

Developing kidney friendly recipes: an Australian perspective

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Background to kidney friendly recipe book



Why do we need a recipe book ?

“I want more concrete information”

“I want to do the right thing for (my partner)”

“The diet restricts the people who have CKD of having a social life and social life is what ...gives you pleasure”

“To figure out what to have for dinner, I have a Google look”

‘I do think if someone could come up with a (recipe) book ...that says this is how you can cook this and how to make it more interesting and get the flavour (into the renal diet)’

Why do we need a recipe book ?

“Most dietitians will probably say low salt, and healthy diet. Not very specific”

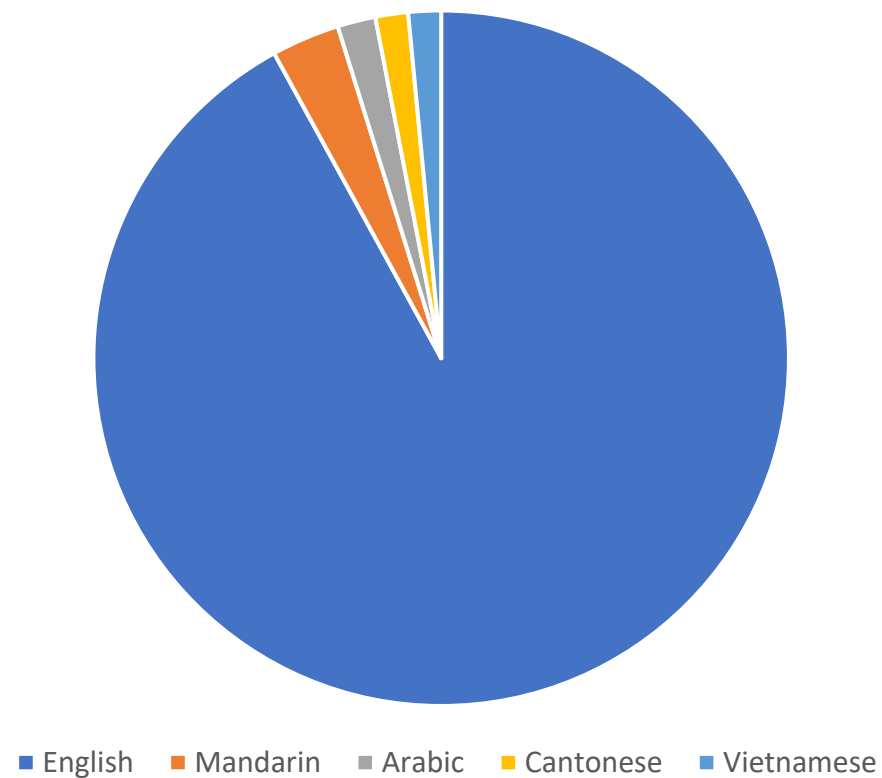
“Simple meal plans ...and recipes...according to what stage you’re in, how much protein, phosphorus and potassium”

“Simple is best... The hardest part of any diet is too much of a focus on what CAN’T be eaten, or recipes that are too complicated”

Brainstorming process



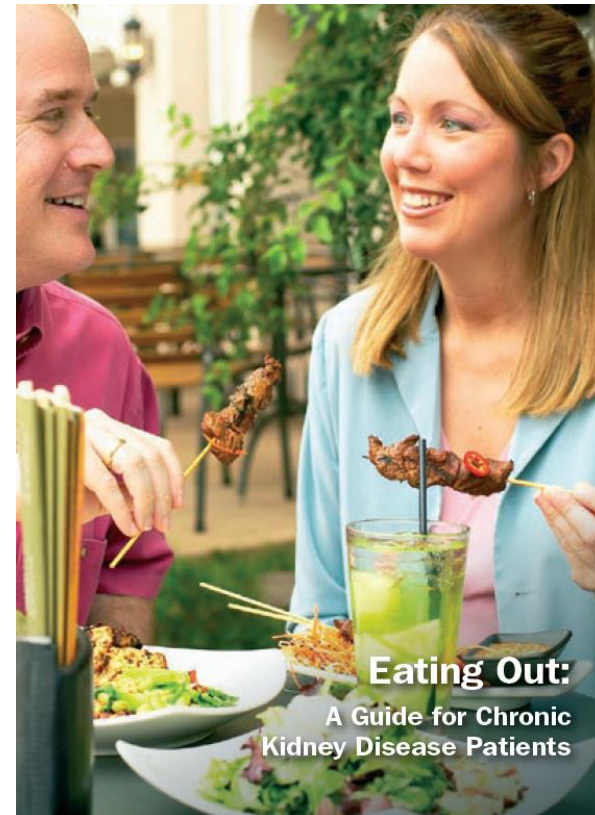
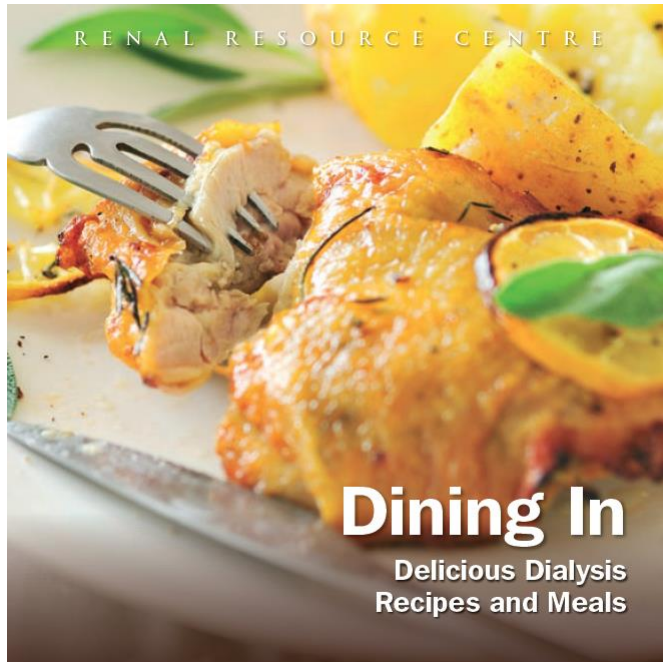
Setting the scene



