Patient & Family Guide

2023

Let's Get Cooking: Kidney-Friendly Recipes



The recipes in this pamphlet were compiled by Alina Bychkova, a Dietetic Intern at the Nova Scotia Health Authority, Central Zone (2015-2016), under the supervision of Susan McBride, PDt, and Anastasia Kleronomos-MacAlpine, PDt.
Unless otherwise noted, recipes have been adapted from: Winnipeg Regional Health Authority (2011). Let's eat! Kidney friendly recipes (Vol. 1, 2nd ed.).
Nutrient analysis was completed using Self Nutrition Data, a publicly available database at https://nutritiondata.self.com. Nutritional values may vary if calculated using another nutritional software program.

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Let's Get Cooking: Kidney-Friendly Recipes

Nutrition is an important way to manage your health, especially when it comes to chronic kidney disease. By eating or avoiding certain foods, you may help to keep your kidneys working for as long as possible.

As your kidney function changes over time, your diet may need to change too. Not everyone will have the same nutritional needs or restrictions, and your diet might be different from someone else who is also living with kidney disease. These recommendations are made just for you!

The most important nutrients that can affect your kidneys are:

> Protein

> Potassium

> Sodium

> Phosphorus

Protein

- Protein is needed to build and repair muscles, bones and body tissues, and also helps to fight infections.
- Protein can also help you feel full after eating and help manage your weight and blood sugar level.
- If you are not on dialysis, keep portion sizes to 3 ounces per serving (after cooking). Too much protein can cause your kidneys to work too hard.
- If you are on dialysis, you will need more protein. Talk with your dietitian about the right amount for you.
- The best sources of protein come from:
 - Meats (like beef, pork, poultry)
 - > Fish and other seafood
 - Eggs
 - Milk
 - > Cheese

- > Tofu
- > Beans
- Nuts
- Legumes (lentils, peas, chickpeas, peanuts)

Sodium

- This mineral helps to maintain fluid and acid balance and to control blood pressure.
- It is found naturally in many foods, but large amounts of it are often added to some foods by food manufacturers.
- Most of the sodium we eat comes from:
 - > Processed (fried, dried, preserved, or salted) foods
 - Any foods eaten away from home (like at a restaurant or getting takeout) unless it is a low sodium option
 - Most canned foods and some frozen meals
 - > Salty snacks and seasonings
 - › Grain products
- To manage your sodium intake, make sure to:
 - > Read food labels and eat foods with 10% DV or less in sodium.
 - Try fresh or dried herbs, spices, lemon juice, oil, or vinegar to add flavour instead of table salt.
 - > Eat foods closest to their natural, unprocessed state. You can talk with your dietitian about this.

Potassium

- Potassium is important for your heart and muscles to work.
- Too much or too little can be dangerous.
- The amount you need can change depending on how well your kidneys are working and some medications you might be taking.
- Potassium is found in most foods, but is higher in these foods:
 - > Some fruits (like bananas, avocados, tomatoes, oranges, dried fruits)
 - Some vegetables (like dark leafy greens, potatoes, squash)
 - > Dairy products
 - > Salt substitutes (like Windsor® Half Salt™ or NoSalt®)
 - > Chocolate
 - › Nuts and seeds
 - Lentils and legumes

- Double-boiling or pre-soaking in water will help lower the potassium in vegetables.
- For a full list of fruits and vegetables low or high in potassium, please ask your dietitian.

Phosphorus

- This mineral is needed for many things in your body. Together with calcium, it helps keep your bones strong.
- When your kidneys do not work well, the amount of phosphorus in your blood increases. Your body releases calcium from your bones as a way to balance these minerals.
- When calcium and phosphorus bind (attach) together, they form small mineral lumps.
- These lumps can build up in your skin, joints, blood vessels, and other parts of your body. This can lead to serious health problems, including:
 - Bone pain and weakness
 - Damage to your heart and other organs
 - > Poor blood circulation
 - > Skin ulcers
- Phosphorus is found in most foods, but is higher in these foods:
 - > Dairy products
 - > Whole grains, especially bran
 - > Nuts, seeds, lentils, and beans
 - > Chocolate
 - Processed foods and seasoned meats (like deli meats, pre-marinated meat, canned meat)
 - > Baking powder
 - > Beer and colas

Breakfast

Breakfast Burrito

2 large eggs Pepper, to taste

2 large egg whites 2 tbsp cream cheese, cut into small

2 tbsp scallions, chopped pieces

1/4 tsp onion powder 2 soft flour tortillas

1. In a small bowl, whisk together eggs, scallions, onion powder, and pepper.

- 2. Spray an 8 inch non-stick pan with cooking spray. Add egg mixture and cook over medium heat. Stir until it begins to thicken.
- 3. Add cream cheese and continue to stir until eggs reach desired degree of doneness. Place in tortillas.

Number of servings: 2

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease.

Nutritional information:

Calories: 387Potassium: 217 mg

Sodium: 575 mgCarbohydrates: 42 g

> Protein: 17 g> Phosphorus: 245 mg

Blueberry Pancakes

1½ cups all-purpose flour, sifted 2 eggs, slightly beaten

2 tsp Magic® baking powder 2 tbsp unsalted margarine, melted

3 tbsp sugar 1 cup frozen blueberries, rinsed

1 cup buttermilk

1. Sift together flour, baking powder, and sugar in a mixing bowl. Make a well in centre and add the rest of the ingredients. Stir to make smooth. Start cooking right away.

2. Heat a large pan and grease lightly. Use a ½-cup measuring cup to spoon batter into pan. Cook until done, flipping once.

Number of servings: 12 (2 pancakes per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease.

