

July is "National Blueberry Month"

Renal Diet HQ Features Blueberries For Renal Disease in this months newsletter recipe feature food.

Blueberries are one in hand full of fruits that are available year round, and July, which is high harvest, is National Blueberry Month. North American blueberries are grown to be available from March to October and are grown in approximately 32 states in the Untied States. Blueberries are made available frozen, fresh, dried, juice and canned and add color and flavor to many dishes including sauces, smoothies, breads, desserts and salads. They also make a great snack food eaten fresh by themselves. Blueberries can be incorporated into certain recipes for renal diets but are good for renal diets by themselves. Portion is the key and the additional ingredients are critical to pre-dialysis, pre-dialysis diabetics and dialysis patients. A 1/2 cup serving of blueberries is just 40 calories, 9 mg Phosphorus and 72 mg Potassium. Blueberries are excellent sources of Vitamin C, Dietary Fiber and manganese. They are also known to have antioxidant properties. Many growing states have blueberry festivals, for a list of blueberry festivals in your area visit www.blueberry.org/festivals.htm.

Please see the column next to this one for this month's featured recipe "Blueberry Dream Muffins" that is great for all three diets, pre-dialysis, diabetic pre-dialysis and dialysis.

References: US Highbush Blueberry Council, www.blueberry.org

<http://www.davita.com/recipes/breads/blueberry-dream-muffins/r/5810>

Nutrients Per Serving

- Calories** 171
- Protein** 3 g
- Carbohydrates** 28 g
- Fat** 5 g
- Cholesterol** 18 mg
- Sodium** 95 mg
- Potassium** 39 mg
- Phosphorus** 53 mg
- Calcium** 54 mg
- Fiber** 1.0 g

Provided by: www.renaldiethq.com

Blueberry Dream Muffins

Diet types:

- CKD non-dialysis, Dialysis, & Diabetes

Portions: 12 **Serving size:** 1 muffins

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 cup granulated sugar
- 1 large egg, lightly beaten
- 1 cup Rice Dream® rice beverage, original (unenriched)
- 1/4 cup vegetable oil
- 1 tablespoon lemon zest
- 1 cup frozen blueberries

Preparation

1. Preheat oven to 375° F.
2. Combine flour, baking powder and sugar in mixing bowl.
3. In a separate bowl, combine egg, Rice Dream®, vegetable oil and lemon zest.
4. Pour liquid ingredients into flour mixture. Mix ingredients lightly until moistened; do not over mix.
5. Gently fold blueberries into batter.
6. Lightly spray 12 muffin tins with nonstick cooking spray.
7. Spoon batter into muffin tins.
8. Bake for 25 minutes or until toothpick comes out clean.

Renal and renal diabetic food choices

- 1 starch
- 1/2 fruit, low potassium
- 1/2 high calorie
- 1/2 fat

Carbohydrate choices

2

Helpful hints

- An alternative to spraying muffin tin with cooking spray is to line tins with muffin paper cups.
- Freeze extra muffins then microwave for 30 seconds to serve later.

Clinic Stamp