

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  **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.

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

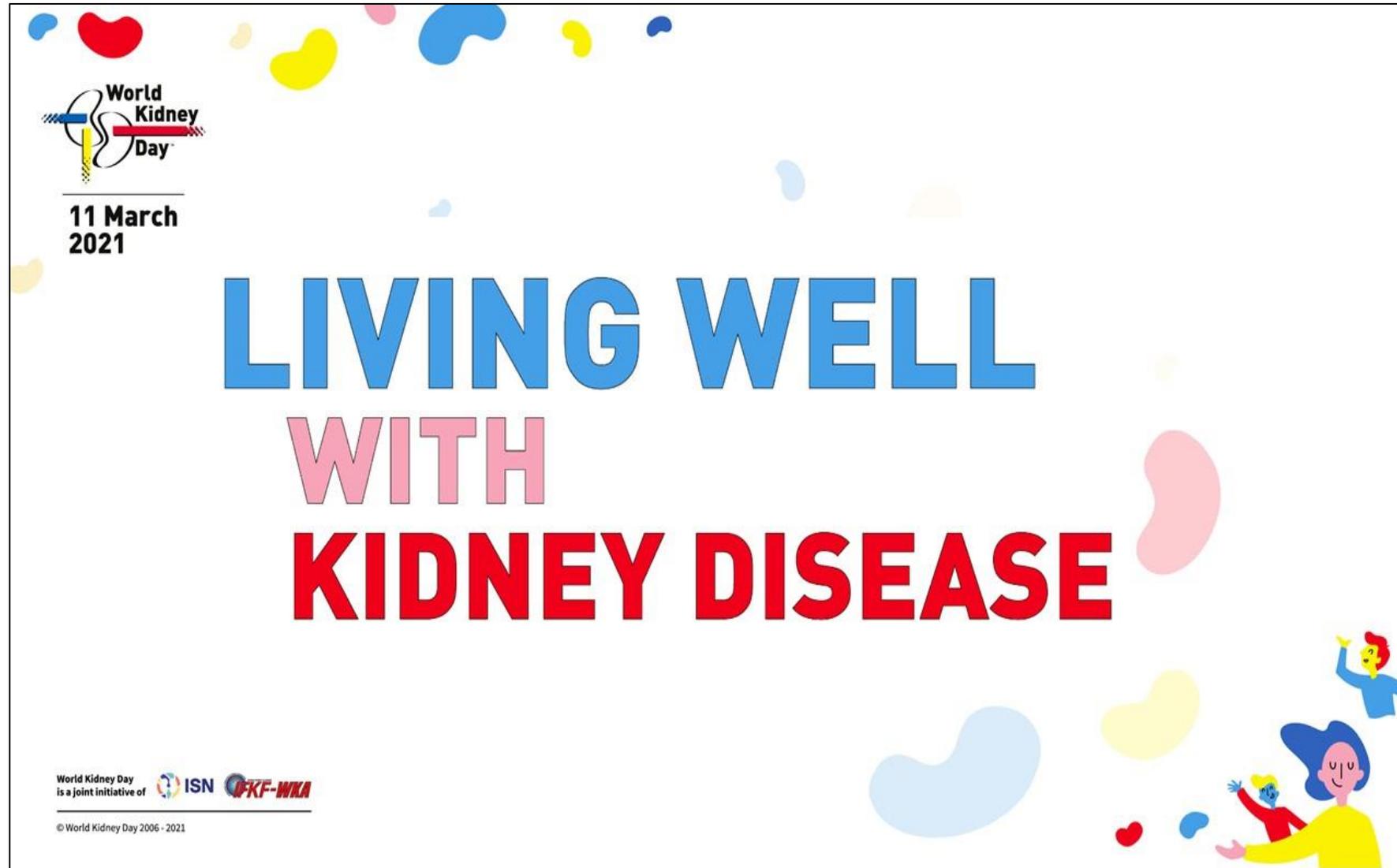
4. To promote patient-centred care, **patient engagement** and **empowerment**.
5. To share **expertise, experience, resources and knowledge**.
6. Flagship programs:
 - World Kidney Online (education)**
 - World Kidney Survey & Research**
 - World Kidney Meeting & Consensus**
 - World Kidney Recipes**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



Why? What? How?



2021 World Kidney Day theme



World Kidney Day

11 March
2021

**LIVING WELL
WITH
KIDNEY DISEASE**

World Kidney Day
is a joint initiative of  ISN  PKF-WKA

© World Kidney Day 2006 - 2021

Education Engagement Empowerment

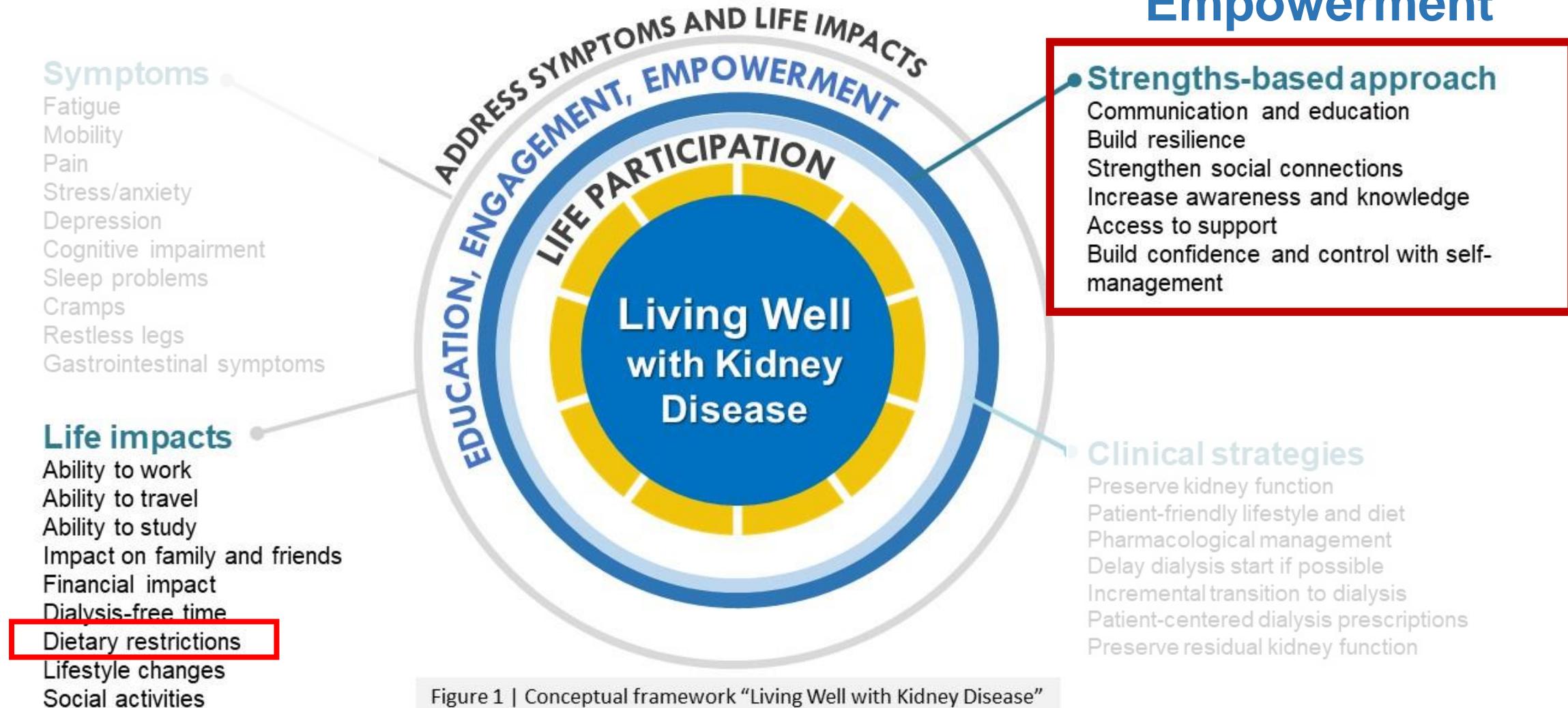


Figure 1 | Conceptual framework “Living Well with Kidney Disease” based on **patient centeredness** and **empowering patient**, with a focus on **effective symptom management** and **life participation**.

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



10 MARCH 2022
Kidney Health for All

#worldkidneyday #kidneyhealthforall
www.worldkidneyday.org

Bridge the
knowledge gap
to better
kidney care.



World Kidney Day
is a joint initiative of



© World Kidney Day 2006 - 2022

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. Langham¹, Kamyar Kalantar-Zadeh², Ann Bonner³, Alessandro Balducci⁴, Li-Li Hsiao⁵, Latha A. Kumaraswami⁶, Paul Laffin⁷, Vassilios Liakopoulos⁸, Gamal Saadi⁹, Ekamol Tantisattamo², Ifeoma Ulasi¹⁰ and Siu-Fai Lui¹¹ for the World Kidney Day Joint Steering Committee¹²

¹St. Vincent's Hospital, Department of Medicine, University of Melbourne, Melbourne, Victoria, Australia;

²Division of Nephrology, Hypertension and Kidney Transplantation, Department of Medicine, University of California Irvine, Orange, California, USA;

³School of Nursing and Midwifery, Griffith University, Southport, Queensland, Australia;

⁴Italian Kidney Foundation, Rome, Italy;

⁵Brigham and Women's Hospital, Renal Division, Department of Medicine, Boston, Massachusetts, USA;

⁶Tamilnad Kidney Research (TANKER) Foundation, The International Federation of Kidney Foundations-World Kidney Alliance (IFKF-WKA), Chennai, India;

⁷International Society of Nephrology, Brussels, Belgium;

⁸Division of Nephrology and Hypertension, ^{1st} Department of Internal Medicine, AHEPA Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece;

⁹Nephrology Unit, Department of Internal Medicine, Faculty of Medicine, Cairo University, Giza, Egypt;

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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Robyn G. Langham¹, Kamyar Kalantar-Zadeh², Ann Bonner³, Alessandro Balducci⁴, Li-Li Hsiao⁵, Latha A. Kumaraswami⁶, Paul Laffin⁷, Vassilios Liakopoulos⁸, Gamal Saadi⁹, Ekamol Tantisattamo², Ifeoma Ulasi¹⁰ and Siu-Fai Lui¹¹ for the World Kidney Day Joint Steering Committee¹²

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⁹Nephrology Unit, Department of Internal Medicine, Faculty of Medicine, Cairo University, Giza, Egypt;

¹⁰Renal Unit, Department of Medicine, College of Medicine,

University of Medicine and Sciences, Egypt;

¹¹Department of Nephrology, University of Medicine and Sciences, Egypt;

¹²World Kidney Day Joint Steering Committee, Melbourne, Australia.

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?