Nutritional information:

Calories: 223Potassium: 128 mg

> Sodium: 196 mg > Carbohydrates: 35 g

> Protein: 7 g
> Phosphorus: 100 mg

Crunchy French Toast

Coating:

4 eggs, slightly beaten

2 tbsp sugar or Splenda®

3/4 cup liquid non-dairy creamer

1 tsp vanilla extract

6 slices white bread

1½ cups Cornflakes®, slightly crushed

3 tbsp unsalted margarine, melted

Topping:

3 tbsp cinnamon

3 tbsp sugar or Splenda®

- 1. Mix eggs, sugar or Splenda®, non-dairy creamer, and vanilla in shallow dish or pie pan. Soak bread in mixture until soft, turning once.
- 2. Spread Cornflakes® in another large, shallow baking dish. Coat each soaked bread slice with Cornflakes® on each side.
- 3. Add margarine to frying pan and cook bread slices over medium-high heat, turning to brown each side.
- 4. Mix cinnamon, and sugar or Splenda® together in a separate bowl. Sprinkle over slices and serve.

Number of servings: 6

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease.

Nutritonal information:

Calories: 255

> Potassium: 127 mg

> Sodium: 244 mg

Carbohydrates: 29 g

→ Protein: 6 g

> Phosphorus: 82 mg

Renal-Friendly Bran Muffins

1 cup all-purpose flour

1 egg 1 cup wheat bran

1 tsp vanilla extract 1½ tsp baking soda

⅓ cup honey ¼ tsp cream of tartar

1 cup applesauce, unsweetened

- 1. Preheat oven to 400°F and lightly grease muffin tins.
- 2. Mix oil, egg, vanilla, honey, and applesauce.
- 3. Add flour, wheat bran, baking soda, and cream of tartar.
- 4. Mix together, then spoon into muffin tins and bake right away. Cream of tartar and baking soda will only rise once so put the muffins into the oven right away.
- 5. Bake for 15 to 20 minutes. Cool and serve.

Number of servings: 12

Nutritional information:

> Calories: 155 > Potassium: 126 mg

Sodium: 183 mgCarbohydrates: 21 g

> Protein: 4 g
> Phosphorus: 100 mg

Awesome Apple Muffins

1¾ cups all-purpose flour ½ cup applesauce, unsweetened

1½ tsp Magic® baking powder ¾ cup 2% milk

⅓ cup sugar ⅓ tsp ground ginger

1 cup apples, peeled and diced ½ tsp ground cinnamon

- 1. Preheat oven to 400° F. Mix together sugar, cinnamon, and ginger.
- 2. In a large bowl, mix flour, baking powder, sugar mixture, milk, and applesauce. **Do not** over-beat.
- 3. Stir in sliced apples. Spoon batter into 12 greased muffin cups.
- 4. Bake in preheated oven for 20 to 25 minutes, or until tops spring back when touched lightly.
- 5. Serve after muffins have cooled down (about 30 minutes).

Number of servings: 12

Nutritional information:

Calories: 105Potassium: 125 mg

Sodium: 10 mgCarbohydrates: 23 g

> Protein: 3 g
> Phosphorus: 81 mg

Lunch

Low-Phosphorus Biscuits

2 cups all-purpose flour ½ cup unsalted butter, melted

1 tbsp Magic[®] baking powder 1 cup non-dairy creamer

1. Preheat oven to 450°F.

- 2. In a large bowl, combine flour, baking powder, sugar, and salt.
- 3. Stir in melted butter. Add non-dairy creamer and mix until moistened.
- 4. Drop batter by the tablespoon onto a lightly greased cookie sheet.
- 5. Bake in preheated oven until golden on edges, about 8 to 12 minutes. Serve warm.

Number of servings: 10

Nutritional information:

> Calories: 212 > Potassium: 194 mg

Sodium: 51 mgCarbohydrates: 24 g

> Protein: 3 g
> Phosphorus: 144 mg

Sesame Vermicelli

3 cups vermicelli, cooked 1 clove garlic, finely diced

½ cup scallions, sliced ½ cup onion, finely chopped

½ cup frozen green peas, defrosted 2 tbsp lemon juice

3 tbsp sesame oil 2 tbsp honey

2 tbsp vegetable oil

- 1. Mix together sesame oil, lemon juice, and honey. Set aside.
- 2. Sauté onions and garlic in vegetable oil until slightly brown.
- 3. In a large bowl, mix together vermicelli, peas, and scallions. Add sautéed onions and sesame oil mixture.
- 4. Toss well and serve at room temperature.

Number of servings: 9

Adapted from: www.rsnhope.org/recipes

Nutritional information:

Sodium: 20 mgCarbohydrates: 20 g

> Protein: 1 g
> Phosphorus: 24 mg

Cool n' Crunchy Chicken Salad

2 cups chicken, cooked, diced or shredded

1 large egg, hard-boiled, chopped

2 tbsp onion, diced

¼ cup celery, diced

1/4 cup low-fat mayonnaise

1 tsp lemon juice

⅓ tsp sugar or Splenda®

Pepper, to taste

- 1. Place chicken, onion, celery, and egg in large bowl.
- 2. Add mayonnaise, lemon juice, sugar, and pepper. Stir all ingredients together.
- 3. Cover and chill for at least 2 hours or overnight before serving.
- 4. If desired, serve on bread, roll, or pita with lettuce.

Number of servings: 6

Nutritional information:

> Calories: 125

Sodium: 119 mg

> Protein: 16 g

> Potassium: 155 mg

> Carbohydrates: 2 g

> Phosphorus: 123 mg

Summer Grilled Veggie Sandwich

1 medium eggplant 2 tbsp olive oil

1 red bell pepper 2 tbsp balsamic vinegar

1 medium onion 2 - 12" submarine rolls, white or

4 oz low-fat Swiss cheese sourdough, cut in half

4 tsp dried tarragon

1. Cut eggplant, pepper, and onion into 4 equal slices.

- 2. Mix tarragon, olive oil, and vinegar together. Pour over vegetables to marinate for at least 15 minutes.
- 3. Heat grill to medium heat. Place vegetables on grill and cook for 2 to 3 minutes per side, until tender.
- 4. Build sandwiches on rolls with one slice each of eggplant, onion, and pepper.
- 5. Top each with one slice cheese. Sprinkle with additional vinegar if desired.

