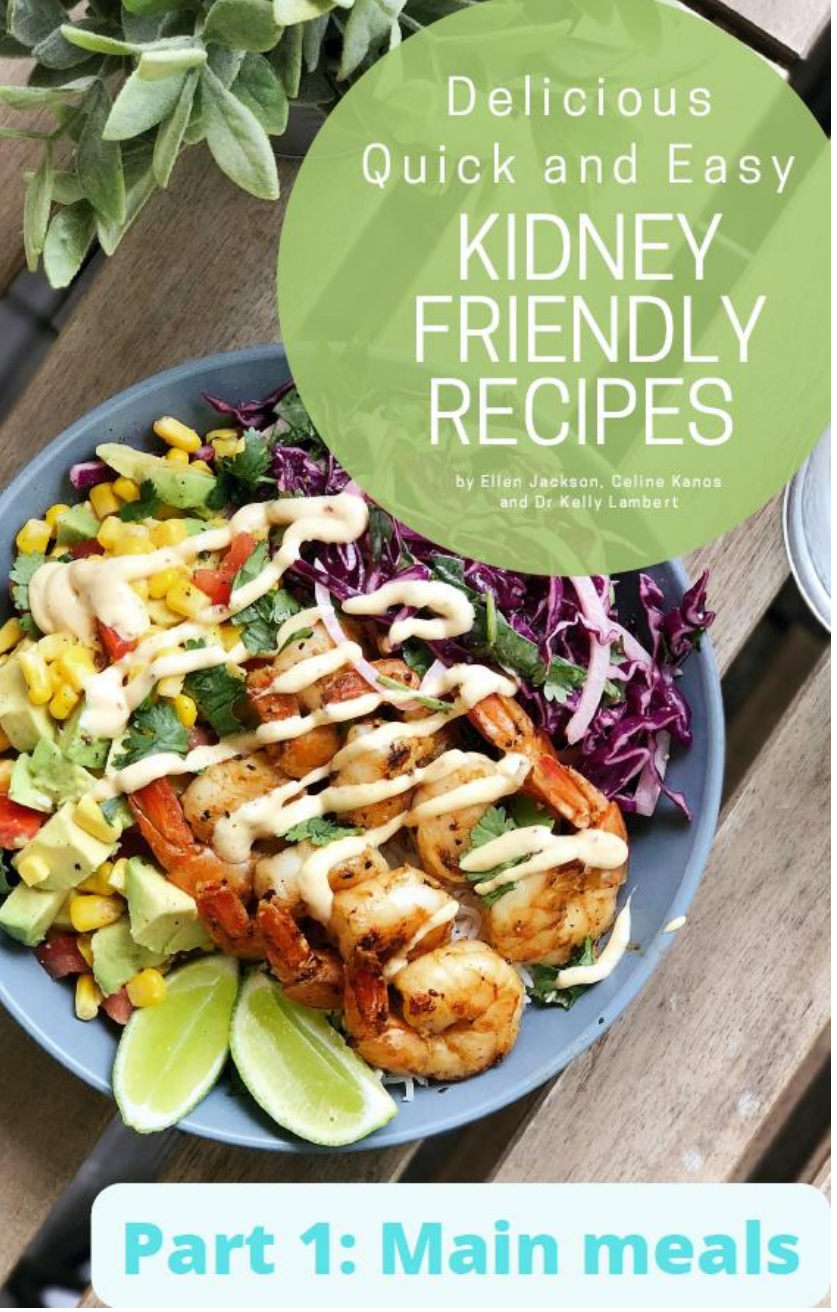
For example, if a recipe includes **2 vegetable choices**, it will count as:

- Low K: < 420mg of K per serving (2x220)
- Low PO4: < 60mg of PO4 per serving (2x30)
- Low Na: < 30mg of Na per serving (2x15)

A mixed recipe that included **3 protein choices, 1 fruit and one vegetable choice would count as:**

- **High Protein: >** 23.5g of protein per serving (3x7 + .5 + 2)
- Low K: < 740mg of K per serving (3x100+220+220)
- Low PO4: < 255mg of PO4 per serving (3x70+15+30)
- Low Na: < 90mg of Na per serving (3x25+0+15)

For a diabetic diet you can use "carb choices" to allow the patient to incorporate into their diet. Basically, it means that you look at total carbs, subtract the fiber and every 15g is one carb choice. carbs – fiber= 15g per carb choice



Each recipe in this book aims to provide less than each nutrient benchmark per serve:

Meal	Sodium mg (mmol)	Potassium mg (mmol)	Phosphate (mg)	Protein (grams)
Main meal	690 (30mmol)	780 (20mmol)	<350mg	<20g
Light meal	460 (20 mmol)	585 (15mmol)	<250mg	<20g
Snacks	230mg (10mmol)	195mg (5mmol)	<50mg	<5g

Nutrient Values Per Serve:

Protein (total): **4g**
Protein rich food exchange: **0**
Carbohydrate: **5g**
Carbohydrate Exchange: **0.3**
Sodium: **45mg**
Potassium: **220mg**
Phosphate: **66mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

Nutrient recommendations, stages 3,4 and 5 (not on dialysis) and kidney failure

Nutrient	Value
Sodium	1500 mg or less
Potassium	2000 mg or less
Phosphorus	800-1000 mg
Protein	See below

Protein recommendations by stage

Daily Protein Recommendations	Women	Men
Stages 1 and 2	46 g (6-7 oz)	56 g (8 oz)
Stages 3, 4 and 5 (not on dialysis)	35-42 g (5-6 oz)	42-56 g (6-8 oz)
Kidney failure (on dialysis)	2-78 g (10-11 oz)	84-93 g (12-13 oz)

These are general guidelines from KDOQI. Individual needs may vary. Please check with your doctor or dietitian.

How we calculate low, medium and high nutrient values in our recipes:

Nutrient	Low (per serving)	Medium (per serving)	High (per serving)
Sodium	140 mg or less	141 mg - 399 mg	400 mg or more
Potassium	300 mg or less	301 mg - 599 mg	600 mg or more
Phosphorus	150 mg or less	151 mg - 299 mg	300 mg or more
Protein	8 g or less	9 g - 20 gm	21 g or more

Key: g = gram(s) mg = milligram(s) oz = ounce(s)

(Source: American Kidney Funds)

Per serving (main meal)

	Low	High
Na	<345 mg	>690 mg
K	<390 mg	>780 mg
PO4	<175 mg	>350 mg

	Canadian	Hungary	American
Low Na	<90 mg	<150 mg	<140 mg
Low K	<740 mg	<500 mg	<300 mg
Low PO4	<255 mg	<200 mg	<150 mg

	Australia	AKF
High Na	>690 mg	>400 mg
High K	>780 mg	>600 mg
High PO4	>350 mg	>300 mg

