

PREPARATION: 5 MINUTES | COOKING: 2 MINUTES | SERVINGS: 1

# VEGETABLE OMELET IN A MUG

## INGREDIENTS

- 2 large eggs
- 1 tablespoon 2% milk
- 1 tablespoon red onion, diced
- 1 tablespoon red pepper, diced
- 1 tablespoon cheddar cheese, grated
- 1 tablespoon baby spinach, chopped
- 1 tablespoon fresh basil, chopped

## PREPARATION

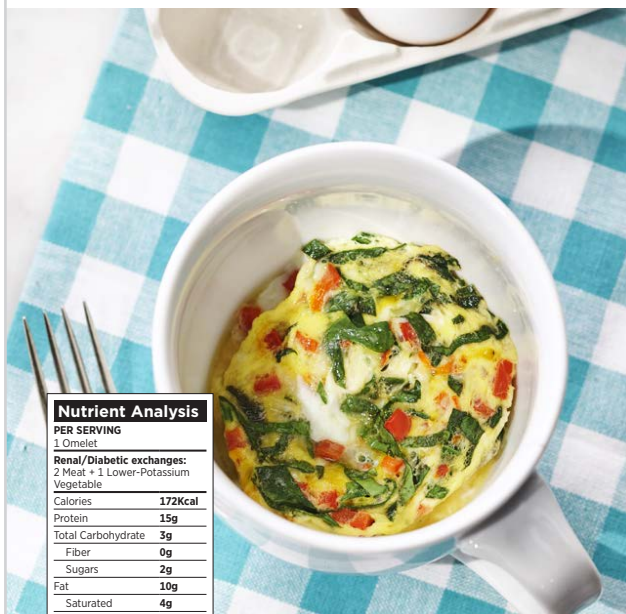
- 1 In a mug, whisk together eggs and milk.
- 2 Add onion, red pepper, cheese, spinach and basil. Mix to combine.
- 3 Place mug in a microwave and cook for 1 ½ to 2 minutes until egg is thoroughly cooked.
- 4 Serve immediately.

## SUGGESTIONS

- ✓ *Cooking times may vary based on microwave. It is recommended to stir the egg mixture after 1 minute of cooking.*



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Nutrient Analysis	
PER SERVING	
1 Omelet	
Renal/Diabetic exchanges: 2 Meat + 1 Lower-Potassium Vegetable	
Calories	172Kcal
Protein	15g
Total Carbohydrate	3g
Fiber	0g
Sugars	2g
Fat	10g
Saturated	4g
Cholesterol	374mg
Sodium	212mg
Potassium	217mg
Phosphorus	253mg
Calcium	113mg
Iron	2mg
Magnesium	20mg
Vitamin C	14mg

Diet Types	
✓ CKD Non-Dialysis	✓ Dialysis/Diabetes
✓ Dialysis	✓ Transplant

## POTASSIUM CHECK ✓

### Breakfast: high-protein, low-potassium options

A healthy diet is an important part of your treatment for chronic kidney disease. As your kidneys fail, the amount of energy your body needs increases! Starting the day with a healthy breakfast can help provide nutrients your body needs. A good morning choice should include protein, but be low in salt, phosphorus and potassium. Plan ahead to ensure you have the right ingredients at home and try some of the following ideas for a nutrient-dense breakfast.

**Shakes:** Start with a kidney-friendly oral nutritional supplement and blend with lower-potassium fruits such as blueberries, pineapple, or raspberries to create a delicious flavor.

**Breakfast Casseroles:** Eggs are high in protein and a good breakfast choice. Limit additions of sausage, ham and milk to lower salt and potassium intake. Improve egg flavor by adding small amounts of lower-potassium vegetables like onions, red peppers, and kale.

**Protein Bars:** When eating on the road, a quick and portable breakfast is necessary. Protein bars can be eaten as part of your kidney diet. Pay attention to the nutrition facts label and ingredient list to avoid high-potassium selections. Ask your dietitian for recommendations.

1. Heng A, Cano M. Nutritional problems in adult patients with stage 5 chronic kidney disease on dialysis (both haemodialysis and peritoneal dialysis). *Clin Kidney J.* 2010;3(2):109-117.

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