Bridge the knowledge gap to better kidney care



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

Serial No: _____

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 peritoneal 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)	

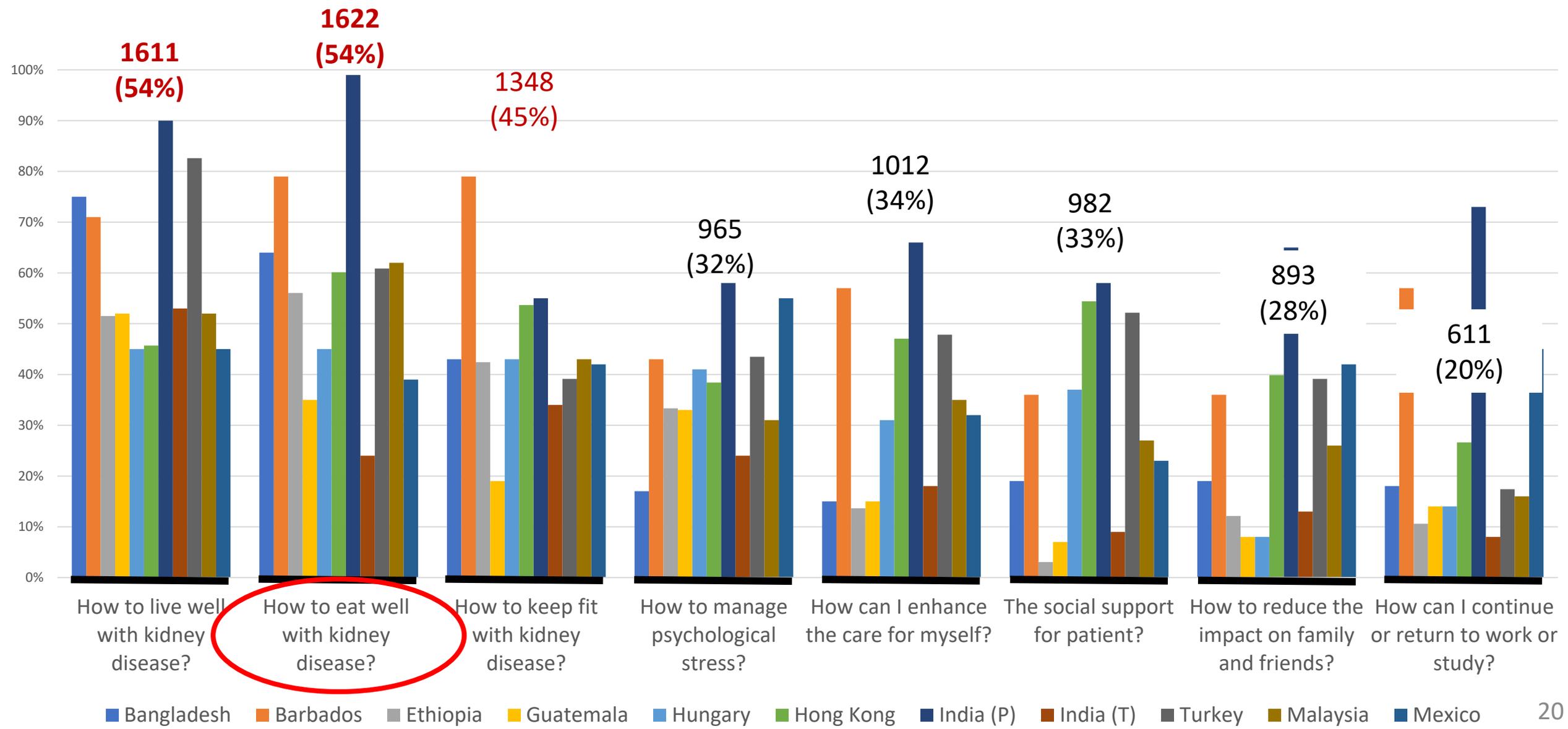
10 Please list any other suggestion

Pilot survey conducted Jan – Feb 2022

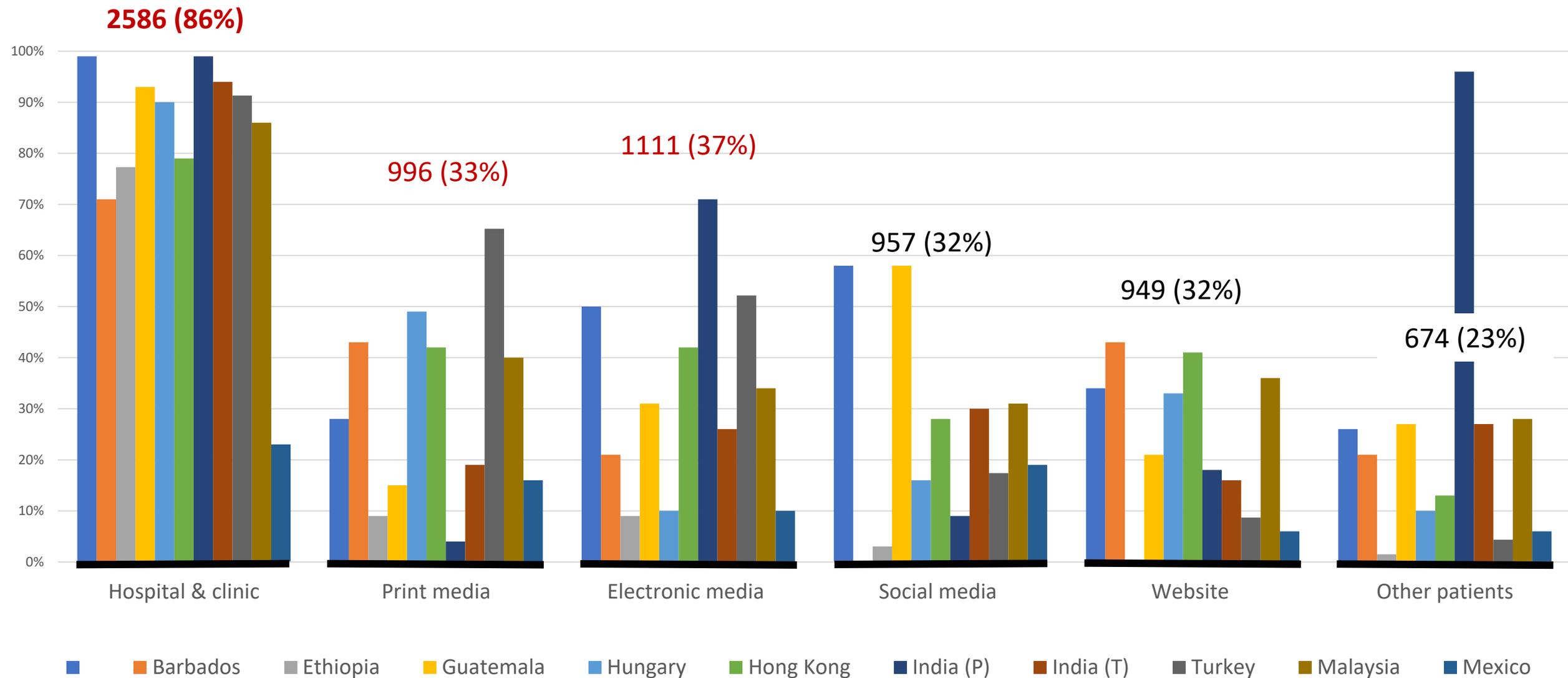
	Place	N
1	Bangladesh	350
2	Barbados	14
3	Ethiopia	55
4	Guatemala	91
5	Hungary	51
6	Hong Kong	1090
7	India	633
8	Turkey	23
9	Malaysia	652
10	Mexico	31
	TOTAL	3001

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)



(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 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.

As they are designed to reflect the views and recommendations of the responsible KDOQI Work Group, based on data from an independent evidence review team, and because they undergo both internal and public review, KDOQI guidelines are not peer reviewed by *AJKD*.

The challenge:

How to adopt and apply the guideline?

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

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



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.

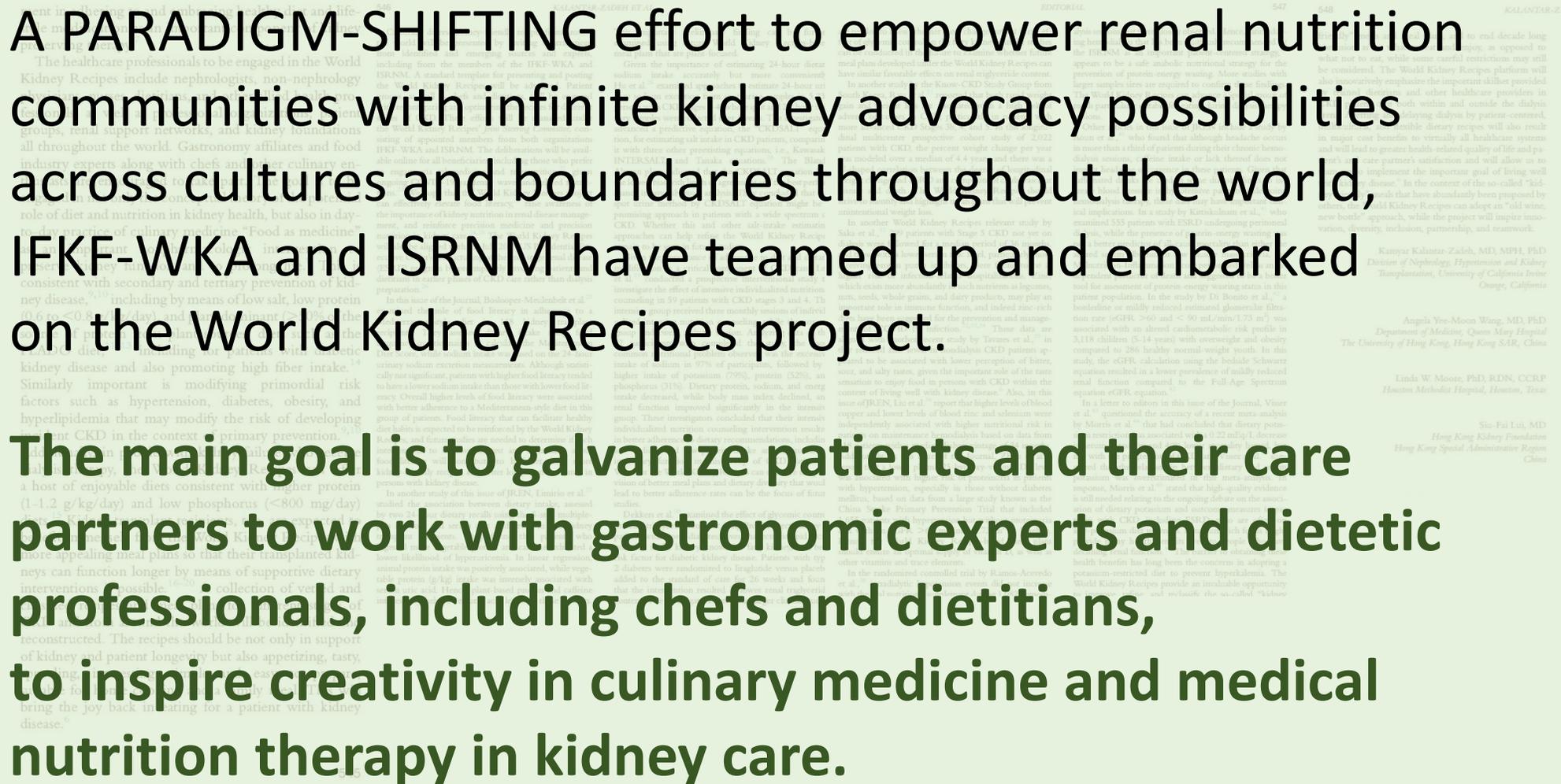
Address correspondence to Kamyar Kalantar-Zadeh, MD, MPH, PhD, University of California Irvine, Orange, CA. E-mail: kkez@uci.edu

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<https://doi.org/10.1053/j.jrn.2021.08.007>

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	<ul style="list-style-type: none">• Provide the best care for the patient including nutrition aspect
Dietitians	<ul style="list-style-type: none">• Assist patient to understand nutrition, explore diet option, use recipes
Patient / carer	<ul style="list-style-type: none">• How can I protect (with an appropriate diet)<ul style="list-style-type: none">- my kidneys- my life (general health)• To live well

Kidney Nutrition, Diet and Recipes

Challenges

Medical doctor /nurse	<ul style="list-style-type: none">• Knowledge (inadequate)• Time (may not be the top priority)
Dietitians	<ul style="list-style-type: none">• Time• Manpower
Patient / carer	<ul style="list-style-type: none">• Patient's health literacy Able to get, understand and use information.
Insitutation Organization	<ul style="list-style-type: none">• 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

