

# Calwood Nutritionals, Inc.

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*Interpreting Research for the Kidney Patient* - August, 2006

Purchase “Apples to Zucchini” at [www.lowprodiet.org](http://www.lowprodiet.org).

Virginia Schuett has published a new cookbook for people on low protein diets with co-author Dorothy Corry. At the request of Nga Hong Brereton, the renal dietitian who worked with Dr. Walser, the authors have included information for the kidney patient, including sodium, potassium and phosphorous levels for all the recipes. Two drawbacks that immediately come to mind are the lack of information for diabetics and I think that her serving sizes tend to be small as her book was written for PKU patients, primarily children. However, by paying attention, you can find a large number of recipes that will provide you with an interesting meal.

The book is divided into sections with a large number of salads and soups. I like Gumbo and her recipe has 1.7 g of protein (½ cup). If you have a bread machine, there are a number of bread recipes which have 0.3 g of protein per slice with tips for low sodium. Green beans are the one type of bean you can have in your diet and there are a number of ways to prepare them. The vegetable section is the largest one in the book. One of the nice touches is to suggest ways that the rest of the family can add meats to their portion of the recipes. There are lots of sauces to add flavor which is a big help to your diet.

Check for Trader Joe’s retail locations at [www.traderjoes.com](http://www.traderjoes.com)

One of the most interesting sections is entitled “Where’s the Beef?”. There are recipes for veggie sausage, meatballs and burgers. An alternative is Trader Joe’s Gardenburgers (5 g protein, limited locations) or Vegelicious burgers.

Check for Vegelicious retailers at [www.vegliciousfoods.com](http://www.vegliciousfoods.com)

If you are diabetic, it gets a lot tougher in the dessert section as the low protein desserts tend to have lots of sugar (remember most PKU diets are for children). There are some recipes for Snack Mix which have no sugar, but most of these have lots of dried fruits and the consequent sugars.

An interesting case report. D.R. has FSGS, characterized by extreme amounts of protein in the urine, 41,000 mg/day in February and had 50% kidney function (GFR), and blood pressure of 190/62. His serum albumin was 1.7, BUN was 43 and creatinine was 1.5. He felt “near death.” He started a low protein diet in March and his urinary protein fell to 8,100 mg/day in one week and by July had declined to 2,700 (still about 10 times normal). He started taking Nutrasentials™ one week after the low protein diet was started and one month later his serum albumin had increased to 2.7. It took another month for the serum albumin to get to 3.0. He increased his Essential Amino Acid intake to 15 g/day. In July, his serum albumin was 3.2 and his kidney function was up to 90%, with a BUN of 18, a creatinine as low as 0.7 and bp of 120/83. He is off cyclosporin completely and his prednisone has been reduced. His progress this far has been characterized by his physicians as “absolutely amazing.” I enjoy hearing about such stories. DR keeps an Excel spreadsheet on his progress away from “near death.” It’s an amazing saga and one to give hope to all kidney patients.