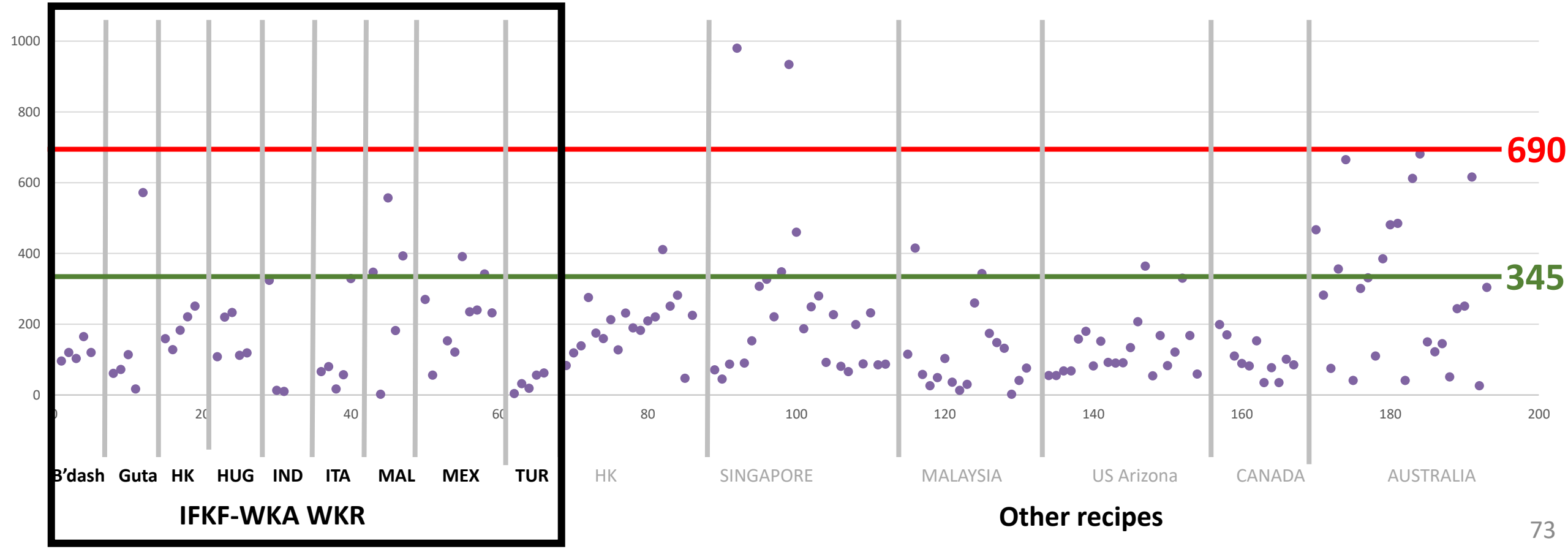
Set at ½ of the high level

Adopt the Australian approach

*An interim decision by the Working group after due consideration

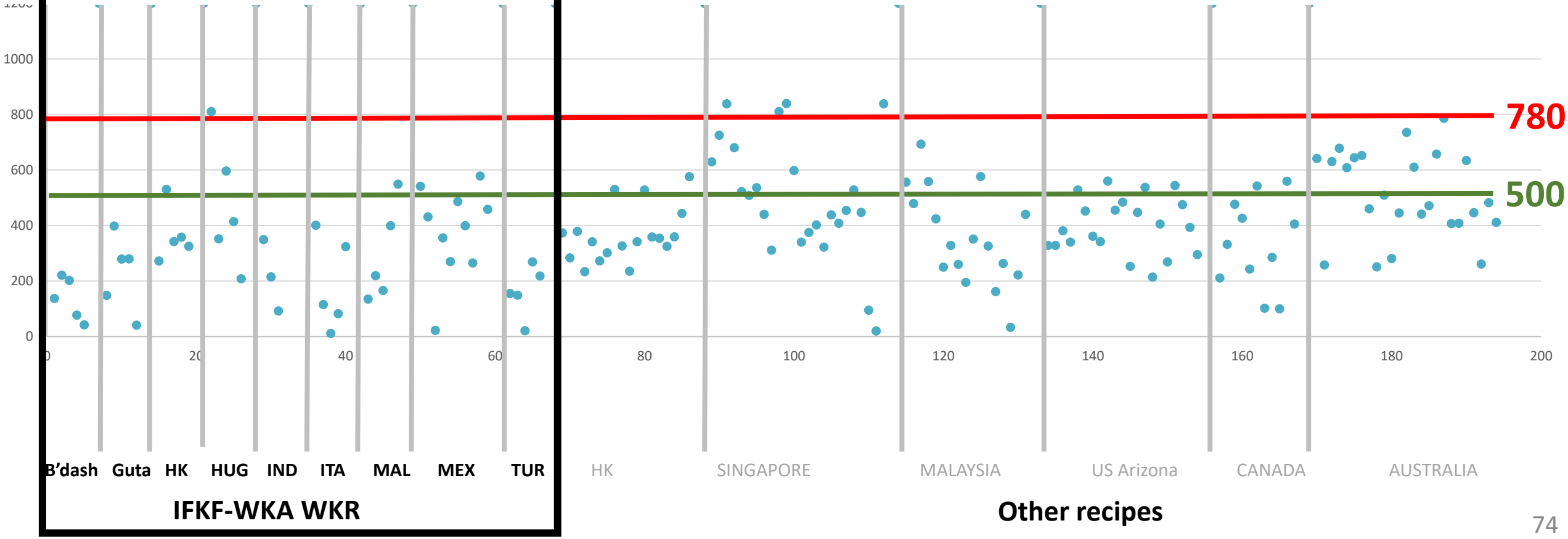
Sodium (mg) per serving

Recipes of a mix of main meal, light meal and snacks



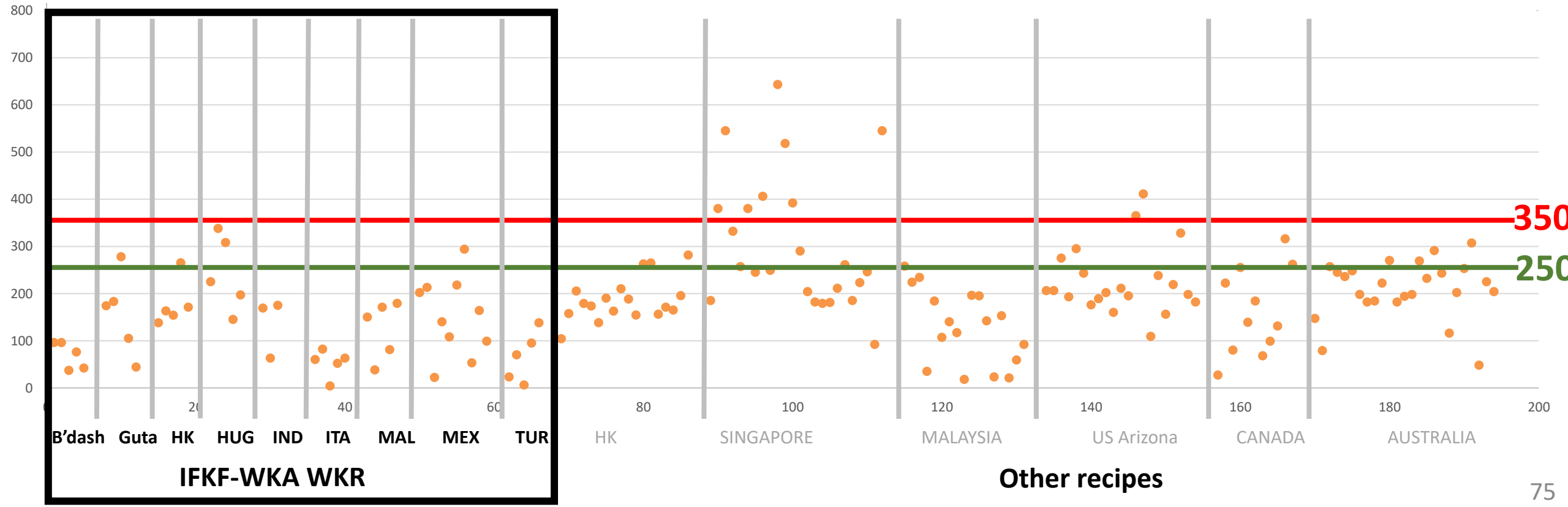
Potassium(mg) per serving

Recipes of a mix of main meal, light meal and snacks



Phosphorous (mg) per serving

Recipes of a mix of main meal, light meal and snacks



Eggplant and tofu with miso

WORLD KIDNEY RECIPES

HONG KONG, CHINA

Meal type:
TOFU

EACH SERVING PORTION

Protein
1 exchange

Carbohydrates
0.5 exchange

Low sodium*

Low potassium*

Low Phosphorus*

INGREDIENTS (SERVE 2)

- 2 eggplant (~120g each)
- 400g of firm tofu
- 1 tbsp of miso
- 1 tsp of sugar
- 2 tsp of Japan sake
- 2 tbsp of minced garlic
- 1 tbsp of minced ginger
- Chopped spring onion
- Cornstarch
- 1 tbsp of oil
- 1 tbsp of white vinegar

PREPARATION

1. Wash and cut the eggplant into pieces.
2. Boil a pot of water over heat, use a sieve to gently press the eggplant into the water, continue to pressure cook for about 4 minutes, then remove the eggplant and rinse with cold water to cool down.
3. Dry the tofu with kitchen paper, place it in a bowl and crush it with a fork.
4. Heat a tablespoon of oil in a wok, fry minced ginger and minced garlic until fragrant, then add in chopped tofu and stir well.