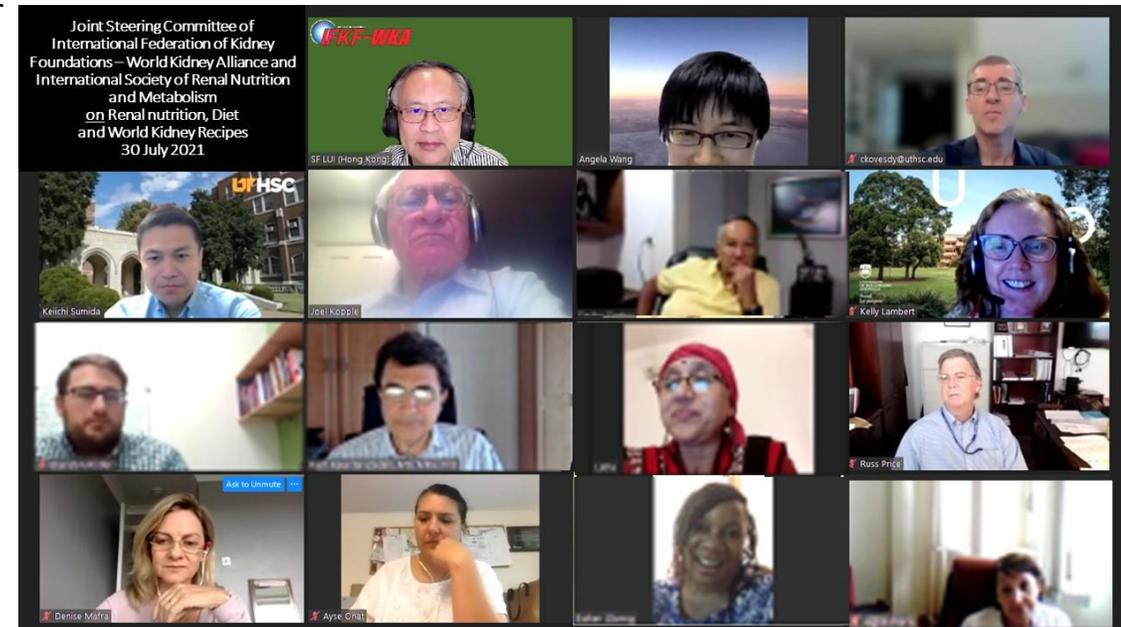
World Kidney Recipes Working group

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
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Moderators

Angeles Espinoza Dietitian Mexico	Kam Kalantar-Zadeh Nephrologist USA
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Speakers

Giorgina Piccoli Italy Pros side	Joel Kopple USA Cons side
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[Click here for REGISTRATION](#)

LIVE EVENT WITH Q and A Session

World Kidney Online Webinars



May 4, 2022 / .

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



[Read More >](#)

April 23, 2022 / .

Tanker Webinar



[Read More >](#)

March 10, 2022 / .

IFKF-WKA & ISN World Kidney Day Webinar



[Read More >](#)

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 >](#)

The Launching of the "Kidneys Talk" A Live Channel on Kidney Care for Everyone

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

我講 你講
與腎同行 LIVE ONLINE and to view recording



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

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

我講 你講
與腎同行
網上 LIVE 講座

專業醫護人員
與你關注腎臟健康每一步

2021年10月5日起
每隔一周
星期二晚上八點播出

• 醫護專題講解 • 腎臟健康貼士 • 腎友同路人分享

- 1 點解腎會病? 5.10.2021
- 2 腎病了 你需知 19.10.2021
- 3 洗腎的十字路口 何去何從 2.11.2021
- 4 洗肚：真相與誤解！ 16.11.2021
- 5 「洗血」的疑惑 30.11.2021
- 6 腎臟移植 新的開始 14.12.2021
- 7 洗腎無障礙 28.12.2021
- 8 精靈飲食 輕鬆生活 11.1.2022
- 9 伴你同行 25.1.2022

想知更多 腎臟資訊

講座詳情及 網上重溫
香港腎臟基金會網址
hkaf.org.hk

直播連結
Facebook: 香港腎臟基金會
https://bit.ly/3p5UEqr
HKKidneyFoundation

主辦機構: HKIKF

系列贊助: 余雷覺雲女士

白金贊助: AstraZeneca 阿斯利康, Baxter

金贊助: PRESENSUS KARI, YOWA KIRIN, Otsuka

銀贊助: Astellas, Boehringer Ingelheim

贊助: Amgen Asia Holding Limited, Pfizer Hong Kong, Roche Hong Kong Ltd.

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.

The Launching of the "Kidneys Talk" A Live Channel on Kidney Care for Everyone

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

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與腎同行 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



我講 你講
與腎同行
網上 LIVE 講座

專業醫護人員
與你關注腎臟健康每一步

• 醫護專題講解 • 腎臟健康貼士 • 腎友同路人分享

2021年10月5日起
每隔一周
星期二晚上八點播出

9 伴你同行
25.1.2022

8 精靈飲食
輕鬆生活
11.1.2022

7 洗腎無障礙
28.12.2021

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.

我講 你講
與腎同行
網上 LIVE 講座



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與你關注腎臟健康每一步

· 醫護專題講解 · 腎臟健康貼士 · 腎友同路人分享

- | | | |
|----------------------------------|--|--------|
| 1 世界腎臟日在香港
9.7.2022 星期六 下午三時 | 2022年7月19日起
每隔一周
星期二晚上八點播出 | 知多D 腎好 |
| 2 食醒D 良好D (1) 好貼士
19.7.2022 | 6 知多D (1) 藥物與你
13.9.2022 | |
| 3 食醒D 良好D (2) 好菜譜
2.8.2022 | 7 知多D (2)
中西醫結合及其他治療
27.9.2022 | |
| 4 生活好D (1) 如何改善腎病症狀
16.8.2022 | 8 知多D (3)
泌尿科定腎科? 泌尿科常見問題
11.10.2022 | |
| 5 生活好D (2) 如何優化透析治療
30.8.2022 | 9 醒目D 之自助互助手冊
25.10.2022 | |

想知更多 腎臟資訊

講座詳情及 網上重溫
香港腎臟基金會網址
hkkf.org.hk

直播連結
香港腎臟基金會
https://bit.ly/3yc6BDN

主辦及贊助:

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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

<u>Stage 2-3</u> Chronic kidney failure	<u>Stage 4</u> Chronic kidney failure (pre-dialysis)	<u>Stage 5</u> End stage kidney failure	On renal replacement therapy <ul style="list-style-type: none">- haemodialysis- peritoneal dialysis- transplant
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**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

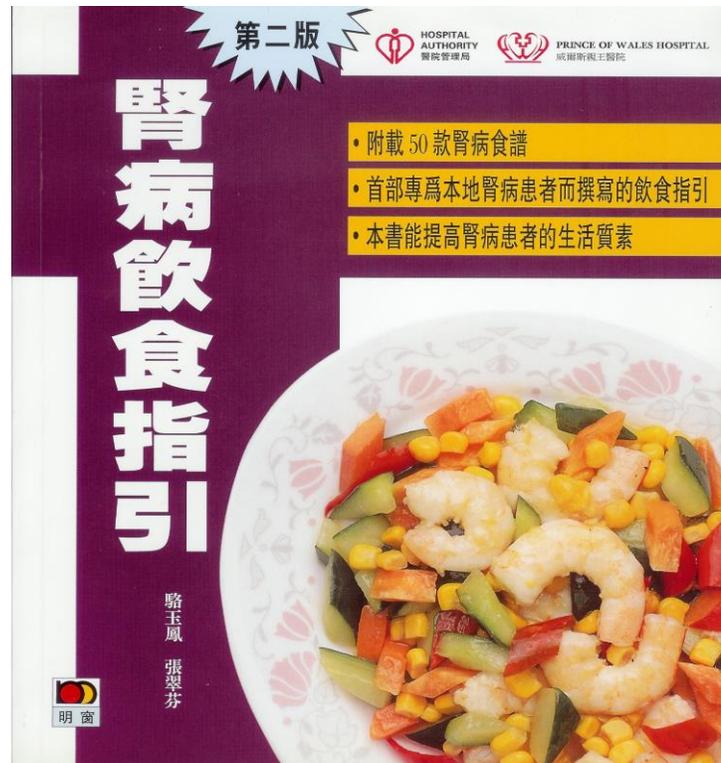
For patient and their carers

- 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



Why? What? How?

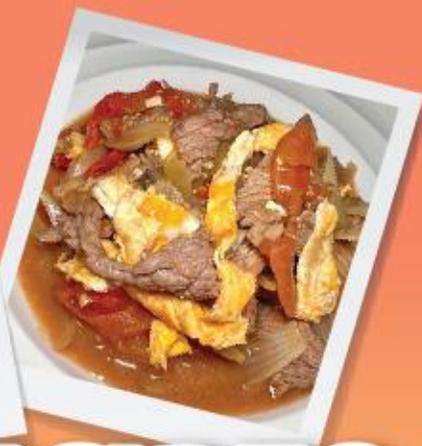




1997 Renal diet book

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



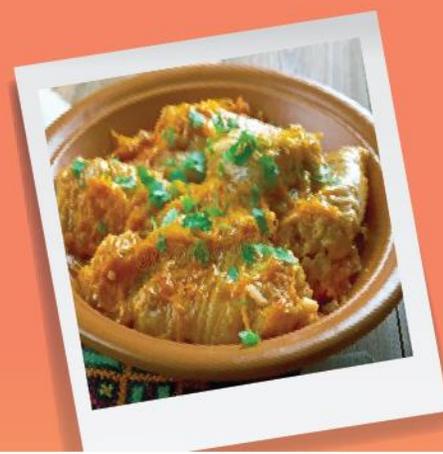
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In partnership with

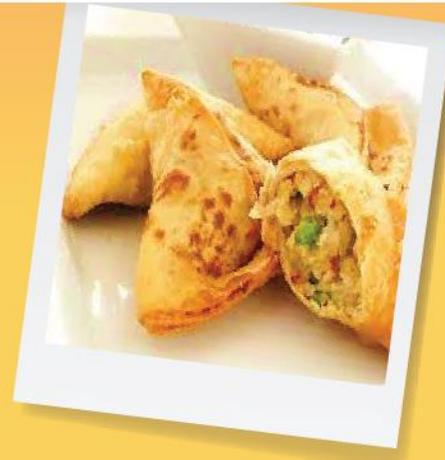
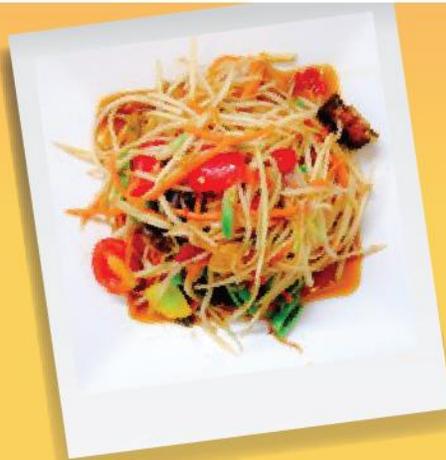
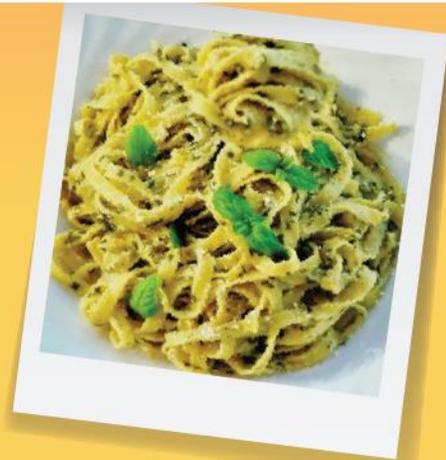


