

Breakfast Ideas for Patients With Chronic Kidney Disease



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Intended Audience: Patients with Chronic Kidney Disease

AFTER THE DIAGNOSIS of chronic kidney disease (CKD), a restricted diet may be necessary to avoid additional stress on the kidneys, as well as avoiding further health complications.¹ With the vast information available on the internet, one can find countless recipes for every meal, health concern, and occasion. Recipes and meal ideas for CKD are no exception. However, one should exercise caution and use their best judgment when using recipes from online searches as not all sources are credible. In addition, while there is an abundance of lunch and dinner ideas, breakfast ideas for patients with CKD are in a seemingly shorter supply.^{2,3}

While breakfast can be a potentially easy meal for patients with CKD to modify to meet their needs, there are numerous common ingredients and items that they need to monitor. Many of the premade breakfast items that are available from the freezer sections of the grocery store are high in sodium. These items might include breakfast sausage, ham, bacon, frozen breakfast sandwiches, French toast, waffles, and pancakes. One can still enjoy these items, but they should be altered to reduce sodium content. One option would be for patients to make these items from scratch using a modified recipe that is lower in salt. Fresh foods made from scratch are typically lower in sodium than their premade counterparts.

Another option, if the patient prefers to purchase premade items, would be to look for low-sodium labels on these foods. With products that are marketed as low-sodium items, it is imperative to still check the nutrition facts label for the sodium content. Some foods that are marketed as low-sodium items are actually not low in salt at all. It is important to assess how these foods fit into the daily sodium restriction of around 2-3 g or 2,000-3,000 mg per day. In addition, a food item that is low in sodium on the

nutrition facts label in the United States will say 15% or less of the daily value.¹

Another area of concern for patients with CKD regarding breakfast items is potassium. Many breakfast staple foods or recipes center on dairy products, which are high in potassium and phosphorus.¹ Some examples include French toast, pancakes, and pastries. Milk is also often added to an egg wash for omelettes or scrambled eggs. One's favorite milk substitute can be used in place of dairy with the same end products. With some recipes such as scrambled eggs and omelettes, water can also be used in place of milk.

Vegetables that are high in potassium, such as spinach, tomatoes, potatoes, and avocado, can be substituted for vegetables that are lower in potassium such as peppers, kale, asparagus, mushrooms, or onions.

As mentioned earlier regarding dairy foods, phosphorus should be limited in the diet for those with CKD.¹ Examples of other foods that are high in phosphorus include processed meats, bran cereals, beans, oatmeal, and nuts. Trying to incorporate organic phosphorus food in place of inorganic phosphorus food can reduce the amount of phosphorus your body absorbs. When purchasing meats to be used in a breakfast recipe, be sure to look out for any added phosphates or to ask the butcher for meat with no phosphorus added.

Additional considerations for patients with CKD are fat and protein.^{1,4} To be heart healthy, large amounts of saturated fats, such as those found in butter, coconut oil, and red meat, should be limited in lieu of healthier fats such as olive oil and leaner proteins such as chicken. Protein should be eaten in low to moderate amounts for patients who are not currently on dialysis. Those on dialysis have increased protein needs but should still strive for leaner cuts of meat to avoid high amounts of saturated fats.

By making simple substitutions in breakfast recipes, and by reading nutrition facts labels, breakfast can be a stress-free meal for those with CKD. The accompanying handout serves as a simple tool to provide easy breakfast ideas to patients.

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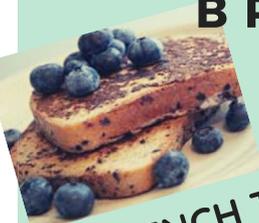
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BREAKFAST IDEAS

FOR CHRONIC KIDNEY DISEASE



FRENCH TOAST

2 slices white bread, 2 egg whites, 1 tablespoon of a renal protein drink, 1 tablespoon pure maple syrup. Optional: Try adding ¼ cup fresh blackberries, blueberries or adding cinnamon (recipe makes 2 servings)

-Mix the egg whites, the renal protein drink (and optional cinnamon) in a medium bowl. Dip the bread slices into the mixing bowl with the egg wash. Heat a non-stick skillet over medium heat. Cook the slices until golden brown on both sides. Serve with maple syrup and berries if desired.

2 whole eggs, 1/2 cup cauliflower, 1/4 cup fresh spinach (optional based on potassium restriction), 1/2 garlic clove, minced, 2 tablespoons bell pepper, chopped, 2 tablespoons onion, chopped, 1/4 tsp black pepper, 1 tablespoon oil of choice, Fresh parsley and spring onion for garnish.

-Beat eggs and set aside. Heat oil over medium heat in large skillet. Add onions, peppers, and garlic, to skillet stirring to combine. Immediately add cauliflower and spinach. Sauté vegetables, turn heat to medium-low and cover for 5 minutes. Add eggs, stirring to combine with vegetables. Top with fresh parsley or spring onions.

SCRAMBLE



LIGHT FARE

White bread toast with 1 tbs unsalted peanut butter
 Fresh Fruit: apples, grapes, berries, peaches
 Berry smoothie with milk substitute
 Cream of wheat
 Hummus with carrots
 1/2 plain bagel or English muffin
 *Make sure to read food labels to avoid preservatives containing potassium or phosphorus