5. Add wine, miso and sugar and stir well. Add eggplant and cook on low heat for 5 minutes. If the sauce is too thin, you can add cornstarch water to thicken the gravy, sprinkle with chopped green onion, and serve.

TIPS

- To adjust the protein content, vary the amount of tofu to be consumed.
- To reduce the potassium content, boil the eggplant with water first. It will also prevent the eggplant from turning black.
- To reduce the amount of oil, pre-cook the eggplant before frying, as the eggplant absorbs more oil.

PER SERVING	CALORIE	PROTEIN	CARBOHYDRATES	TOTAL FAT	SODIUM	POTASSIUM	PHOSPHORUS
	141 Kcal	9 g	8 g	8 g	159 mg	272 mg	138 mg

ACKNOWLEDGEMENT Original recipe by Ms. Winnie Leung
Hong Kong Dietitian Association - Hong Kong Kidney Foundation
Hong Kong Society of Nephrology - Hong Kong Association of Renal Nurses

*Per serving, the nutrient content level is relatively low medium high not classified

World Kidney Recipes

IFKF-WKA
In partnership with
ISRNM

WORLD KIDNEY RECIPES

Eat Smart Eat well

WORLD KIDNEY RECIPES

LONG LIVE KIDNEYS AND PATIENT

IFKF-WKA

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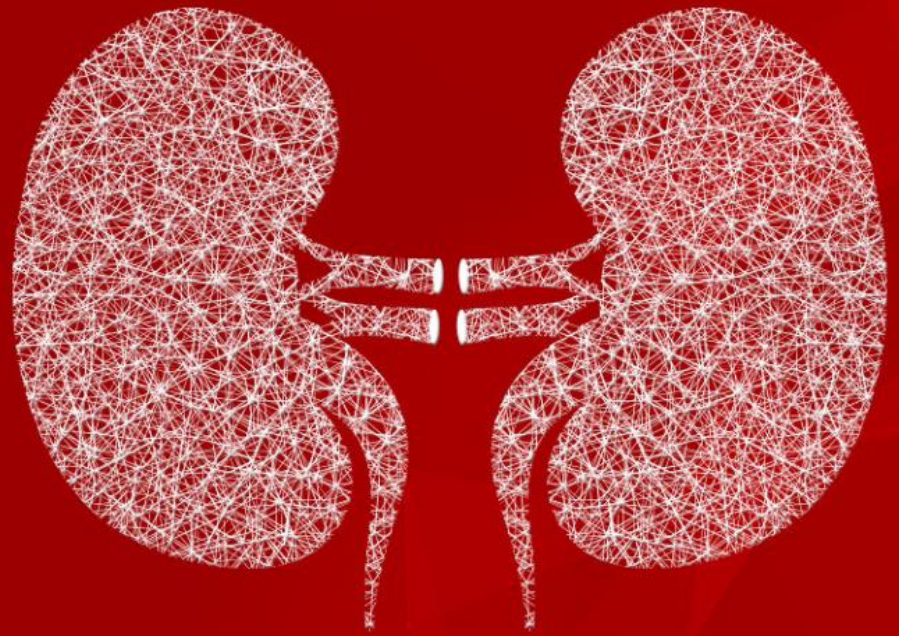
Welcome to the

International Federation of Kidney Foundations - World Kidney Alliance

- Better kidney health for all.
- Optimal care for people affected with Kidney Disease or Kidney Failure.



