

PREPARATION: 10 MINUTES | SERVINGS: 2

TROPICAL MOCKTAIL

INGREDIENTS

½ cup ripe pineapple, cut in ½ inch slices

½ cup mango, diced

1 tablespoon fresh lime juice

¼ teaspoon vanilla extract

½ cup crushed ice

2 tablespoons crushed ice

4 oz (½ cup) low sodium sparkling water

2 slices of lime for garnish

PREPARATION

- 1** Combine pineapple, mango, lime juice, vanilla extract and ½ cup crushed ice in a blender.
- 2** Puree until smooth.
- 3** Fill each glass with 1 tablespoon crushed ice, half of the fruit mix and add ¼ cup sparkling water. Stir and garnish with a slice of lime!



TROPICAL MOCKTAIL



Nutrient Analysis

PER SERVING

1 Drink

Renal/Diabetic Exchanges:

1 Lower-Potassium Fruit

| | |
|--------------------|----------------|
| Calories | 49 Kcal |
| Protein | 1 g |
| Total Carbohydrate | 12 g |
| Fiber | 1 g |
| Sugars | 10 g |
| Fat | 0 g |
| Saturated | 0 g |
| Cholesterol | 0 mg |
| Sodium | 1 mg |
| Potassium | 124 mg |
| Phosphorus | 10 mg |
| Calcium | 11 mg |

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK ✓

How to incorporate citrus in a low-potassium diet

A variety of fruit adds valuable vitamins, minerals, and fiber to any kidney diet. In earlier stages of chronic kidney disease, fruit plays an important part in a healthy diet, with research suggesting that these foods are beneficial to overall kidney health. As kidney disease progresses, the amount and type of fruit you choose may need to be adjusted as part of a low-potassium diet.

Depending on the kind, citrus fruit can contain different amounts of potassium. Working with a registered dietitian nutritionist is a great way to find out which citrus fruits can be safely included in your diet.

Higher-potassium citrus fruit (1 whole fruit): grapefruit, oranges, orange juice, pomelo

Moderate- and lower-potassium citrus fruit: clementine orange, kumquat, lemon, lime, canned mandarin oranges, pineapple, tangerine, ugli fruit

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