WORLD KIDNEY RECIPES

Eat Smart  Eat well



LONG LIVE KIDNEYS AND PATIENT



Nutrition → **Diet** → **Recipes**
for patients with kidney disease

Prerequisite to use the recipes

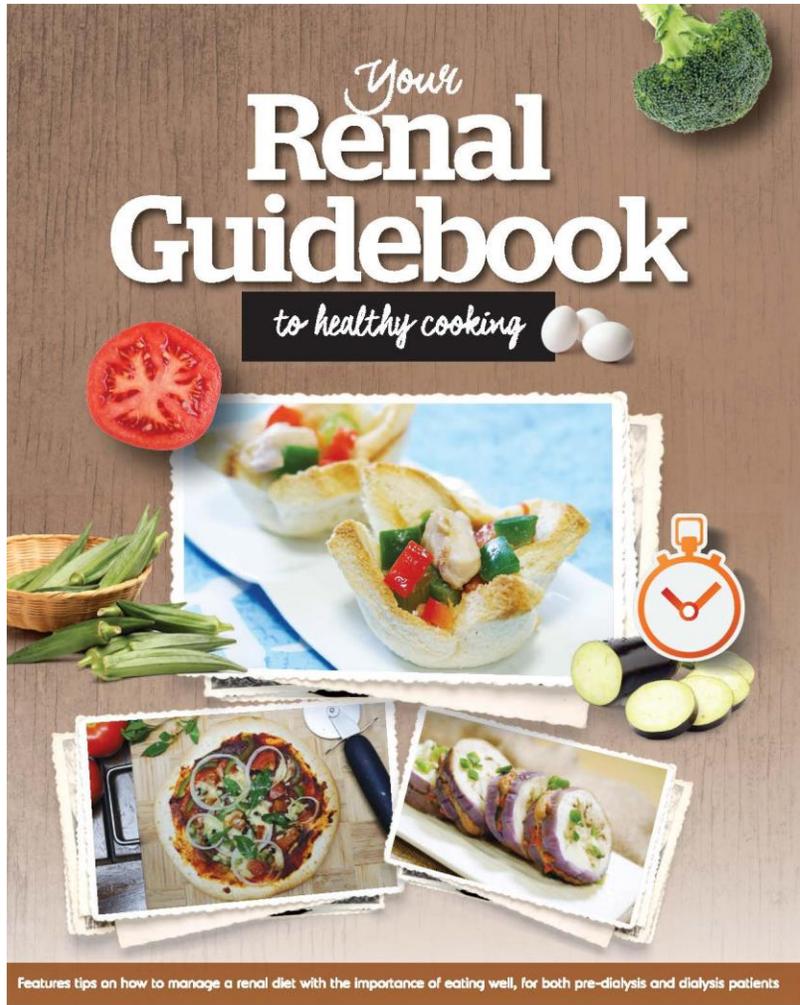
- **Basic knowledge of nutrition and diet for kidney disease**
- **Aware of one's own condition**
 - physical (BMI, nutrition status),
 - biochemistry (renal function, protein/albumin, electrolytes, sugar, lipids)
 - stage of kidney failure
 - mode of renal replacement therapy
- **Is given dietary advice/prescription (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	
<ul style="list-style-type: none"> bread bread, other tortilla crackers cooked cereals dry cereals, unsweetened dry cereals, sweetened dry flour or grain pasta rice corn popcorn potato (small) potato, mashed sweet potato squash, winter cooked beans, peas, lentils (add 1 meat exchange) 	<ul style="list-style-type: none"> 1 slice 1 oz 1 (6") 4-6 (3/4 oz) 1/2 cup 3/4 cup 1/2 cup 3 Tbsp 1/2 cup 1/3 cup 1/2 cup 3 cups 1 (3 oz) 1/2 cup 1/3 cup 1 cup 1/2 cup 	<ul style="list-style-type: none"> 1 slice 30 g 1 (15 cm) 4-6 (20 g) 125 ml 175 ml 125 ml 45 ml 125 ml 80 ml 125 ml 720 ml 1 (85 g) 125 ml 80 ml 250 ml 125 ml 	<ul style="list-style-type: none"> Most starches are good source of B vitamins Choose whole grain foods such as 'all natural, 100% whole wheat' bread, pasta, tortillas, and brown rice, etc. for nutrients and fiber. Combine beans (starch & meat) with grains (starch) for their complimentary proteins and fiber Combine grains (starch) with milk (milk) or cheese (meat) to compliment proteins. Add additional fat exchanges for starchy foods prepared with fat.
Fruit	60 Calories	15 g Carb.	
<ul style="list-style-type: none"> fresh fruit melon (cubes) canned fruit dried fruit fruit juice 	<ul style="list-style-type: none"> 1 small 12 oz (1 cup) 1/2 cup 1/4 cup 1/2 cup 	<ul style="list-style-type: none"> 1 small 360 g (250 ml) 125 ml 60 ml 125 ml 	<ul style="list-style-type: none"> Choose whole fruits for fiber Choose citrus fruits such as oranges, grapefruits, or tangerines
Meat & Substitutes	35-145 Calories	7 g Protein, 0-13 g Fat	
<ul style="list-style-type: none"> meat, poultry, fish cheese cottage cheese egg peanut butter tofu cooked beans, peas, lentils (add 1 starch) 	<ul style="list-style-type: none"> 1 oz 1 oz 1/4 cup 1 1.5 Tbsp 4 oz (1/2 cup) 1/2 cup 	<ul style="list-style-type: none"> 30 g 30 g 60 ml 1 22 ml 115 g (125 ml) 125 ml 	<ul style="list-style-type: none"> Choose leaner meats such as chicken, fish, and lean cuts of meat; add fat exchange for higher fat meats and substitutes. Limit frying or adding fat. Have 2 servings of fish per week for Omega 3 fatty acid.
Milk	80-150 Calories	12 g Carb., 8 g Protein, 0-8 g Fat	
<ul style="list-style-type: none"> milk yogurt 	<ul style="list-style-type: none"> 1 cup 1 cup 	<ul style="list-style-type: none"> 250 ml 250 ml 	<ul style="list-style-type: none"> Consider lower fat milks; add fat exchange for higher fat milk.

Example of basic knowledge of renal nutrition & diet



Features tips on how to manage a renal diet with the importance of eating well, for both pre-dialysis and dialysis patients



Introduction to Renal Diet

Eating well is an important part of your treatment plan as it can help to slow down the progression of kidney failure and if you are on dialysis it minimises the symptoms of discomfort.

Why is eating well important?

Regardless of how much kidney function you have, what you eat is very important. Healthy eating can help to do the following:

- Meet your nutritional needs so that you will not be malnourished
- Prevent fluid overload
- Control build-up of food wastes like urea
- Reduce high potassium in blood
- Prevent bone disease
- Maintain healthy weight and prevent muscle loss
- Optimise blood sugar control if you have diabetes
- Control the blood pressure

Pre-dialysis & Haemodialysis Diet Management

Pre-Dialysis	Haemodialysis	Peritoneal Dialysis
Adequate Energy Intake	Adequate Energy Intake	Adequate Energy Intake
Lower Protein Intake	Higher Protein Intake	Higher Protein Intake
Limit Potassium Intake	Limit Potassium Intake	Higher Potassium Intake
Limit Phosphate Intake	Limit Phosphate Intake	Limit Phosphate Intake
Limit Sodium Intake	Limit Sodium Intake	Limit Sodium Intake
	Limit Fluid Intake	Limit Fluid Intake

ENERGY

Why an adequate amount of energy is needed?

- To maintain nutritional status
- To prevent unnecessary weight loss

Pre-Dialysis	Dialysis
Recommended amount of energy per day: 25-35 kcal/kg body weight	
e.g. : for a person who weighs 50kg, 25kcal x 50kg = 1250kcal/day	
Your recommended intake: _____ kcal/day	
If you are on PD, minimise the calories from carbohydrates.	

Food List

Important Note: RIGHT KIND and CORRECT AMOUNT of protein is vital for patients with CKD to stay healthy!

PROTEIN

High biological value (HBV) proteins contain essential amino acids in a proportion similar to that required by human and are mostly obtained from animal sources.

Sources	High Biological Value Protein
Animal-Based Food	<ul style="list-style-type: none"> • Meat • Poultry • Fish • Eggs whites
Dairy Products	<ul style="list-style-type: none"> • Yogurt • Milk • Cheese
Plant-Based Food	<ul style="list-style-type: none"> • Soy products (e.g. tofu)

Low biological value proteins lack one or more essential amino acids and are mostly found in plants.

Sources	Low Biological Value Protein
Plant-Based Food	<ul style="list-style-type: none"> • Legumes • Grains • Nuts • Seeds • Vegetables

(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.

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 80kg 0.6 x 80kg = 30g 0.8 x 80kg = 40g 30-40g/day	e.g.: A person who weighs 80kg 1.2 x 80kg = 60g 1.3 x 80kg = 68g 60-68g/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 muscle 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



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



PHOSPHATE

When kidneys fail, phosphorus 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	

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	

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.

Symptoms of fluid re

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

Pre-Dialysis
Unrestricted with normal urine output 800 - 2000ml

Tips to limit fluid int

- Moisten the dry mouth by sipping water
- Limit salty food to reduce thirst
- Drink from a smaller cup
- Measure and divide the fluid

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

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)

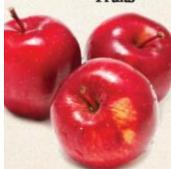
Important Note: Do not limit fluids unnecessarily because this may cause damage to the kidney when you are on fluid restriction.

POTASSIUM

Sources	Low (<200mg)	Medium (200mg - 350mg)	High (>350mg)
Vegetables	<ul style="list-style-type: none"> Bean sprout Bitter melon Brinjal Capsicum Cucumber French bean Frozen vegetables Hotly gourd Kang kung Lettuces Long bean Onion Peas, green Spring onion Tempeh Zucchini 	<ul style="list-style-type: none"> Asparagus Carrot Cauliflower Celery Chilli Chinese cabbage Chives Ladies finger Leeks Lentils Peanut Pumpkin Snow peas Sweet Corns Tomato 	<ul style="list-style-type: none"> Bamboo shoot Beans Beets Broccoli Chick peas Kale Legumes Lotus root Mushroom Peanut Polio Sesaweed Spinach Sweet potato Water chestnut Yam



Sources	Low (<150mg)	Medium (150mg - 250mg)	High (>250mg)
Fruits	<ul style="list-style-type: none"> Apple (1 med) Blueberries (1/2 cup) Canned fruits (1/2 cup) Cranberries (10g) Dragonfruit (1/2 cup) Durian (2 seeds) Grapes (10 med) Guava (1/2 cup) Lemon (1 med) Lime (1 med) Longan (10 med) Mangosteen (4 med) Pear (1 med) Pineapple (1 wedge) Watermelon (1 wedge) 	<ul style="list-style-type: none"> Cherry (2 med) Chili (1 med) Duku (1 med) Grapefruit (1/2 med) Langsat (1 med) Lychise (1 med) Orange (1 med) Papaya (1 wedge) Peach (1 med) Plum (1 med) Pomelo (1 segment) Raspberries (1 cup) Strawberries (1 cup) Tangerines (1 med) 	<ul style="list-style-type: none"> Apricots (4 med) Avocado (1 med) Banana (1 med) Custard apple (1 med) Dates (2 med) Dried fruits (10g) Figs (2 med) Honeydew (1 slice) Jackfruit (2 med) Kiwi (1 med) Mango (1/2 med) Pomegranate (1/2 med) Prunes (4 pieces) Rockmelon (1 slice) Soursop (1 slice)



