

How a Chef Went Beyond the CKD Diet



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Look At CKD From A Different Perspective



Dietary Guidelines

Rules to play by

Tell me what I can eat

Give me examples



Protein

Decrease animal
protein

Increase vegetable-
based proteins

tofu

grains

seitan

legumes

COUSCOUS



Compensate for Loss of Flavor

Use animal-protein seasonings

low or no sodium grilling spices

make your own sausage spices

marinate

vinegars

fruit



Sauces

Vegetable stock

sautéed vegetables

wine

thickened

Flavored rice milk

simmer rice milk

studded onion

thickened



Cooking Without Salt

Stop cooking with
hidden salt

soup bases

condiments / relishes

Use no-salt flavorings

herbs

dried

fresh

onion powder

garlic powder



Extracting Flavor From Herbs

Use fresh when possible

Roasting whole seeds

fennel

celery

cracked black pepper corns

Coffee grinder for blending dried herbs

Potassium (K) & Phosphorus (P)

Don't follow tradition!

Beet Sorbet

Chilled Gingered Apple Soup



A Craving = Inventing
a Substitution

**Look for similarities in creating
substitutions**

Dialysis Friendly Lasagna

Ruben Sandwich filled with
braised red cabbage



Fats

Replace bad fats with good fats

homemade croutons with olive oil

make your own mayonnaise

Remove as much fat as you can

use spray bottles

Caesar salad dressing

replace olive oil with vegetable stock

Sugar

Replace sweets with fresh fruit

fresh pineapple slices with 1 tablespoon
of melted sorbet

fresh fruit marinated in vanilla & balsamic
vinegar

Use flavorings

fresh ginger

extracts in replace of sugars & syrups

Enough Talk; Let's Get Cooking

Chilled Gingered Apple Soup

Can be served as a

soup

pudding

flavored Cream

Kidney Disease Friendly Cooking; A New Type of Cuisine

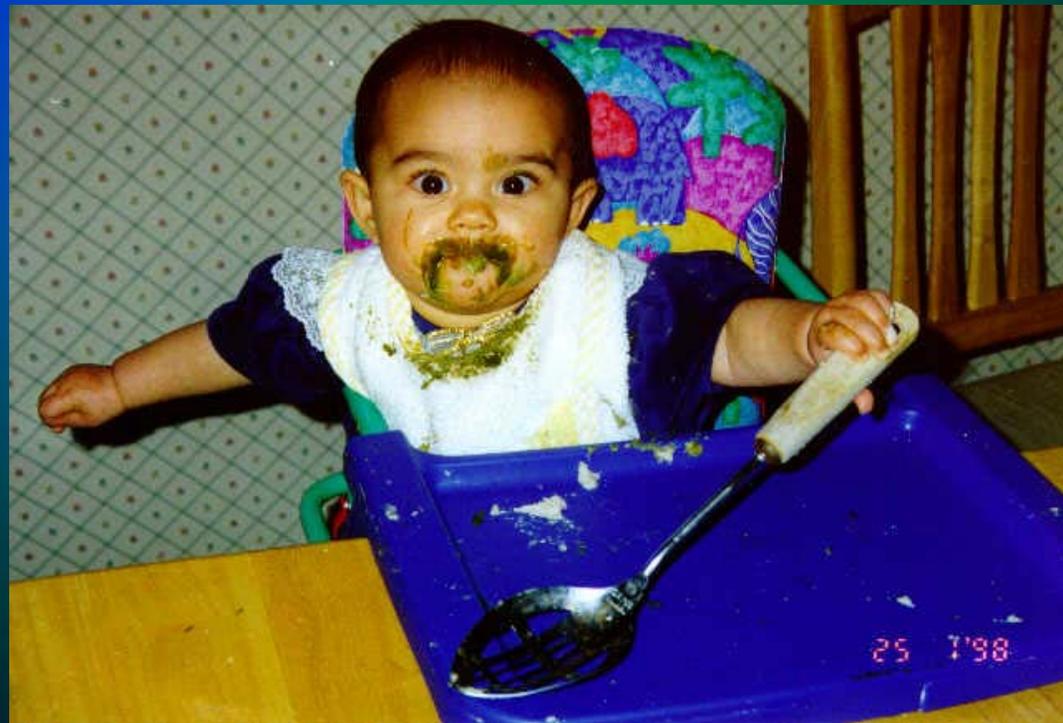


Look At What Is Right With CKD Diets



I Refuse To Give Up Flavor !

We Can Meet Kidney Dietary Guidelines and Create Enjoyable Meals



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