Number of servings: 4

Nutritional information:

> Calories: 441 > Potassium: 473 mg

Sodium: 460 mgCarbohydrates: 51 g

> Protein: 16 g
> Phosphorus: 322 mg

Soups

Hearty Chicken and Rice Soup

1 cup onions, chopped 1 bay leaf

1 cup celery, sliced 10 cups low-sodium chicken broth

1 cup carrots, sliced 2 chicken breasts, boneless, skinless,

3/4 cup white rice, uncooked cubed

½ tsp pepper ¼ cup parsley, fresh, chopped

½ tsp dried thyme leaves 2 tbsp fresh lime juice

1. In a large pot, combine onion, celery, carrots, rice, pepper, thyme, bay leaf, and chicken broth. Bring to a boil, stirring once or twice. Lower heat, cover and simmer for 20 minutes.

2. Add chicken cubes and simmer uncovered for 5 to 10 minutes. Take out bay leaf. Stir in parsley and lime juice just before serving.

Number of servings: 8

Nutritional information:

Calories: 202Potassium: 506 mg

Sodium: 146 mgCarbohydrates: 22 g

> Protein: 14 g> Phosphorus: 217 mg

Leek, Potato, and Carrot Soup

1 leek Crushed pepper, to taste

3/4 cup potatoes,* diced, boiled 3 cups chicken stock, low-sodium

3/4 cup carrots, diced, boiled Chopped parsley for garnish

3/4 cup white rice, uncooked 1 bay leaf

1 clove garlic ½ tsp ground cumin

1 tbsp canola oil

- 1. Trim off and throw away some of the coarse green parts of the leek. Slice it thinly and rinse it well in cold water. Drain well.
- 2. Heat the oil in a heavy-based saucepan. Add the leek and garlic, and fry over low heat for 2 to 3 minutes, until soft. Add the stock, bay leaf, cumin, and pepper. Bring mixture to a boil, stirring constantly.
- 3. Add the boiled potatoes and carrots and simmer for 10 to 15 minutes. Adjust the seasoning to taste and take out the bay leaf. Sprinkle with chopped parsley and serve.

To make a pureéd soup, process the soup in a blender or food processor until smooth. Return to saucepan. Add ½ cup milk. Bring to a boil and simmer for 2 to 3 minutes.

*For a low potassium version, peel and dice potatoes, then double boil or soak.

Number of servings: 4

Nutritional information:

> Calories: 92 > Potassium: 303 mg

Sodium: 70 mgCarbohydrates: 10 g

> Protein: 4 g> Phosphorus: 74 mg

Roasted Red Pepper Soup

4 cups chicken broth, low-sodium

1½ cups red peppers, roasted, sliced (about 3 peppers)

1 cup medium onions, halved, thinly sliced (about 2 medium onions)

3 tbsp lemon juice

1 tbsp lemon zest, finely minced

Pinch of cayenne pepper

1/4 tsp cinnamon

½ cup fresh cilantro, finely minced

- 1. To roast peppers, preheat oven to 400° F. Place peppers on baking sheet lined with parchment paper and cook for 20 minutes. Flip peppers to other side and cook for another 20 minutes. Take out of oven and steam for 15 minutes (place in a plastic bag and put in a bowl of hot water covered with plastic wrap, or under a glass bowl). Remove core and peel skin off peppers. Slice thinly.
- 2. In a medium stockpot, combine all ingredients except cilantro. Bring to a boil over high heat. Lower heat and simmer, partially covered, for about 30 minutes, until thickened. Cool slightly.
- 3. Using a hand blender or food processor, pureé the soup. Add the cilantro and gently reheat.

Number of servings: 4

Nutritional information:

Calories: 91Potassium: 500 mg

Sodium: 81 mgCarbohydrates: 15 g

> Protein: 6 g
> Phosphorus: 113 mg

Sauces, Seasonings, and Dressings

Barbeque Sauce

⅓ cup canola oil ¼ cup vinegar

½ cup tomato juice, no added salt 1 tsp pepper

1 tbsp brown sugar ⅓ cup water

1 clove garlic ¼ tsp onion powder

1 tbsp paprika

1. Combine all ingredients. Simmer in a saucepan for about 20 minutes.

Number of servings: 8 (2 tbsp per serving)

Nutritional information:

Calories: 94Potassium: 62 mg

> Sodium: 3 mg > Carbohydrates: 3 g

> Protein: 0.3 g
> Phosphorus: 7 mg

Honey Dressing

½ cup sugar ¼ cup vinegar

1 tsp dried mustard 2 tbsp lemon juice

1 tsp paprika 1 tsp onion, grated

½ cup honey 1 cup canola oil

1. Mix dry ingredients together. Add honey, vinegar, lemon juice, and onion.

2. Beat together with blender. Slowly add oil, beating constantly.

Nutritional information per 1 oz serving:

Calories: 115
Potassium: 8 mg

> Sodium: 0.6 mg > Carbohydrates: 10 g

> Protein: 0.1 g
> Phosphorus: 2 mg

Basic Dressing

1/4 cup red wine vinegar 1/4 cup water

1/4 tsp garlic powder 1/4 tsp pepper

1/4 tsp dry mustard 2 tbsp lemon juice

½ tsp sugar 1 cup olive oil

1. Whisk together all ingredients.

Makes: 1 to 1½ cups

Nutritional information per 1 oz serving:

> Calories: 177 > Potassium: 7 mg

> Sodium: 1 mg
> Carbohydrates: 1 g

> Protein: 0 g> Phosphorus: 1.5 mg

Curry Dressing

1 tsp curry powder 1 to 1½ cups Basic Dressing

⅓ tsp ground ginger

1. Whisk together all ingredients.

Makes: 1 to 1½ cups

Nutritional information per 1 oz serving:

Calories: 171
Potassium: 38 mg

Sodium: 2 mgCarbohydrates: 2 g

> Protein: 0.3 g
> Phosphorus: 8 mg

Italian Dressing

2 tsp dried oregano ½ tsp sugar

1 tsp dried basil 1 to 1½ cups Basic Dressing

1 tsp dried tarragon

1. Whisk together all ingredients.

Makes: 1 to 1½ cups

Nutritional information per 1 oz serving:

Calories: 160Potassium: 62 mg

Sodium: 1.4 mgCarbohydrates: 5 g

> Protein: 0.4 g> Phosphorus: 8 mg

Oil and Vinegar Dressing

1/4 cup balsamic vinegar 1/4 tbsp Parmesan cheese, grated

1/4 cup olive oil Dash of pepper

1/4 tbsp paprika

1. Whisk together all ingredients. Toss with salad.

Makes: ½ cup

Nutritional information per 1 oz serving:

> Calories: 126 > Potassium: 26 mg

> Sodium: 8 mg
> Carbohydrates: 3 g

> Protein: 0.2 g
> Phosphorus: 6 mg

Creamy Vinaigrette Dressing

2 tbsp cider vinegar 1 tsp ground cumin

2 tbsp lime or lemon juice ½ cup light sour cream

1 clove garlic, minced 2 tbsp olive oil

1 tsp Dijon mustard ¼ tsp pepper

1. Combine all ingredients and mix well.

2. Pour into salad dressing container. Chill.

Nutritional information per 1 oz serving:

Calories: 56Potassium: 47 mg

> Sodium: 20 mg > Carbohydrates: 2 g

> Protein: 1 g> Phosphorus: 14 mg

Teriyaki Marinade

2 tbsp soy sauce, low-salt 1 clove garlic, minced

2 tbsp cooking sherry or apple juice 2 tbsp lemon juice

1 tsp dried ginger ½ tsp pepper

2 tbsp canola oil

1. Combine ingredients and mix well. Place 1 pound of poultry, beef, or pork in a sealable plastic bag. Pour marinade into bag and put in the fridge for 4 to 24 hours.

2. Remove meat from bag and throw away marinade. Cook as desired.

Nutritional information for whole marinade:

Calories: 315Potassium: 172 mg

Sodium: 1060 mgCarbohydrates: 16.5 g

→ Protein: 1.5 g
→ Phosphorus: 48 mg

Herb Marinade

½ cup lemon juice 1 tbsp fresh parsley, chopped

1 tsp honey 1 tsp dried basil

⅓ cup canola oil ¼ tsp dried oregano

1 clove garlic, finely chopped

1. Combine ingredients and mix well. Place 1 pound of poultry, beef, or pork in a sealable plastic bag. Pour marinade into bag and put in the fridge for 4 to 24 hours.

2. Remove meat from bag and throw away marinade. Cook as desired.

Nutritional information for whole marinade:

Calories: 691Potassium: 243 mg

Sodium: 9 mgCarbohydrates: 18 g

> Protein: 1.0 g
> Phosphorus: 21 mg

Basic Seasoning

2 tbsp paprika 1 tsp pepper

1 tbsp dry mustard 1 tsp thyme

1 tbsp garlic powder 1 tsp dried basil

1 tbsp onion powder

1. Combine all ingredients and mix well.

Nutritional information:

Calories: 6Potassium: 24 mg

Sodium: 0.5 mgCarbohydrates: 1 g

> Protein: 0 g> Phosphorus: 8 mg

Asian-Inspired Seasoning

4 tsp ground ginger 2 tsp ground allspice

2 tbsp onion powder ½ tsp ground cloves

1 tbsp anise seeds, crushed 2 tsp sesame seeds

1. Combine all ingredients and mix well.

Nutritional information:

Calories: 6 > Potassium: 16 mg

Sodium: 0.7 mgCarbohydrates: 1 g

> Protein: 0.1 g
> Phosphorus: 0.5 mg

Italian Seasoning

2 tbsp garlic powder ½ tsp pepper

1 tbsp parsley ½ tsp thyme

1 tbsp dried basil 2 tsp onion powder

1 tsp dried oregano

1. Combine all ingredients and mix well.

Nutritional information:

> Calories: 4 > Potassium: 15 mg

→ Sodium: 0.6 mg → Carbohydrates: 0.8 g

> Protein: 0.2 g> Phosphorus: 4 mg

Taco Seasoning

3 tbsp onion powder ½ tsp cayenne

2 tbsp ground cumin 1 tsp garlic powder

1½ tsp chili powder

1. Combine all ingredients and mix well.

Nutritional information:

Calories: 6 Potassium: 15 mg

Sodium: 0.6 mg Carbohydrates: 1 g

> Protein: 0.2 g
> Phosphorus: 6 mg

Appetizers

Toppings:

Apple Brie Pizza

Pizza crust:

1¼ cups all-purpose flour

1 tsp instant yeast 2 tbsp light sour cream

½ cup hot water ¼ tsp dill weed

4 tsp canola oil 1 tsp apple juice

2 tsp cornmeal 1 to 2 red apples, with peel, cut into paper-thin wedges

2 tsp Parmesan cheese, grated

7 oz Brie cheese with rind, softened

Pizza crust:

- Measure flour and yeast into a food processor. With lid in place and machine running, pour hot water and cooking oil through food chute. Process for about 50 seconds until a ball is formed. Remove dough and wrap in plastic wrap. Let rest for 10 minutes. If you do not have a food processor, you can also mix the dough by hand.
- 2. Heat oven to 450°F.
- 3. Divide dough into 2 equal portions. Sprinkle 1 tsp cornmeal on working surface. Roll 1 portion of dough over cornmeal to 10-inch diameter. Repeat with second portion of dough.
- 4. Place dough on a greased baking sheet. Poke holes all over the dough with a fork. Bake each crust on the bottom rack for about 10 minutes. You can bake these one at a time. Cool the crusts before adding toppings.

Toppings:

- 1. Mash Brie cheese, sour cream, dill weed, and apple juice with a fork on a large plate. Mix coarsely rather than mashing until smooth. Spread over both crusts.
- 2. Arrange apple slices in a single layer over each crust. Sprinkle with Parmesan cheese. Bake in centre of a 450 °F oven for about 5 minutes, until the crust is crisp and the surface is starting to turn golden. Cut each pizza into 12 wedges, for a total of 24 wedges.