PHOSPHATE

Sources	Low Phosphate	High Phosphate
Vegetables & Fruits	All fruits & vegetables are low in phosphorus	
Meat, Nuts & Beans	<ul style="list-style-type: none"> Egg white Fish Meat Poultry 	<ul style="list-style-type: none"> All sort of seafood e.g. crayfish, oyster Sardines Anchovies (lean bills) 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	<ul style="list-style-type: none"> Low fat cheese Rice milk Sherbet or popsicle Non-dairy creamer Pudding or custard made with non-dairy creamer Cream soups made with water 	<ul style="list-style-type: none"> Cheese Cottage cheese Custard Ice cream Milk Pudding Cream soups made with milk Yoghurt
Beverages	<ul style="list-style-type: none"> Non-cola (low sugar drink) Lemon-lime soda Rice milk, unfortified Non-dairy creamer (read label for water vs. other form of "sugar") 	<ul style="list-style-type: none"> Alc Beer Chocolate drinks Cocoa Dark colas Malted drinks e.g. Milo, Horlicks
Others	<ul style="list-style-type: none"> Non-bran cereal, rice cereals, or corn flakes White bread (4g-10g) White rice Pasta Light salt/low fat popcorn Honey Jam or jelly Hard candy, fruit flavors or jelly beans 	<ul style="list-style-type: none"> Bran cereals Brewer's yeast Nuts Seeds Whole 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	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> Canned vegetables e.g. pickled olives and pickles
Bread, Cereals and Grains	<ul style="list-style-type: none"> Rice or pasta Unsalted popcorn 	<ul style="list-style-type: none"> Instant noodles Ready-to-eat meals Popcorns
Meat, Nuts and Beans	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Hotdogs or sausages Ham Canned meats e.g. luncheon meats, corned beef Dried fish Salted nuts and seeds Canned beans
Dairy Products	<ul style="list-style-type: none"> Low- or reduced-sodium cheese 	<ul style="list-style-type: none"> Cheese
Dressing, Oils and Condiments	<ul style="list-style-type: none"> 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 Winegar 	<ul style="list-style-type: none"> Margarine and butter Mayonnaise and salad dressings Soy sauce Bech Oyster sauce Tomato sauce Chili sauce Fish sauce Marinades
Seasonings	<ul style="list-style-type: none"> Herbs, spices, or salt-free seasoning blends Chopped vegetables e.g. garlic, onions and peppers Lemons and limes 	<ul style="list-style-type: none"> 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.

- **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)**

**The recipe is a guide (options)
how to select and prepare your food,
according to your prescribed allowance
to set up your meal plan for the day/week.**



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).

**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.

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



Why? What? How?



About ISRN M

Current

INTERNATIO

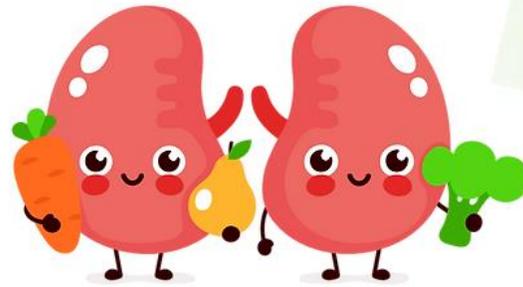


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- About ISRN M
- Current Officials
- Knowledge Gateway
- Congress
- Collaborations
- Membership
- Patients' Corner

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.



Membership

Patients' Corner

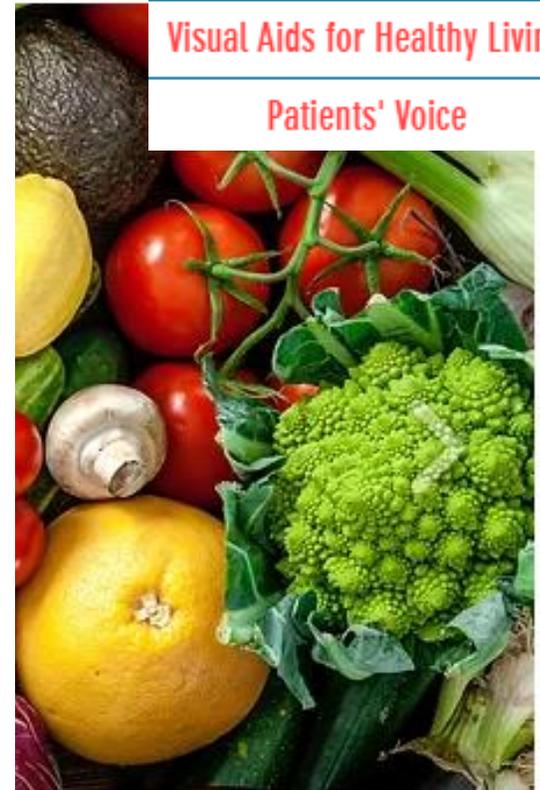
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Kidney-Friendly Recipes

Sponsored Recipes

Visual Aids for Healthy Living

Patients' Voice



1/5

- All Posts
- Asia
- Australia
- Europe
- North America
- South America
- More



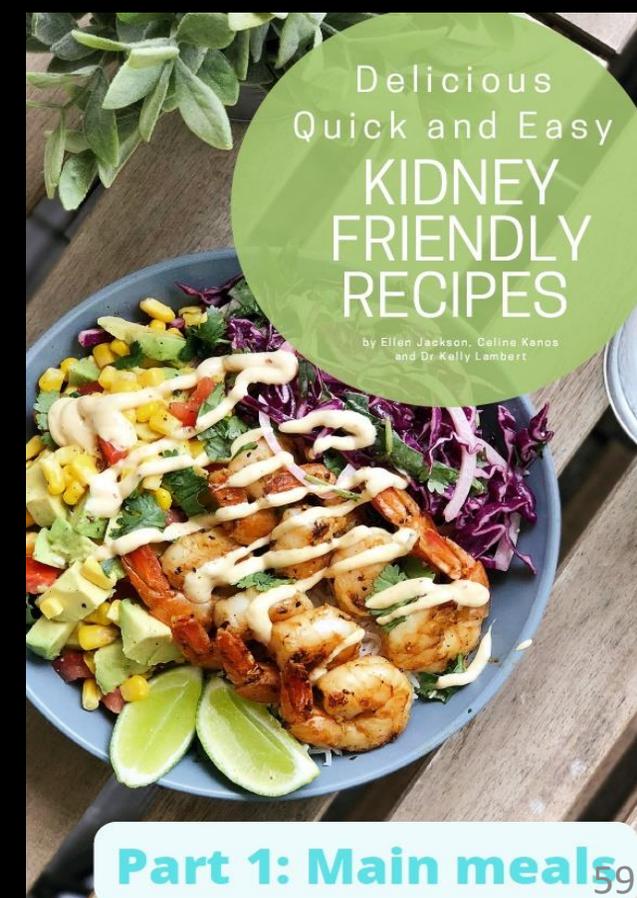
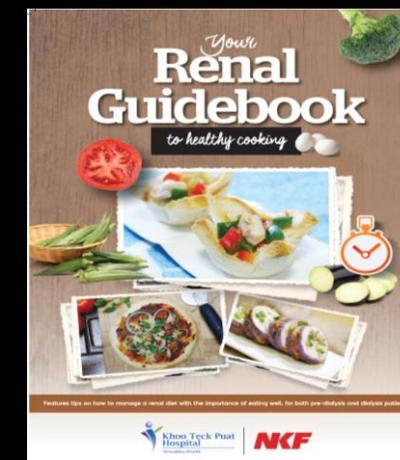
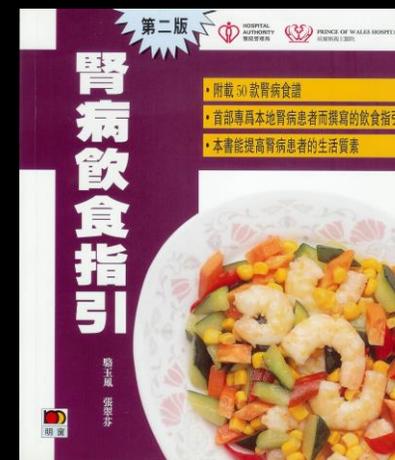
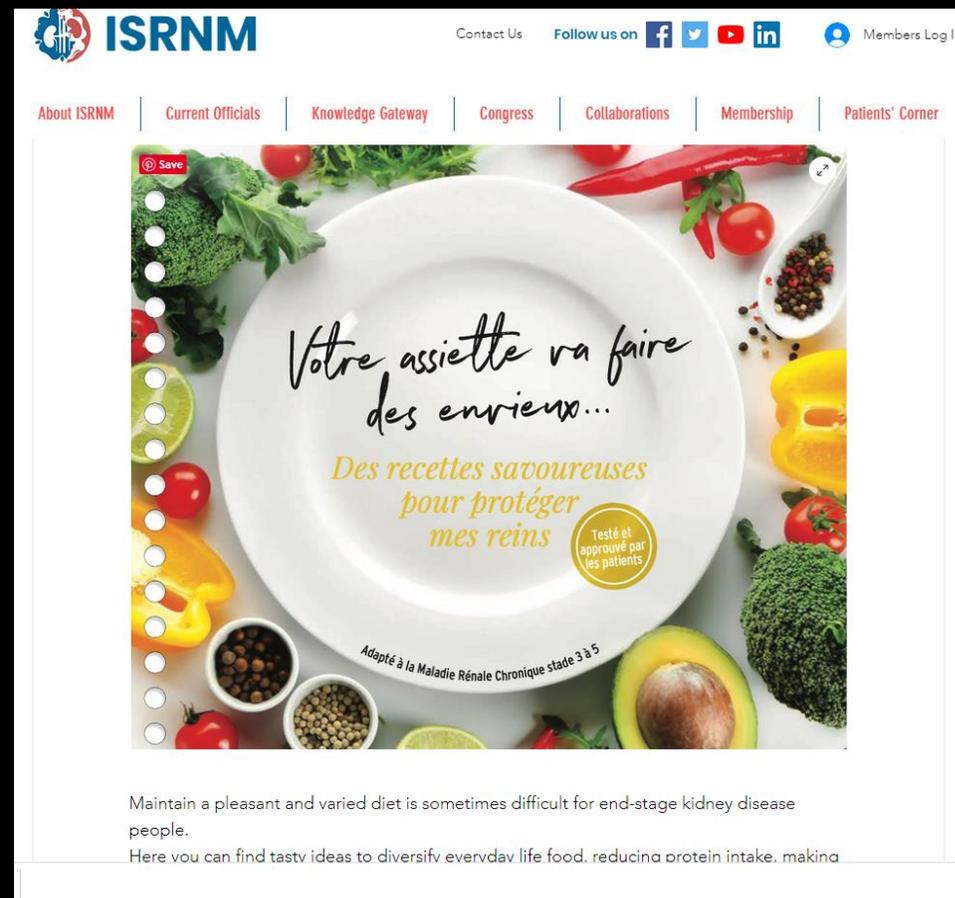
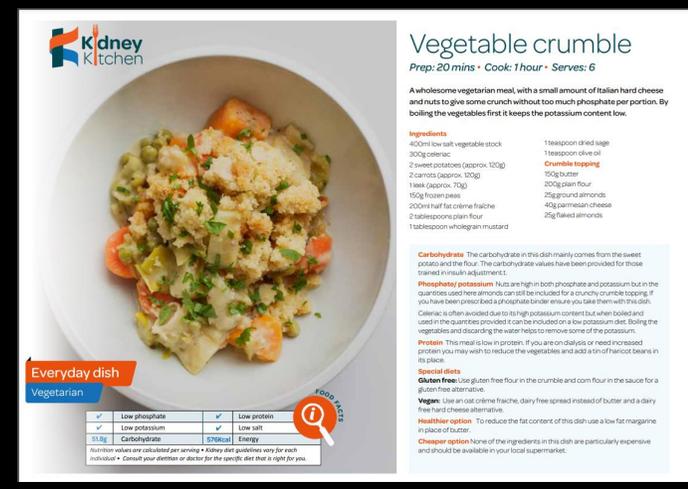
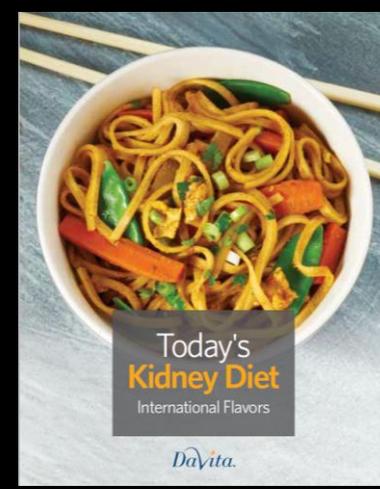
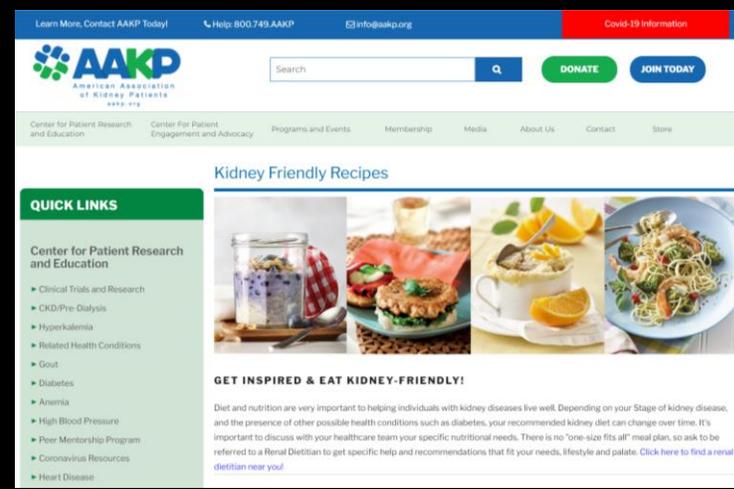
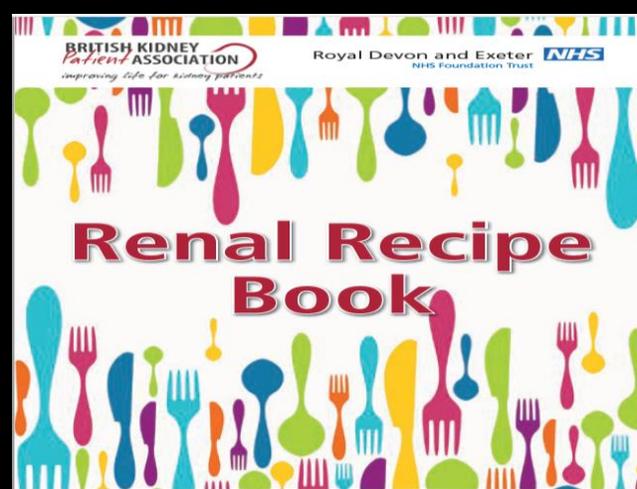
ISRN M.ORG
May 3 · 2 min