WORLD KIDNEY ONLINE

WORLD KIDNEY RECIPES

WORLD KIDNEY SURVEY & RESEARCH

WORLD KIDNEY MEETING & CONSENSUS

WORLD KIDNEY GIVE

World Kidney Recipes

WORLD KIDNEY RECIPES

- Australia
- Bangladesh
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- Guatemala
- Hong Kong
- Hungary
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- Italy
- Malaysia
- Mexico
- South Africa
- Türkiye

IFKF-WKA WORLD KIDNEY RECIPES

Bangladesh

CHICKEN CURRY

KHICHURI

MIXED VEGETABLES CURRY / NIRAMISH

SAFFRON PULAO

VEGETABLE SAMOSA

IFKF-WKA WORLD KIDNEY RECIPES

Guatemala

BURRITO CHAPIN

CALDO DE GALLINA

ELOTE ASADO

ENCHILADAS GUATEMALTECAS

MARÍA COOKIES

IFKF-WKA WORLD KIDNEY RECIPES

Hong Kong, China

EGG AND BEEF IN TOMATO SAUCE

EGGPLANT AND TOFU WITH MISO

PORK CHOP WITH CORN SAUCE

STEAMED SCALLOPS AND TOFU WITH GARLIC

STIR-FRIED GROUPER FILLET AND ASPARAGUS IN XO SAUCE

IFKF-WKA WORLD KIDNEY RECIPES

Hungary

HUNGARIAN GOULASH

PAPRIKA CHICKEN WITH NOODLES

PASTA WITH CURD CHEESE

STUFFED CABBAGE

FRIED DOUGH

India

PANEER STICKS

PEAS TOFU ROLLS

QUINOA PULAO

Italy

LASAGNA REVISITED

LOW-PROTEIN LINGUINE PASTA WITH PESTO SAUCE

LOW-PROTEIN FOCACCIA BREAD WITH HERBS

LOW-PROTEIN CREAM TART WITH STRAWBERRIES

TOMATO BRUSCHETTA WITH VEGETABLES

Malysia

APPAM
(RICE & COCONUT HOPPERS)

AONDEH-ONDEH

CHICKEN RENDANG

UNRIPE PAPAYA SALAD

NASI LEMAK

Mexico

BURRITO NORTEÑO
NORTHERN BURRITO

CEVICHE DE PESCADO
FISH CEVICHE

ENCHILADAS POBLANAS
POBLANO ENCHILADAS

FIDEOS DE CHIPOTLE
CHIPOTLE NOODLES

MANTECADA DE NARANJA
ORANGE SHORTBREAD

Mexico

CORN DOUGH MOLE
WITH PORK

STUFFED POBLANO
PEPPERS

SQUASH BLOSSOM
GORDITAS

UCHEPOS (CORN
TAMALES)