Number of servings: 12 (2 slices per serving)

Nutritional information:

Calories: 131Potassium: 67 mg

Sodium: 109 mgCarbohydrates: 13 g

> Protein: 5g
> Phosphorous: 56 mg

Nuts and Bolts

4 cups Cheerios® cereal ½ cup canola oil

4 cups Shreddies® cereal ½ tsp garlic powder

2 cups white bread, cut into cubes 1 tsp onion powder

1/4 cup unsalted margarine, melted 1/4 tsp pepper

- 1. In a large bowl, mix together bread cubes and cereals.
- 2. Pour margarine over cereal mixture.
- 3. Add oil and spices to cereal mixture. Stir well.
- 4. Spread mixture on 2 cookie sheets. Bake in a 250°F oven for 1 hour.
- 5. Cool and store in a covered container.

Number of servings: 20 (½ cup per serving)

Nutritional information:

Calories: 143Potassium: 43 mg

Sodium: 105 mgCarbohydrates: 16 g

→ Protein: 2.3 g → Phosphorus: 31 mg

Snack Dip

4 oz (120 g) light cream cheese,

softened

1 tbsp green onion, chopped

1 tbsp mayonnaise

1½ tsp white vinegar

3/4 tsp lemon juice

3/4 tsp mustard powder

½ tsp horseradish, prepared

½ tsp paprika

1/4 tsp garlic powder

1/4 tsp cayenne pepper

1. Combine all ingredients in a small bowl. Mix well.

2. Keep in the fridge until ready to serve.

Number of servings: 4

Adapted from: Canadian Association of Nephrology Dietitians (2015).

Kidney friendly cooking

Nutritional information:

> Calories: 88

> Sodium: 152 mg

> Protein: 2.5 g

> Potassium: 90 mg

Carbohydrates: 3 g

> Phosphorus: 51 mg

Devilled Eggs

6 eggs, hard-boiled, cooled, peeled 1/8 tsp pepper

1 tsp Dijon mustard

- 1. Cut eggs in half lengthwise. Gently scoop out yolks and place in small bowl.
- 2. Mash yolks with fork. Add mayonnaise, mustard, and pepper. Mix well.
- 3. Spoon yolk mixture into egg white halves, dividing evenly. Sprinkle with paprika.*

*For a nicer presentation, spoon yolk mixture into a plastic bag. Cut a small hole in one corner. Gently squeeze mixture into egg white halves through the hole.

To hard-boil eggs:

- 1. Put raw eggs in a pot of cold water.
- 2. Bring water to a boil. Then turn off the heat and leave the pot on the stove.
- 3. Cover the pot and leave it for 10 minutes.
- 4. Drain the hot water and cool the eggs in cold water.
- 5. When the eggs are cool, crack the shells and peel them.

Number of servings: 6

Adapted from: Canadian Association of Nephrology Dietitians (2015).

Kidney friendly cooking

Nutritional information:

> Calories: 147 > Potassium: 90 mg

Sodium: 120 mgCarbohydrates: 0.7 g

> Protein: 6 g > Phosphorus: 90 mg

Italian Meatballs

4 large eggs 3 cloves garlic, minced

1/3 cup bread crumbs 1 medium onion, chopped

1/4 cup Parmesan cheese, grated 1 tsp pepper

3 tbsp olive oil 1 tbsp Dijon mustard

1/4 cup parsley, chopped 2 pounds lean ground beef

- 1. Preheat oven to 350°F. Spray baking sheet with non-stick cooking spray or line with parchment paper.
- 2. Combine all ingredients in a large bowl and stir. Add beef and mix well.
- 3. Form mixture into 1-inch balls. Place the balls in a single layer on a baking sheet.
- 4. Bake for 30 to 40 minutes, or until browned. Turn the meatballs once, after 15 to 20 minutes.
- 5. Freeze any extra meatballs to use later.

Number of servings: 8 (4 meatballs per serving)

Adapted from: Canadian Association of Nephrology Dietitians (2015). Kidney friendly cooking

Nutritional information:

Calories: 500Potassium: 339 mg

Sodium: 216 mgCarbohydrates: 6 g

→ Protein: 22 g
→ Phosphorus: 237 mg

Sides

Candied Carrots and Apples

3 cups carrots, sliced*

½ cup brown sugar, packed

1/4 tsp pepper

½ tsp ground nutmeg

3 medium Granny Smith apples, cored, peeled, sliced

2 tbsp unsalted margarine

- 1. Boil carrots in water for 15 to 20 minutes, until soft. Drain.
- 2. Mix together brown sugar and spices.
- 3. Spray a baking dish with cooking spray. Arrange apples and carrots in alternating layers, sprinkling each layer with brown sugar and spices.
- 4. Dot with pieces of margarine. Cover and bake at 350°F for 30 to 40 minutes, or until apples are soft. Uncover and bake for 10 minutes longer.

Number of servings: 8 (3/4 cup per serving)

Nutritional information:

Calories: 128Potassium: 212 mg

Sodium: 38 mgCarbohydrates: 1 g

> Protein: 128 g > Phosphorus: 26 mg

^{*}For a low potassium version, soak carrots in water for 4 hours before cooking.

Renal-friendly Mac and Cheese

2 cups elbow, shell, or bowtie pasta

5 oz cream cheese spread

4 oz can green chilies, diced, rinsed, drained

Pepper, to taste

- 1. Cook pasta in boiling water without salt or butter based on package instructions. Drain.
- 2. Add cream cheese spread and chilies. Stir until cream cheese spread is melted into pasta.
- 3. Serve hot. Add pepper to taste.

For a higher protein version, add browned and drained ground beef.