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...

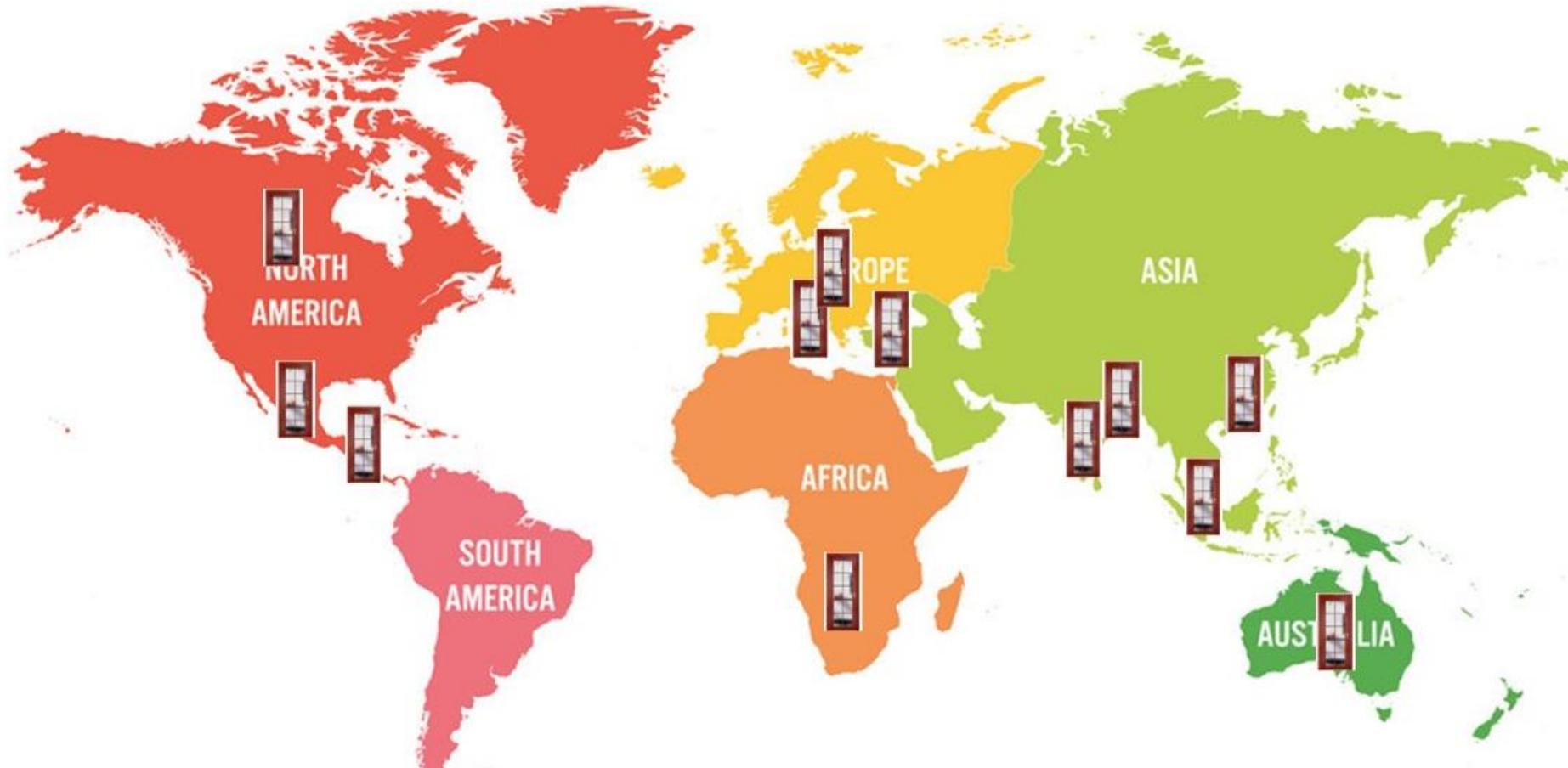
193 views 0 comments





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

Kitchen door to



- 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 chloride)
 - 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



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 = 1/2 cup

1 Milk Choice = 1/2 cup

Find Recipes

Q Search recipes...

Difficulty Levels | Nutrients | Meal Types | Dietary Requirements | Collection

Difficulty Level | Nutrients | Meal Types | Dietary Requireme... | Collection

- Low potassium
- Low sodium
- Low phosphorus
- Low protein
- Medium phosphorus
- Medium sodium
- Medium potassium
- Medium 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



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.



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.

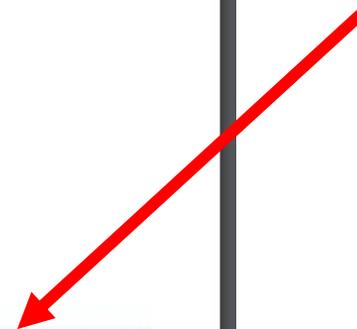
Special diets

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.



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



Serves

Instructions:

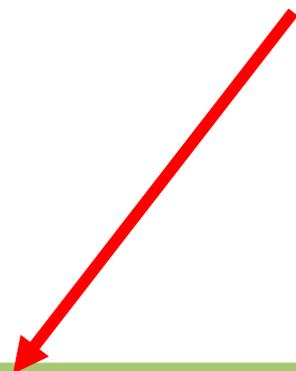
1. Simmer onion in a little water for just a minute
2. Remove from pan and set aside
3. In a non stick frying pan, fry eggplant until evenly browned
4. Add onions and sweet potato to pan with sweet potato and korma sauce
5. Fill half the empty jar with water and add to pan.
6. Simmer for 20-30minutes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



Serves
4



35
Minutes



SIDE DISHES

Steamed Ginger Fish Fillet

Soft and tender dory fish fillets drenched in a simple Chinese style sauce made from soy sauce, sesame oil and five-spice powder.

B Pre-dialysis

Ingredients	Quantity
Dory fish fillet	180g
Low sodium soy sauce	1½ tablespoon
Ginger, finely sliced	¼ small ginger (11g)
Sugar	½ tablespoon
Sesame oil	½ tablespoon
Five-spice powder	2 pinches

C Dialysis

Increase quantity of dory fish fillet to 270g

Instructions

1. Seasoning: Mix soy sauce, sugar, and five-spice powder in a bowl, and set aside.
2. Place the fish on a plate suitable for steaming. Drizzle 1 tablespoon of the seasoning mixture over the fish and scatter with ginger. Cover and refrigerate for 15 minutes.
3. Steam the fish for 8 minutes, or until the fish is cooked. Meanwhile, heat sesame oil and the remaining sauce in a small saucepan over medium heat.
4. Pour the sauce over the steamed fish.

Pre-dialysis Nutrition Information

Serving Size: 70g

Energy.....	77 kcal
Protein.....	10.3 g
Total Fat.....	2.8 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	28 mg
Carbohydrate.....	2.7 g
- Dietary Fibre.....	0.1 g
Potassium.....	264 mg
Phosphorous.....	134 mg
Sodium.....	303 mg

Dialysis Nutrition Information

Serving Size: 90g

Energy.....	99 kcal
Protein.....	15.2 g
Total Fat.....	3.0 g
- Saturated Fat.....	0.4 g
- Cholesterol.....	43 mg
Carbohydrate.....	2.8 g
- Dietary Fibre.....	0.1 g
Potassium.....	383 mg
Phosphorous.....	198 mg
Sodium.....	323 mg

Chef Tips

To check for doneness, use a butter knife to cut the fish. If it cuts through the bottom of the plate, the fish is well cooked.

