

WINTER FRUIT SALAD

INGREDIENTS

Syrup

1 cup water

*2 tablespoons granulated
sugar (or less, if the fruits
are already sweet)*

*1 tablespoon fresh mint leaves,
chopped*

½ teaspoon ground cinnamon

Salad

*1 cup pineapple, cut into cubes
(fresh or canned)*

1 cup red grapes, cut in halves

3 clementines,
split into wedges*

*1 tablespoon mint leaves,
chopped*

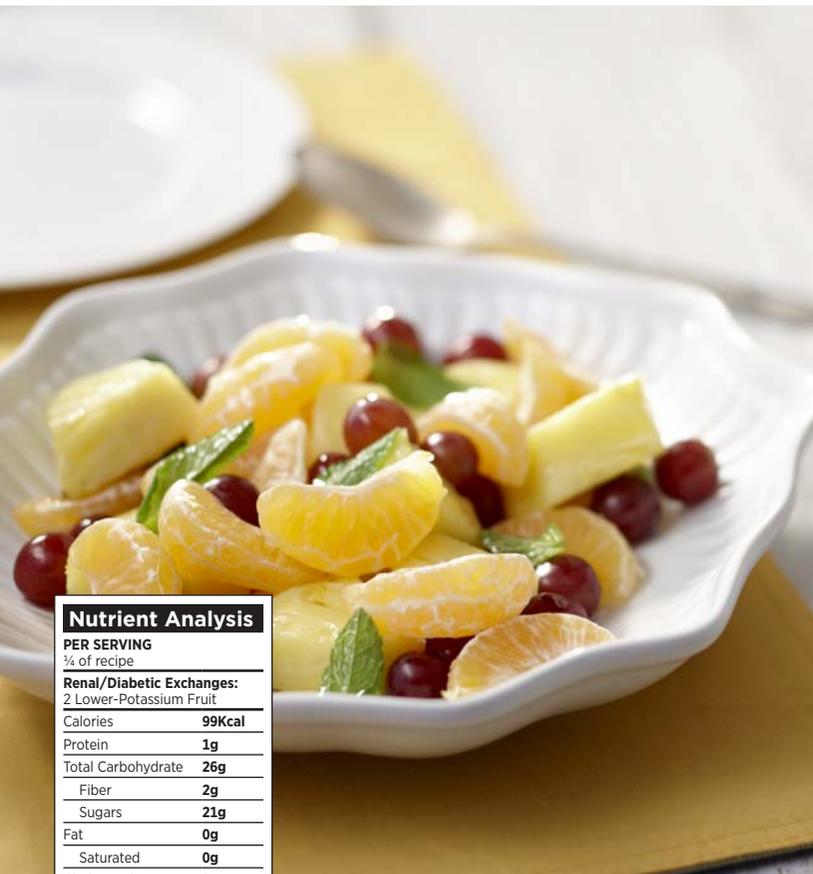
* You can also use canned mandarin oranges if fresh clementines are not available.

PREPARATION

- 1** In a small saucepan, combine water, sugar, mint and cinnamon and bring to a boil. Reduce to medium heat and let simmer until liquid is reduced by about half.
- 2** Remove the syrup from the stove and let cool.
- 3** Arrange the fruits on a serving plate and add the syrup on top. Garnish with mint leaves.



WINTER FRUIT SALAD



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

2 Lower-Potassium Fruit

Calories **99Kcal**

Protein **1g**

Total Carbohydrate **26g**

Fiber **2g**

Sugars **21g**

Fat **0g**

Saturated **0g**

Cholesterol **0mg**

Sodium **3mg**

Potassium **229mg**

Phosphorus **24mg**

Calcium **32mg**

Iron **1mg**

Magnesium **15mg**

Vitamin C **48mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK ✓

Kidney-friendly fruit salad

When planning your meals consider adding a fruit salad to the menu. Fruit is a good source of vitamins and fiber as well as other disease fighting nutrients, making it an important part of a healthy diet. Fruits also contain potassium, which can be a concern for many who have chronic kidney disease.

To lower the potassium content of your fruit salad, choose lower-potassium fruits such as apples, blueberries, raspberries, clementine or mandarin orange slices, grapes, pear, pineapple, plum and dried cranberries. Even though you choose lower-potassium fruits, portion size is still very important. Ask your dietitian how much fruit you should include in your diet every day.

When preparing a fruit salad, use a variety of colors of fruit for added appeal. Use seasonal fruits when possible to allow you to have fresh options, but when they are not available, fruit that has been canned in its own juice is a good choice as well.

Like vegetable salads, you can add a dressing to your fruit salad for additional flavor. Create your own fruit salad dressing from honey and fruit juice such as lemon, lime and pineapple. Other ingredients to add more flavor and visual appeal include poppy seeds, vanilla extract, and cinnamon. Experiment until you find the right combination for you.

Presented by



Favorably reviewed by



Supported by an educational donation by