ZUCCHINI WITH
CORN

South Africa

FISH AND VEGETABLE PIE

PINEAPPLE CHICKEN

RICE SALAD

VEGETABLE LASAGNA

VEGETABLE PAELLA

Turkey

Anatolian style rice pilaf

Asparagus wIth Meat
and Lemon Sauce

Cacik

Green Bean W/Olive oil

Vanilla Custard

Hong Kong, China

EGG AND BEEF
IN TOMATO SAUCE

EGGPLANT AND
TOFU WITH MISO

Pork Chop
with Corn Sauce

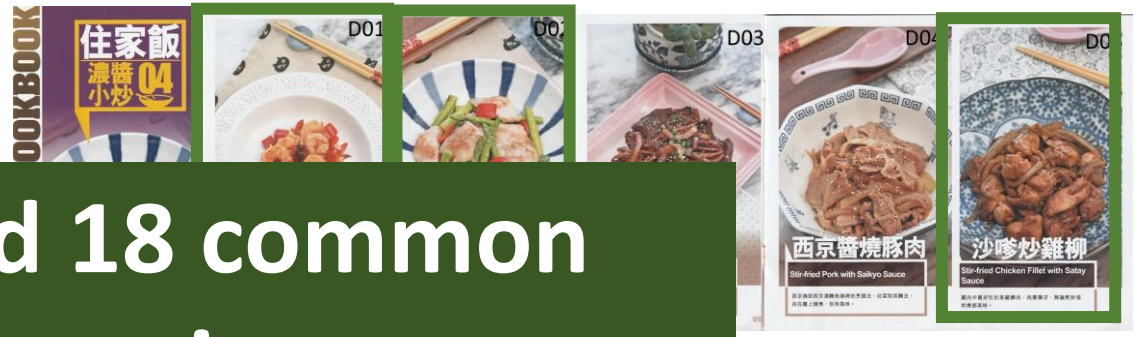
STEAMED SCALLOPS
AND TOFU WITH GARLIC

STIR-FRIED GROUPER FILLET
AND ASPARAGUS IN XO SAUCE

THE HONG KONG KIDNEY RECIPES
CO-PRODUCTION BY DIETITIANS, HEALTHCARE PROFESSIONALS (DOCTOR/NURSE) AND PATIENTS

1. **A joint project of**
   Hong Kong Kidney Foundation
   Hong Kong Dietitian Association
   Hong Kong Society of Nephrology
   Hong Kong Association of Renal Nurses

2. **Engagement - Patient**
   a. Focus group to identify
      what patients need, wish to know
   b. Survey on what information patients
      want to know, generated a list.



3. Patients selected 18 common home cooking recipes from a Sunday magazine (cookbook)

4. Recipes modified by dietitians to be suitable for kidney patients

Original recipe		**Modified recipe**	
Pork chop	2-3 pieces (360g)	Lean Pork chop	2-3 pieces (360g)
Corn	½ can (200g)	Fresh Corn	1 bowl (145g)
Corn in cream sauce	½ can (200g)	Sugar free almond milk	200 mL
Egg	1		
		Low-gluten flour	1 table spoon
Oil	Small amount	Canola oil	2 teaspoon
Marinade			
Light soya sauce	2 tablespoons	Light soya sauce	2 tablespoons
Dark soya sauce	1 teaspoon		
		Rice wine	1 teaspoon
Cornstarch	1 teaspoon	Cornstarch	1/2 teaspoon
Sugar	1 teaspoon	Sugar	1 teaspoon
Pepper	Moderate	Pepper	Moderate

	Calorie (Kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Original	662	52	47	32	1668	958	569
Modifed	195	22	11	7	220	359	245

5. Recipes reviewed and modified to optimize the options, add in the tips.
6. Recipes tested by SF Lui and others, enhancement.
7. To be tried by patients for feedback.

Photo by SF Lui

The fun of cooking

The joy of eating (appetizing)

VIEW ALL COURSES

HARVARD UNIVERSITY

Search

Culinary Health Education Fundamentals (CHEF) Coaching—The Basics

This course offers proven strategies to counsel and motivate patients to improve their cooking habits for better health.

TAKE COURSE

Open May 11, 2020 – May 11, 2023 | Register by April 11, 2023 | $220

PACE	Self-paced
SUBJECT	Health & Medicine
COURSE LANGUAGE	English
DIFFICULTY	Intermediate
CREDIT	Certificate of Completion
PLATFORM	Other
TOPIC(S)	CANCER, DIABETES, DISEASES, DISORDERS, HEALTHCARE, NUTRITION

What you'll learn

- Discuss the relationship between home cooking and health
- Explain the rationale for the importance of patients' culinary behaviors
- Summarize common barriers to home cooking, and explore alternative cooking skills to help address those barriers
- Identify strategies to facilitate cooking for improved personal health

VIEW ALL COURSES

HARVARD UNIVERSITY

Search

CHEF Coaching Beyond the Basics

This culinary medicine course offers a deep dive into culinary coaching, a proven strategy to improve nutrition, with the use of evidence-based tools and techniques for providing individualized home cooking patient education.