“No meat and 3 veg”



What currently exists in Australia ?



Opportunity: fill gap in 'market'



Aim of project

Compile collection of appealing recipes that demonstrate how the kidney diet can be flavourful and tasty

Team consisted of 2 Advanced Accredited Practising Dietitians (Renal) along with one student dietitian and one student nutritionist with some key skills:

- ✓ Experience providing advice to people with CKD > 50 years
- ✓ Interest in food
- ✓ Recipe analysis
- ✓ Multilingual
- ✓ Digital design skills
- ✓ Ability to undertake testing in test kitchen

Challenge number 1



Challenge number 2



Challenge number 3



Recipe cut off values

In our state we have therapeutic diet specifications for all menus for patients admitted to hospital

Menus are based on clinical practice guidelines

Designed to meet nutritional requirements of reference person (male, 19+ years, 76kg)



Nutrition Standards FOR ADULT INPATIENTS IN NSW HOSPITALS



Specific menu planning guidelines

	Allowed	Not allowed
Hot main dishes	<20g protein per serve	-
Sauces, gravies	All (at 30g serve)	-
Starchy vegetables / pasta / rice	All	-
Vegetables	All	-
Soups	All <5g protein per serve	-
Sandwiches	All <20g protein per serve	-
Salads, dressings	All <20g protein per serve	-
Breads, cereals	All	-
Spreads	All	-
Hot breakfast choices	All <10g protein per serve	-
Fruit	All fruit	-
Yoghurt	Yoghurt <5g protein per serve	-
Desserts	All <5g protein per serve	-
Milk and cheese	Whole or skim milk Cheese as allowed in salad or sandwich limits	High-protein milk (e.g. Shape™)
Beverages	All	-
Biscuits	All	-

Cut off values used

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

If consumed 1 main meal, 2 light meals, 3 snacks = would not exceed 100mmol Na, 65 mmol K, ~1000mg P, 75g protein per day

Challenge number 4

Patient feedback critical

? Arrange index according to cuisine OR meal type

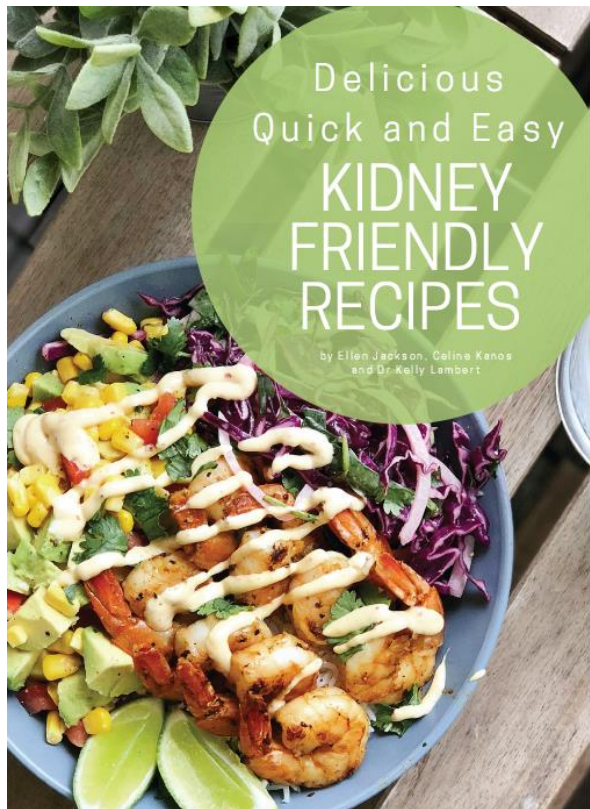
? How to label

? Types of recipes

? Design – images, layout



Patient feedback



5

Eggplant and sweet potato curry

Ingredients:

- 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

4 Serves

Preferred format



“Kidney diet recipe ideas”

Challenge number 5



Opportunities



Opportunities



Thank you

Celine Kanos, Ellen Jackson, Dr Maria Chan, the NSW Renal Interest Group, PKD Australia, Kidney Health Australia and our patient partners