Number of servings: 4

Nutritional information:

Calories: 220Potassium: 102 mg

Sodium: 347 mgCarbohydrates: 24 g

→ Protein: 7 g → Phosphorus: 76 mg

Chicken and Pasta Salad

Pasta salad:

6 oz (180 g) cooked chicken, cubed

3 cups pasta, spiral, cooked

½ green pepper, minced

1½ tbsp onion, minced

½ cup celery, chopped

Garlic mustard vinaigrette:

2 tbsp cider vinegar

2 tsp mustard

½ tsp white sugar

1 garlic clove, minced

⅓ cup water

⅓ cup olive oil

2 tsp Parmesan cheese, grated

½ tsp pepper

1. Combine pasta salad ingredients and set aside.

2. In another bowl, mix together vinegar, mustard, sugar, garlic, and water. Slowly whisk in oil. Stir in Parmesan and pepper.

3. Combine 1/3 cup of dressing with pasta salad and chill.

Note: Leftover vinaigrette can be stored in the fridge for up to 2 weeks. Stir or shake well before using.

Number of servings: 6

Nutritional information:

Calories: 273

> Sodium: 56 mg

> Protein: 13 g

> Potassium: 154 mg

Carbohydrates: 23 g

> Phosphorus: 116 mg

Chicken and Mandarin Salad

1½ cups chicken, cooked, diced 1 cup mandarin orange segments

½ cup celery, diced ¼ cup light mayonnaise

½ cup green pepper, chopped ½ tsp pepper

1/4 cup onion, finely sliced

1. Toss chicken, celery, green pepper, and onion to mix.

2. Add mandarin oranges, mayonnaise, and pepper. Mix gently and serve. Serve with a bun for a balanced meal.

Number of servings: 3

Nutritional information:

Calories: 228Potassium: 411 mg

Sodium: 209 mgCarbohydrates: 13 g

> Protein: 23 g
> Phosphorus: 186 mg

Stuffed Peppers

3 bell peppers 2 cups rice, cooked

1 pound lean ground beef ½ cup water

1 tsp unsalted margarine ½ cup soft white bread crumbs

1/4 cup onion, chopped 1 tsp poultry seasoning

3 tbsp thick and chunky mild salsa 1 tsp melted margarine

1 tsp Mrs. Dash® onion herb seasoning

- 1. Cut peppers in half lengthwise. Remove seeds and membranes. Parboil until partially cooked, about 4 minutes.
- 2. In a large non-stick frying pan, brown the beef. Drain and mix with cooked rice in a separate dish.
- 3. Place 1 tsp of margarine in a frying pan and sauté the onions until clear. Add salsa, Mrs. Dash®, ½ cup water, and meat and rice mixture.
- 4. Place the pepper halves into a shallow baking pan and stuff with beef and rice mixture. If there is extra filling, place it around the peppers. Add ½ cup water to the pan.
- 5. Combine the bread crumbs, poultry seasoning, and melted margarine. Divide and sprinkle it on top of the stuffed peppers.
- 6. Cover and bake at 350°F for 30 minutes. Uncover and bake until browned, about 5 minutes.

Number of servings: 6

Nutritional information:

Calories: 331Potassium: 439 mg

Sodium: 189 mgCarbohydrates: 23 g

> Protein: 23 g > Phosphorus: 200 mg

Summer Potato Salad

2¼ cups potatoes, diced 2 tsp vinegar

3 tbsp celery, finely chopped 1/8 tsp dry mustard

3 tbsp onion, finely chopped 1/8 tsp dried parsley

3 tbsp green pepper, finely chopped Pinch of pepper

2 eggs, hard-boiled, chopped Pinch of garlic powder

1/4 cup light mayonnaise

1. Soak the potatoes in a large pot of water for 4 hours up to overnight, or double-boil. Cool in the fridge.

2. Cook potatoes in unsalted boiling water. Drain and put in the fridge until cool.

3. Add chopped vegetables and eggs to potatoes.

4. In a separate bowl, combine mayonnaise, vinegar, and all spices. Pour over cooled potato mixture and stir lightly.

Number of servings: 5

Nutritional information:

Calories: 120Potassium: 296 mg

Sodium: 117 mgCarbohydrates: 16 g

> Protein: 4 g> Phosphorus: 68 mg

Broiled Maple Salmon

1 tbsp ginger root, grated

1 clove garlic, minced

1/4 cup maple-flavoured pancake syrup

1 tbsp hot pepper sauce

1 pound (about 4) salmon fillet

portions, fresh, skinless

1. Spray a non-stick frying pan with vegetable spray. Heat over medium heat. Cook ginger and garlic for 3 to 5 minutes while stirring. Remove the pan from the heat. Stir in syrup and hot pepper sauce.

- 2. Preheat broiler. Line a baking sheet with foil and spray with cooking spray.
- 3. Place fillets on prepared baking sheet. Divide sauce among fillets, brushing over tops and sides. Broil salmon 4 inches under broiler for 10 minutes, or until fish flakes easily when prodded with a fork. Serve right away.

This dish is delicious with boiled rice or pasta.

Number of servings: 4

Nutritional information:

Calories: 282Potassium: 453 mg

Sodium: 175 mgCarbohydrates: 13 g

> Protein: 25 g
> Phosphorus: 290 mg

Chicken Curry

1 tsp canola oil

1 pound (454 g) chicken, skinless, diced ¼ tsp pepper

1 clove garlic, crushed, or garlic powder 1 tbsp curry powder

to taste

1 tsp cornstarch

1 medium onion, chopped 1 oz non-hydrogenated unsalted

margarine

Water, as much as needed

1. Fry the onion and garlic until brown.

- 2. Add diced chicken and fry gently in small amount of oil.
- 3. In a separate pan, melt the margarine and whisk in cornstarch.
- 4. Add in a little bit of water to form a paste.
- 5. Add in water (up to 1 cup) and whisk in curry powder and pepper.
- 6. Add sauce to chicken and boil to reduce (thicken) sauce.
- 7. Lower heat, cover, and simmer until cooked.
- 8. Add more water if needed to prevent burning.