TAKE COURSE

Runs January 11 – February 12, 2021 | Closed | $495

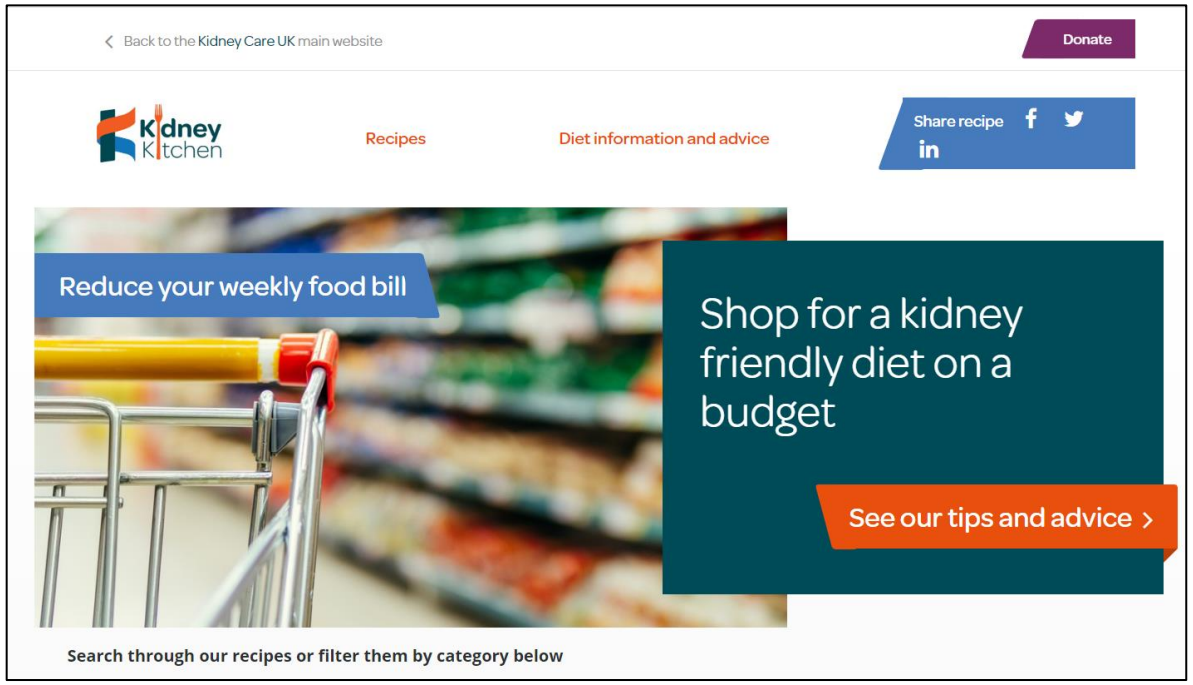
PACE	Instructor-led
SUBJECT	Health & Medicine
COURSE LANGUAGE	English
DIFFICULTY	Intermediate
CREDIT	CE/CME Certificate
PLATFORM	HMS Continuing Education
TOPIC(S)	HEALTH, HEALTHCARE, NUTRITION

What you'll learn

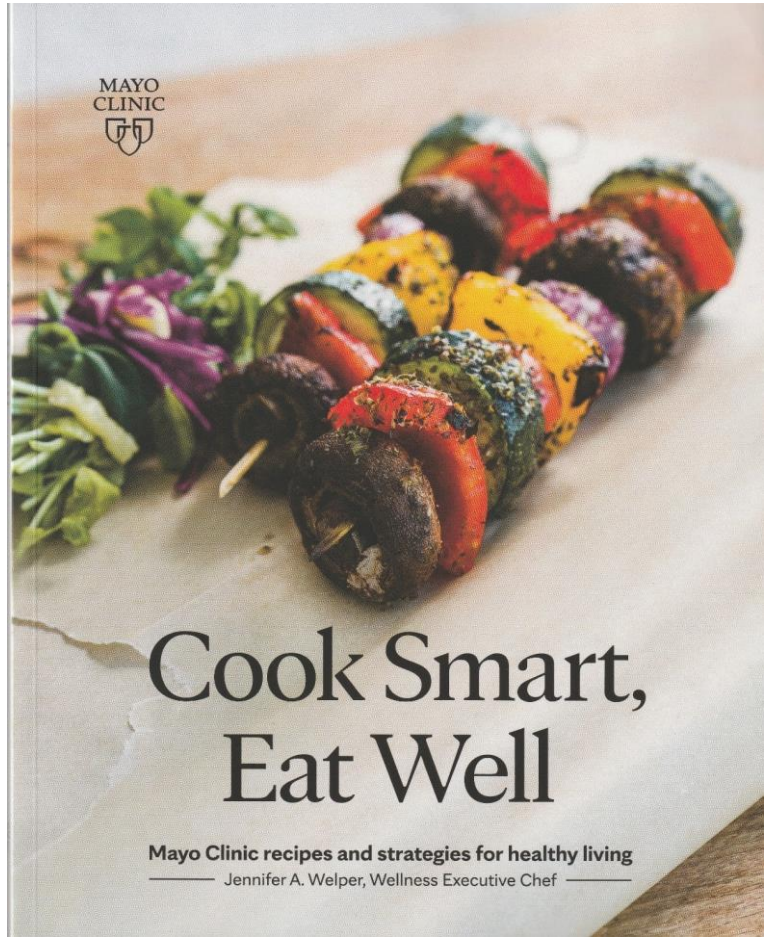
- Demonstrate patient-centered culinary knowledge and skills, and describe strategies for empowering patients to adopt home cooking
- Use remote culinary resources to improve culinary behaviors of physicians and their patients
- Develop culinary confidence and skills, and learn strategies to facilitate cooking for improved personal health

SF Lui attended these Interesting courses.

Be mindful of …



Healthy eating for all …



Cook Smart, Eat Well

Mayo Clinic recipes and strategies for healthier living

Chances are, you probably know that your health is dictated to a great extent by your lifestyle habits, including your diet. The food you eat each day and the nutrients that food provides are important to your overall health and weight. How many times have you thought, "I need to eat better" or "I should learn how to cook healthier." Most people know what they need to do, they just have trouble actually doing it! Here's your chance to learn to do something really important for yourself and your family.