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

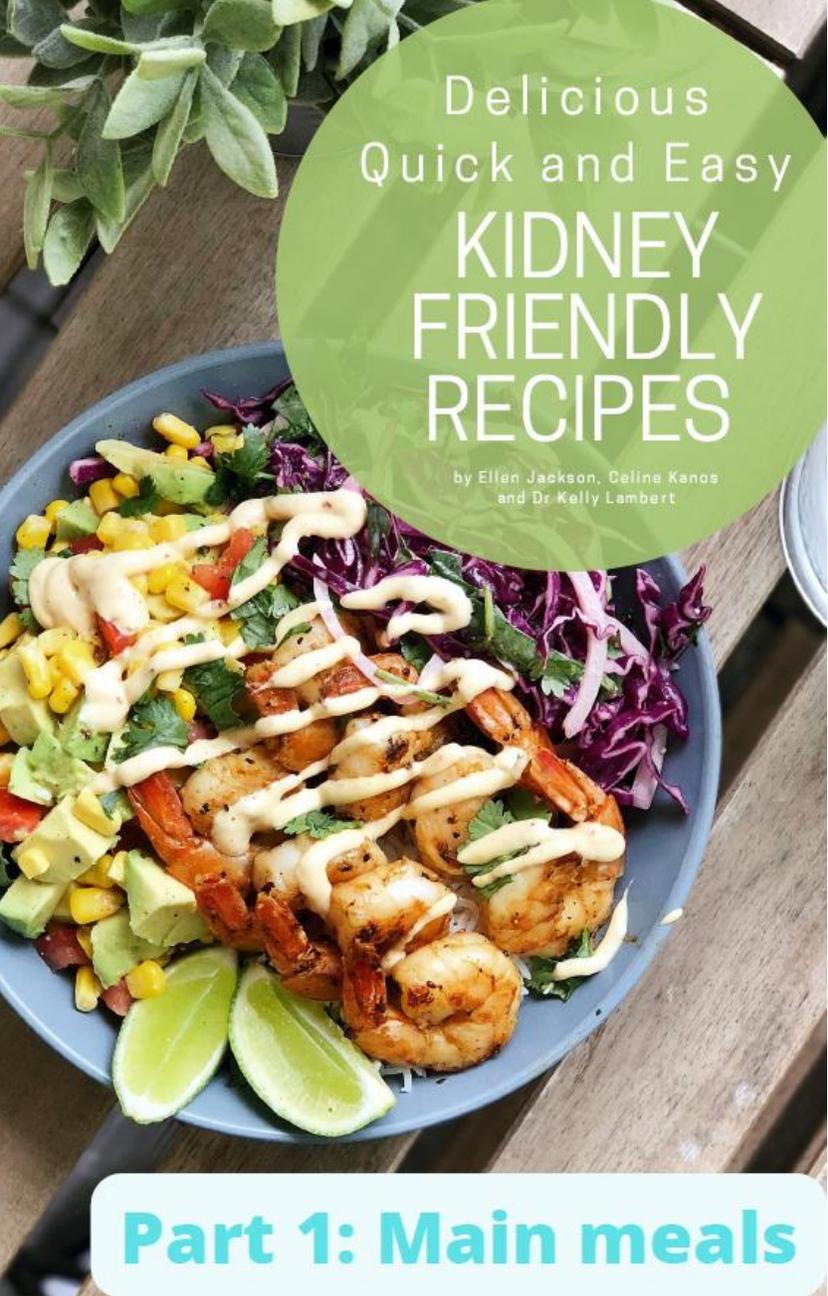
For example, if a recipe includes **2 vegetable choices**, it will count as:

- 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. $\text{carbs} - \text{fiber} = 15\text{g per carb choice}$



Delicious
Quick and Easy
**KIDNEY
FRIENDLY
RECIPES**

by Ellen Jackson, Celine Kenos
and Dr Kelly Lambert

Part 1: Main meals

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

Protein recommendations by stage

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

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		Australia	AKF
Low Na	<90 mg	<150 mg	<140 mg	High Na	>690 mg	>400 mg
Low K	<740 mg	<500 mg	<300 mg	High K	>780 mg	>600 mg
Low PO4	<255 mg	<200 mg	<150 mg	High PO4	>350 mg	>300 mg