This dish is delicious with boiled rice or pasta.

Number of servings: 4

Nutritional information:

Calories: 268Potassium: 361 mg

Sodium: 86 mgCarbohydrates: 4 g

> Protein: 36 g> Phosphorus: 275 mg

Turkey Meatloaf

1½ pounds ground turkey breast 1 bay leaf

1 tbsp olive oil 2 eggs, lightly beaten

1 medium onion, diced 2 tbsp Worcestershire sauce

1/4 cup red bell pepper, diced 1/3 cup bread crumbs

1 tsp dried thyme ½ cup low-sodium ketchup

- 1. Preheat oven to 325° F. Heat olive oil in a medium-sized pan over medium heat. Add onions and bell pepper and sauté for 2 to 3 minutes. Add thyme and bay leaf. Sauté until onions are clear, about 6 to 7 minutes.
- 2. Remove the bay leaf, then set aside the onion mixture and let it cool to room temperature.
- 3. In a medium bowl, mix turkey, bread crumbs, eggs, Worcestershire sauce, and onion mixture until well blended. Put mixture into loaf pan. Top with ketchup.
- 4. Bake for 1 to 1½ hours or until meatloaf temperature reaches 160° F.

Number of servings: 6

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutritional information:

Calories: 283Potassium: 354 mg

Sodium: 213 mgCarbohydrates: 10 g

> Protein: 26 g > Phosphorus: 216 mg

Chicken and Dumplings

2½ pounds chicken, whole ½ tsp baking soda

2 litres water 3 tbsp shortening

½ tsp pepper ¾ cup unsalted buttermilk

2 cups all-purpose flour

1. Place chicken in a large pot and add water. Bring to a boil, then cover, lower heat, and simmer for 1 hour. Remove chicken and let cool slightly. Remove meat from bones and cut into bite-size pieces. Set aside.

- 2. Skim excess foam and fat from top of chicken stock in pot. Bring to a boil, add pepper, and return chicken pieces to pot.
- 3. Combine flour and baking soda, then cut in shortening until mixture resembles coarse meal. Add buttermilk, stirring with a fork until dry ingredients are moistened.
- 4. Turn dough onto a well-floured surface and knead lightly 4 or 5 times. Flatten dough to ½-inch thick.
- 5. Pinch off dough in 1½-inch pieces and drop into boiling broth. Lower heat to low-medium and cook for 8 to 10 minutes, stirring every so often until dumplings are firm. Add chicken and serve.

Number of servings: 6 (11/4 cup per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutritional information:

> Calories: 430 > Potassium: 221 mg

Sodium: 164 mgCarbohydrates: 33 g

> Protein: 20 g
> Phosphorus: 182 mg

Bruce's Homemade Sausage

2½ pounds ground pork 2 tsp allspice

½ pound lean ground beef ½ cup warm water

2 tbsp ground coriander Sausage casings (optional)

1/8 tsp pepper

1. Combine all ingredients and mix well.

- 2. Put in casings or form into patties.
- 3. In a large skillet, fry sausage in batches at medium heat for 15 to 20 minutes until evenly browned on all sides.
- 4. Freeze for up to 3 months.

This dish is delicious with boiled rice or pasta.

Number of servings: 15 (2 oz patty per serving)

Nutritional information:

Calories: 264Potassium: 332 mg

Sodium: 70 mgCarbohydrates: 1 g

> Protein: 23 g
> Phosphorus: 204 mg

Fish Cakes

1 pound haddock, cooked, flaked ½ cup plain bread crumbs

1 to 2 tsp lemon juice 2 eggs, beaten

3 cups mashed potatoes* Pepper and paprika, to taste

- 1. Sprinkle lemon juice over flaked fish. Combine all ingredients in a bowl.
- 2. Shape into 6 cakes, about 1 inch thick.
- 3. Dip in beaten egg and roll in bread crumbs.
- 4. Place on a cookie sheet and bake at 375°F until heated through.

Number of servings: 6

Nutritional information:

Calories: 152Potassium: 560 mg

Sodium: 70 mgCarbohydrates: 16 g

> Protein: 20 g> Phosphorus: 214 mg

^{*}For a low potassium version, peel and dice potatoes, then double boil or soak.

Low Salt Pizza

Dough: Sauce:

2 cups all-purpose flour 1 tbsp canola oil

1 tsp instant yeast ½ tsp oregano

1 cup warm water 1/3 tsp garlic powder

1 tbsp sugar ½ cup water

1 tbsp canola oil 75 ml tomato sauce, unsalted

Toppings:

6 oz mozzarella cheese, shredded

1/2 pound ground beef, cooked, well drained

1/4 cup green pepper, chopped

1/4 cup onion, chopped

- 1. Preheat oven to 400° F. Dissolve yeast in warm water. Stir in oil, sugar, and flour to make a soft dough. Add flour slowly, as you may not need all of it. Place in a greased bowl, cover, and set aside for about 15 minutes.
- 2. Combine tomato sauce, water, garlic powder, oregano, and oil in a small saucepan. Simmer for 5 minutes.
- 3. Grease a 17 x 14-inch baking sheet. Press dough on sheet and over the edges. Cover with sauce. Top with onion, green pepper, beef, and cheese.
- 4. Bake in the centre of the oven for about 20 to 30 minutes, until dough and cheese are golden brown. Cut into 12 pieces and serve.

Number of servings: 12

Adapted from: www.rsnhope.org/renal-recipes-kidney-friendly

Nutritional information:

> Calories: 201 > Potassium: 176 mg

Sodium: 75 mgCarbohydrates: 19 g

> Protein: 11 g
> Phosphorus: 115 mg

Desserts

Fruity Rice Pudding

1 cup water 1 sachet Splenda® sugar substitute

1 can (14 oz) pineapple, no sugar added 2 cups Cool Whip® Light

1 cup Minute Rice®, uncooked Cinnamon (optional)

1. Combine water and pineapple. Microwave for 5 minutes on high power.

- 2. Add Minute Rice® and Splenda®. Cover and let stand for 30 minutes.
- 3. Stir in Cool Whip®. Divide between 6 small bowls and sprinkle with cinnamon, if desired.