Cook Smart, Eat Well is about eating better without having to invest a lot of time. If you're worried a healthy diet means a boring and bland diet, think again! There's no reason that nutritious foods that are easy to prepare can't be tasty and enjoyable. Chef Jennifer Welper combines practical cooking tips with simple yet great-tasting recipes to show you how approachable and satisfying healthy eating can be.

We invite you to enjoy two free recipes. There's no reason that nutritious foods can't be easy to prepare, tasty and enjoyable. In ***Cook Smart, Eat Well*** you will find more than 100 original recipes with something for every meal, including bright salads, hearty comfort foods, savory lean meats and burgers, stir-fries, and even and delicious desserts. We hope you enjoy **FREE recipe #1** blackened fish tacos or **FREE recipe #2** for kid-friendly baked macaroni and cheese. The cooking methods outlined in this book will also help you master basic techniques of food preparation, which you can implement with your other favorite meals.

PLANT-BASED DIET AND KIDNEY HEALTH

Eating more plant-based foods such as vegetables and grains in place of animal-based foods such as red meat may help prevent and slow the progression of chronic kidney disease, Type 2 diabetes, high blood pressure, and heart disease.

Eat smart, Eat well

- **Not a one-step process to get to "Eat smart, Eat well".**

  Continuous enhancement of the recipes

  - to be more user-friendly, easier to understand,
  - to provide more tips
  - to standardize the presentation (of tips)
  - to be smarter, new ways of cooking

  (recipe can be updated easily as it is a web-based version).

- Many interesting and challenging questions for discussion
- Accept the current version provided by the members as a **Preview version** for healthcare professionals to give feedback and suggestion.

- **Official launch – August 2022 with patient groups and healthcare professionals**

INSTRUCTION AND DISCLAIMER
ON THE USE OF THE WEBSITE ON WORLD KIDNEY RECIPE

This is a "**Preview"** version of the World Kidney Recipes for healthcare professionals to provide feedback and suggestion (Please email to info@ifkf.org or luisf@luisf.org). **The official version will be launched in August 2022.**

The recipes are only a guide to help people with kidney disease to select and prepare their meals, to provide them with ideas and options. The recipes you choose to enjoy should be guided by advice from your healthcare professionals (doctor, nurse, dietitian), and should take into account of your physical condition, blood test results, treatment, dialysis-dependent or not, and any other health conditions you may have.

The recipe has information on the protein, carbohydrates, fat, sodium, potassium, and phosphorous content of one serving of the meal. The protein and carbohydrate content are also expressed as "exchanges" (1 protein exchange is 7g, 1 carbohydrate exchange is 15g). The "Low" or "High" indicator* is only a relative indicator for one serving, and must be considered in the context of your condition - body weight, blood test results, stage of kidney failure, type of renal replacement therapy and meal plan for the day/week. The actual level per serving is also provided.

For per serving	Relatively low*	Relatively high*
Sodium	<345 mg	>690 mg
Potassium	<390 mg	>780 mg
Phosphorus	<175 mg	>350 mg





IFKF-WKA

In partnership with

ISRNM

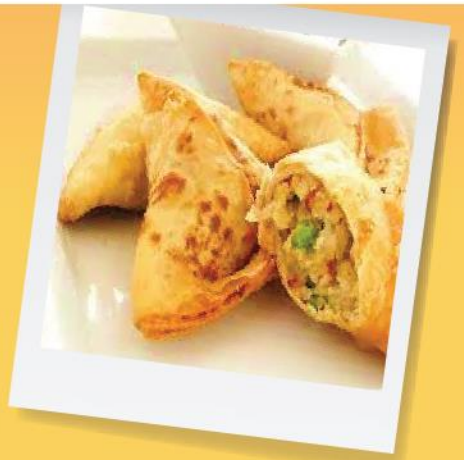
WORLD KIDNEY RECIPES

Eat Smart Eat well

WORLD KIDNEY RECIPES

LONG LIVE KIDNEYS AND PATIENT




WORLD KIDNEY RECIPES

One kidney world, One common goal

Better kidney health for all

Better care of patients with kidney disease for a better life

WORLD KIDNEY RECIPES

Hong Kong

- Hong Kong Kidney Foundation
- Hong Kong Dietitian Association
- Hong Kong Society of Nephrology
- Hong Kong Association of Renal Nurses
- Ms. Winnie Leung (original recipes)
- Ms. Ann Fong (graphics)

IFKF-WKA members (recipes)

Australia	India
Bangladesh	Italy
Canada (TBC)	Malaysia
Guatemala	Mexico
Hong Kong	South Africa
Hungary	Türkiye

Tanker Foundation, India for the IT and Secretariat support

Joint Steering Committee of World Kidney Nutrition, Diet and Recipes

IFKF-WKA

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