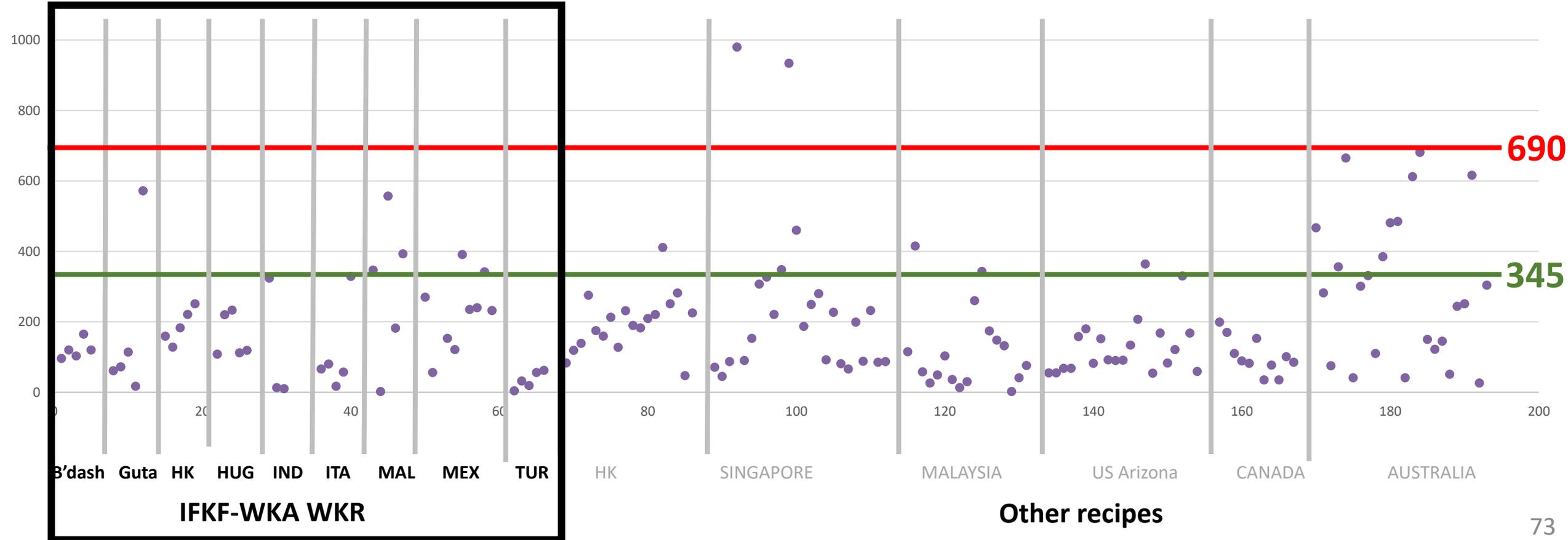
Set at ½ of the high level

Adopt the Australian approach

*An interim decision by the Working group after due consideration

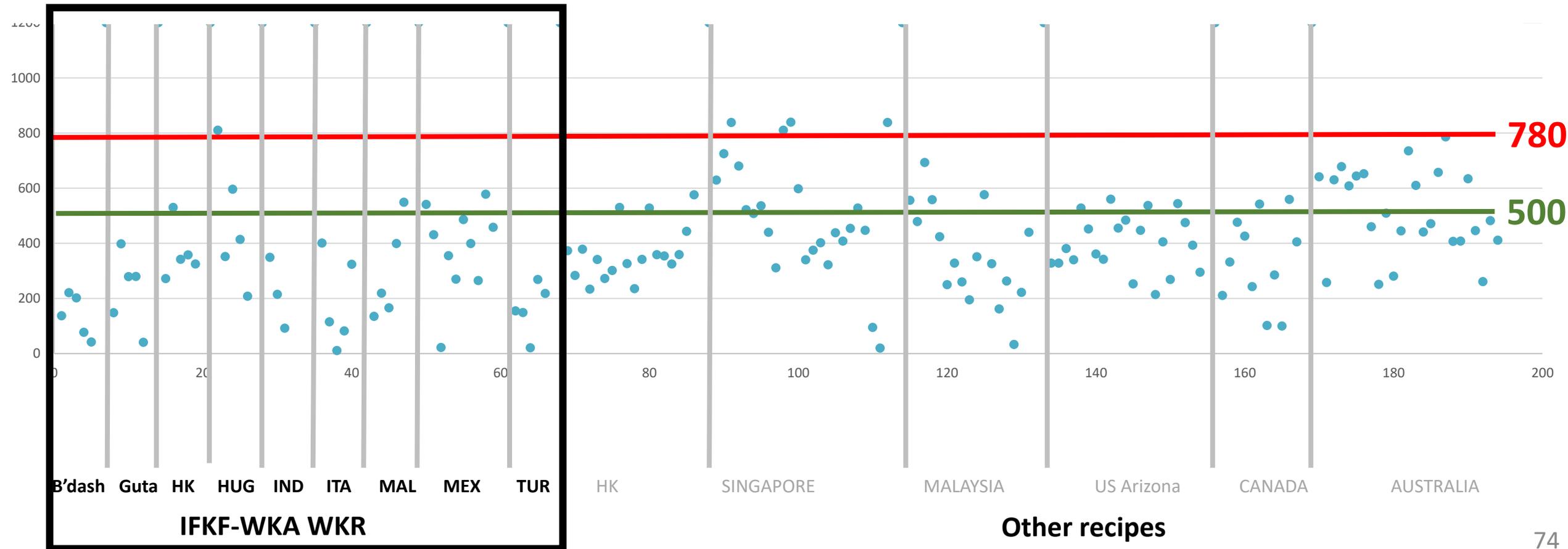
Sodium (mg) per serving

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



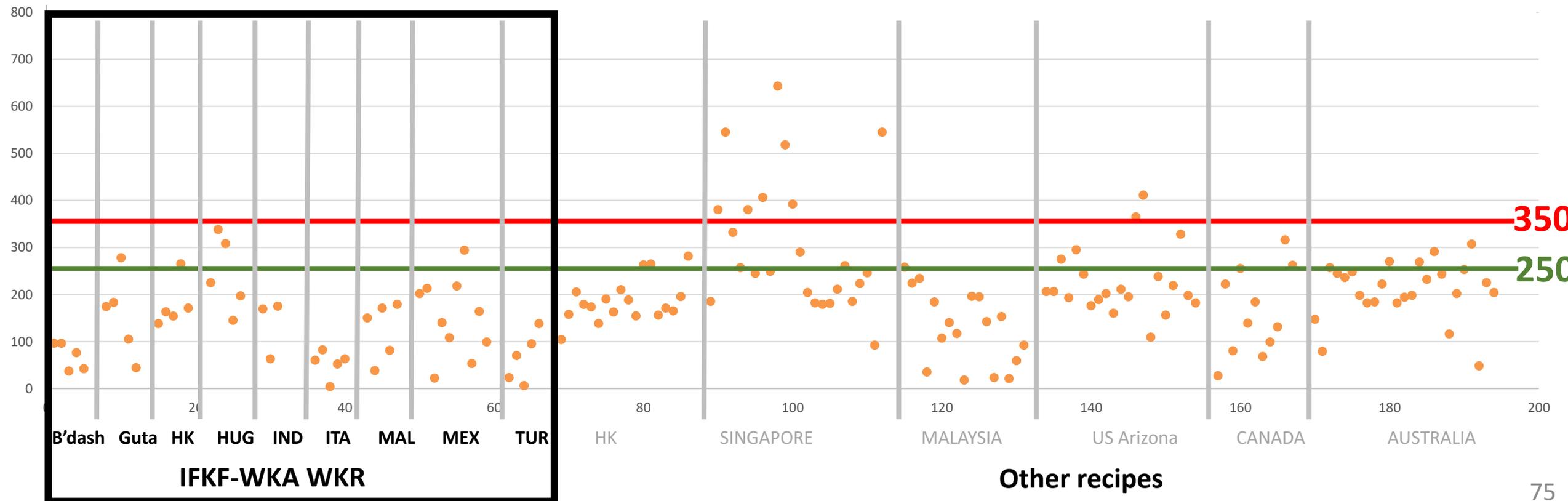
Potassium(mg) per serving

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





Meal type:
TOFU



EACH SERVING PORTION

Protein

1 exchange

Carbohydrates

0.5 exchange

Low sodium*

Low potassium*

Low Phosphorus*

Eggplant and tofu with miso



HONG KONG, CHINA

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

141
Kcal

PROTEIN

9
g

CARBOHYDRATES

8
g

TOTAL FAT

8
g

SODIUM

159
mg

POTASSIUM

272
mg

PHOSPHORUS

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 76

World Kidney Recipes



WORLD KIDNEY RECIPES
Eat Smart  **Eat well**



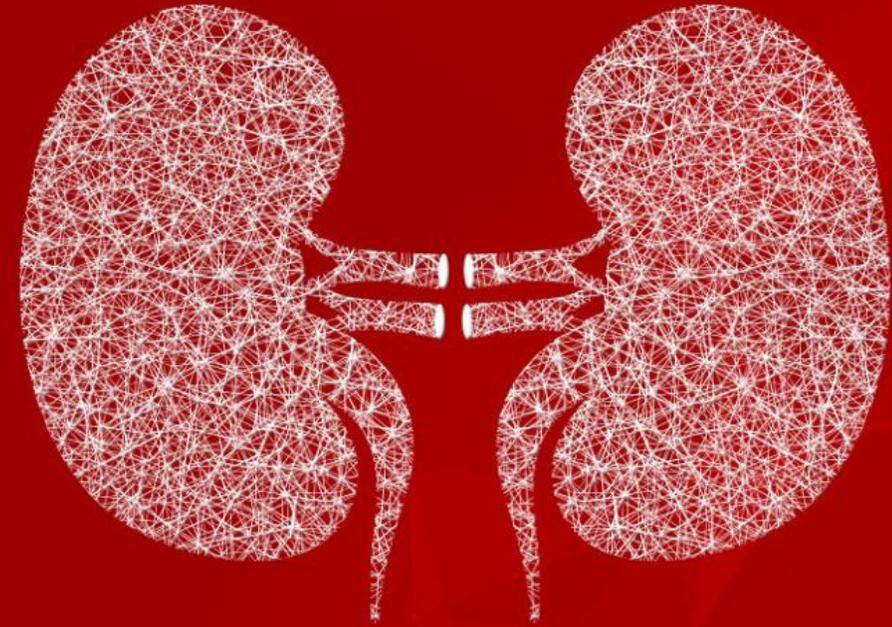
LONG LIVE KIDNEYS AND PATIENT



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 Recipes



- [Australia](#)
- [Bangladesh](#)
- [Canada \(TBC\)](#)
- [Guatemala](#)
- [Hong Kong](#)
- [Hungary](#)
- [India](#)
- [Italy](#)
- [Malaysia](#)
- [Mexico](#)
- [South Africa](#)
- [Türkiye](#)



CHICKEN CURRY



KHICHURI



MIXED VEGETABLES CURRY / NIRAMISH



SAFFRON PULAO



VEGETABLE SAMOSA



BURRITO CHAPIN



CALDO DE GALLINA



ELOTE ASADO



ENCHILADAS GUATEMALTECAS



MARÍA COOKIES



EGG AND BEEF IN TOMATO SAUCE



EGGPLANT AND TOFU WITH MISO



PORK CHOP WITH CORN SAUCE



STEAMED SCALLOPS AND TOFU WITH GARLIC



STIR-FRIED GROUPEL FILLET AND ASPARAGUS IN XO SAUCE



HUNGARIAN GOULASH



PAPRIKA CHICKEN WITH NOODLES



PASTA WITH CURD CHEESE



STUFFED CABBAGE



FRIED DOUGH



PANEER STICKS



PEAS TOFU ROLLS



QUINOA PULAO



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



APPAM (RICE & COCONUT HOPPERS)



AONDEH-ONDEH



CHICKEN RENDANG



UNRIPE PAPAYA SALAD



NASI LEMAK



**BURRITO NORTEÑO
NORTHERN BURRITO**



**CEVICHE DE PESCADO
FISH CEVICHE**



**ENCHILADAS POBLANAS
POBLANO ENCHILADAS**



**FIDEOS DE CHIPOTLE
CHIPOTLE NOODLES**



**MANTECADA DE NARANJA
ORANGE SHORTBREAD**



**CORN DOUGH MOLE
WITH PORK**



**STUFFED POBLANO
PEPPERS**



**SQUASH BLOSSOM
GORDITAS**



**UCHEPOS (CORN
TAMALES)**



**ZUCCHINI WITH
CORN**



FISH AND VEGETABLE PIE



PINEAPPLE CHICKEN



RICE SALAD



VEGETABLE LASAGNA



VEGETABLE PAELLA



Anatolian style rice pilaf



**Asparagus with Meat
and Lemon Sauce**



Cacik



Green Bean W/Olive oil



Vanilla Custard



**EGG AND BEEF
IN TOMATO SAUCE**



**EGGPLANT AND
TOFU WITH MISO**



**Pork Chop
with Corn Sauce**



**STEAMED SCALLOPS
AND TOFU WITH GARLIC**



**STIR-FRIED GROUPEL 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.



16 August 2021



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



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



粟米汁燴豬扒

Pork Chop in Corn Sauce

香甜的粟米汁向來是小朋友至愛，以罐頭粟米粒入饌，更能增添口感。

09

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
Modified	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





SF Lui

The fun of cooking

The joy of eating
(appetizing)



VIEW ALL COURSES



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



🕒 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

📅 Open May 11, 2020 – May 11, 2023 📅 Register by April 11, 2023 💰 \$220

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



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



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

📅 Runs January 11 – February 12, 2021 📅 Closed 💰 \$495

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 ...

The screenshot shows the top navigation bar with the Davita Kidney Care logo and links for Education, Diet & Nutrition, Treatment & Services, Tools, and a FIND A CENTER button. Below this is a sub-navigation bar for Diet & Nutrition with links for Overview, Recipes, Saved Recipes, Kidney-Friendly Cookbooks, Dining Out Guides (highlighted), Food Analyzer, and Kidney Diet Videos. The main content area features a large image of an elderly couple smiling at a restaurant. The heading 'Dining Out Guides' is in green, followed by the text 'Enjoy eating at your favorite restaurants while following a kidney-friendly diet.' and a 'GET MY FREE GUIDES' button. Below this is a paragraph: 'From Mexican to Italian cuisine, it can be tough to know what or how to order. Use our cuisine-specific guides to help make smart food and drink choices.' At the bottom, there are three category cards: 'American Cuisine' with a plate of food, 'Chinese Cuisine' with dumplings, and 'Coffee and Dessert' with coffee and pastries.

The screenshot shows the top navigation bar with a 'Back to the Kidney Care UK main website' link and a 'Donate' button. The Kidney Kitchen logo is on the left, with 'Recipes' and 'Diet information and advice' links. A 'Share recipe' button with social media icons is on the right. The main content area features a large image of a shopping cart in a grocery store. A blue banner reads 'Reduce your weekly food bill'. A dark teal box contains the text 'Shop for a kidney friendly diet on a budget' and an orange button that says 'See our tips and advice >'. At the bottom, it says 'Search through our recipes or filter them by category below'.

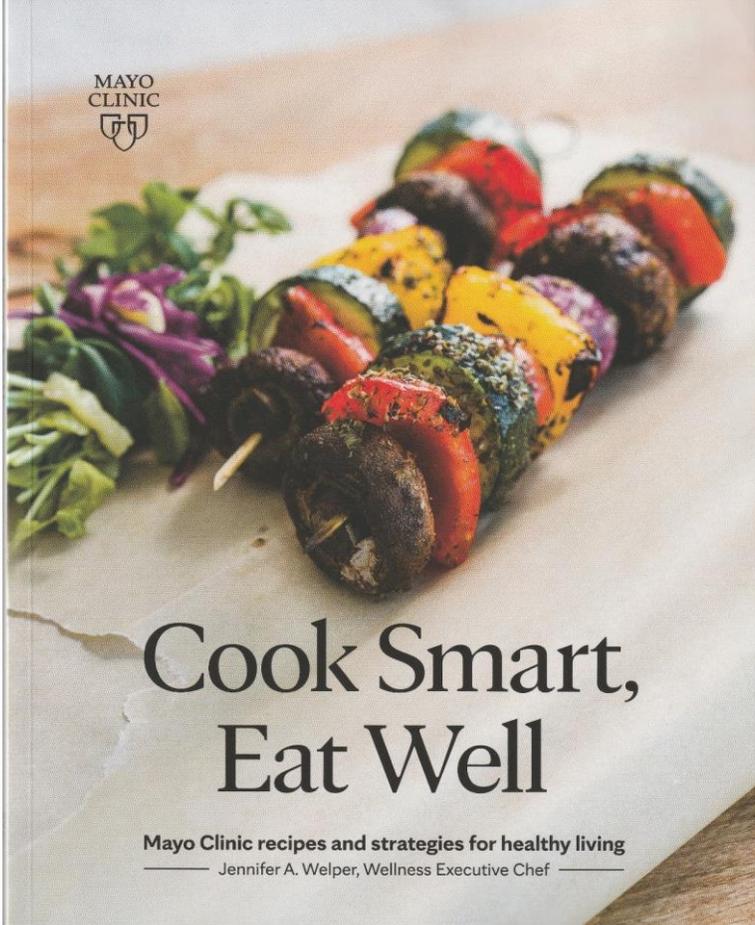
Fast Food Cuisine

Best bets for sandwiches, burgers and more.

GET GUIDE



Healthy eating for all ...



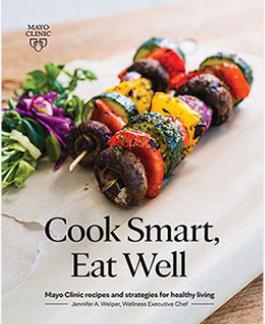
Cook Smart, Eat Well

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

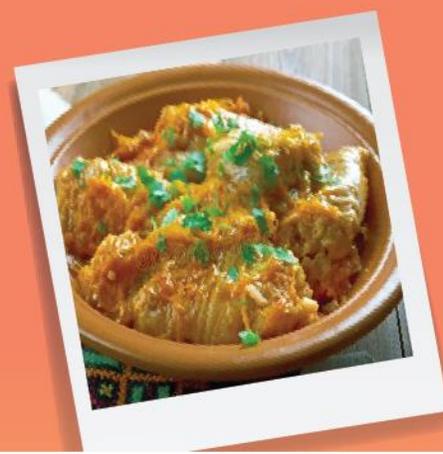
ON THE USE OF THE WEBSITE ON WORLD KIDNEY RECIPE

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



In partnership with

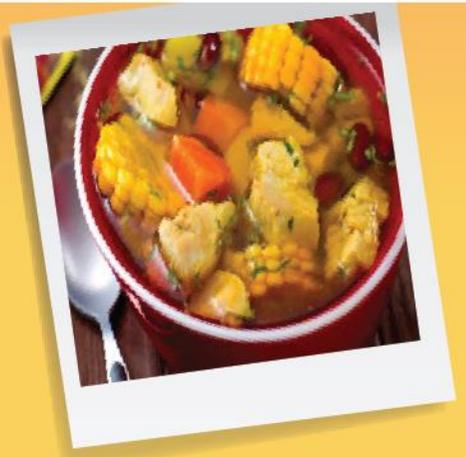
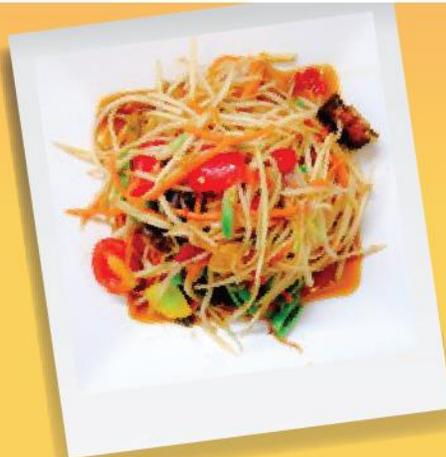


WORLD KIDNEY RECIPES

Eat Smart  Eat well



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



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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