Number of servings: 6

Nutritional information:

Calories: 192Potassium: 132 mg

Sodium: 21 mgCarbohydrates: 37 g

> Protein: 3 g
> Phosphorus: 43 mg

Strawberry Pie

4 cups strawberries, fresh, stems removed

1⅓ cups sugar

1½ cups cold water

⅓ cup cornstarch

1 tbsp lemon juice

1 pie shell, baked

Icing sugar

- 1. Place strawberries in pie shell. Set aside.
- 2. In a medium saucepan, heat sugar and ½ cup water. Bring to a boil.
- 3. Dissolve cornstarch in remaining 1 cup water and add to sugar mixture. Cook until clear and thick. Add lemon juice. Pour over strawberries.
- 4. Cool to room temperature. Dust with icing sugar and serve.

Number of servings: 8

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutritional information:

Calories: 296Potassium: 128 mg

Sodium: 124 mgCarbohydrates: 55 g

> Protein: 2 g> Phosphorus: 33 mg

Strawberry Cobbler

1 cup all-purpose flour 3/4 cup water

2 tsp Magic[®] baking powder 1 (20 oz) package frozen strawberries*

1 cup sugar

1. Preheat oven to 400° F. Combine flour, baking powder, and ½ cup sugar in a bowl. Add water and pour into greased baking dish.

- 2. Heat strawberries and remaining ½ cup sugar in a saucepan until mixture boils. Pour over batter.
- 3. Bake cobbler for 30 minutes, or until golden brown.

*You can substitute raspberries, blackberries, or any low potassium fruit, for strawberries, if desired.

Number of servings: 6 (% cup per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutritional information:

Calories: 238Potassium: 163 mg

Sodium: 136 mgCarbohydrates: 58 g

> Protein: 3 g
> Phosphorus: 35 mg

Key Lime Squares

Crust: Filling:

1 cup all-purpose flour ½ tsp Magic® baking powder

1/4 cup icing sugar 2 tbsp lime juice

½ cup unsalted margarine, softened 2 eggs

1 cup sugar

1. Preheat oven to 350° F. Combine flour, icing sugar, and margarine. Press into an ungreased pan. Bake for 20 minutes.

- 2. Use an electric mixer to beat filling ingredients on medium speed until light and fluffy, then pour over hot crust. Bake just until no indentation remains when touched lightly in the centre, about 25 minutes.
- 3. Let stand until cool, then cut into 1½-inch squares. Dust tops with icing sugar.

Number of servings: 12

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutritional information:

Calories: 192Potassium: 24 mg

Sodium: 28 mgCarbohydrates: 27 g

> Protein: 2 g> Phosphorus: 28 mg

Old Fashioned Sugar Cookies

2 cups all-purpose flour 3/4 cup sugar

½ tsp baking soda 1 egg

½ tsp Magic® baking powder 1 tsp vanilla

½ cup unsalted margarine, Sugar, for rolling

room temperature

1. Sift together flour, baking soda, and baking powder. Set aside.

- 2. Using an electric mixer, beat margarine and sugar until well blended. Add vanilla and egg, and stir. Cover and chill until firm, about 30 minutes or up to a day.
- 3. Preheat oven to 350° F. Roll 1 tbsp of dough into a ball, dip in sugar, and place on cookie sheet. Repeat with remaining dough, spacing balls evenly on sheet. Press each ball with the back of a fork to flatten.
- 4. Bake cookies on middle oven rack until light brown, about 11 to 12 minutes. Cool on racks before serving.

Number of servings: 24 (1 cookie per serving)

Adapted from: Joel, K. (2006). Friendly comfort foods: A collection of recipes for eating well with chronic kidney disease

Nutritional information:

Calories: 98Potassium: 13 mg

Sodium: 37 mgCarbohydrates: 14 g

> Protein: 1 g> Phosphorus: 15 mg

Brownies

2 eggs 1 cup sugar

½ cup unsalted margarine ⅓ cup semi-sweet chocolate chips*

2 squares baking chocolate* 1 tsp vanilla

½ cup all-purpose flour, sifted

1. Preheat oven to 350° F. Beat eggs until thick. Then add sugar or Splenda® and stir.

- 2. Melt chocolate, margarine, and chocolate chips in a bowl over hot water.
- 3. Add vanilla and egg. Fold in flour.
- 4. Pour into a greased 9 x 9-inch pan and bake for 30 minutes.
- 5. Cool and cut into 20 squares. Serve.

Number of servings: 20

Nutritional information:

> Calories: 126 > Potassium: 46 mg

Sodium: 8 mgCarbohydrates: 15 g

> Protein: 1 g
> Phosphorus: 29 mg

^{*} Chocolate is high in potassium and phosphorous, but has been specially calculated for this recipe. Use only as directed.

High Protein Rice Krispies® Treats

7 tbsp butter 1½ cups whey protein powder*

40 large marshmallows 6 cups Rice Krispies® cereal

- 1. In a large glass mixing bowl, microwave butter and marshmallows for 2 minutes on high power. Stir to combine ingredients. Microwave 1½ to 2 minutes longer.
- 2. Add protein powder and stir until smooth. Add Rice Krispies® cereal and stir until well coated.
- 3. Pour onto a greased 13 x 9 x 2-inch baking pan or cookie sheet and press down.
- 4. Cool and cut into 12 bars, 3 x 4-inch each.

Number of servings: 12

Adapted from: Annette, DaVita dietitian from Nevada

Nutritional information:

Calories: 247Potassium: 89 mg

Sodium: 206 mgCarbohydrates: 31 g

> Protein: 14 g > Phosphorus: 118 m

^{*}If you are not on dialysis and want a lower protein version, leave out the protein.

^{*}After protein powder is added, mix Rice Krispies® cereal in as soon as possible because the protein powder will start to harden as it cools.

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Questions for my health care team:	

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