

Embracing Diversity: Adapting Renal Diets to Cultural and Ethnic Preferences

2024 Otsuka Pharmaceutical Development & Commercialization, Inc. All rights reserved.

June 2024 US.CORP.D.24.00017

ne information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health care professionals should use their independent judgement when reviewing NephU's educational resources. User seeking medical advice should consult with a health care professional.



This program is paid for by
Otsuka Pharmaceutical Development &
Commercialization, Inc.

Speakers are employees of Otsuka Pharmaceutical Development & Commercialization, Inc.

June 2024 US.CORP.D.24.00017

The information provided by Nephil is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis, Hesiath care professionals should us

NephU Webinar Rules of Engagement

- NephU is supported by Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC), Otsuka America Pharmaceutical, Inc. (OAPI),
 committed supporters of the kidney health community. Editorial development and support for NephU is provided by OPDC and OPEN MINDS,
 who have been compensated for their services.
- NephU is a free community and online resource library for kidney disease and other related conditions. One of the methods employed for the sharing of information will be the hosting of webinars. Webinars conducted by OPDC are based on the following parameters:
- When conducting medical dialogue, whether by presentation or debate, OPDC and/or its paid consultants aim to provide the viewer with information that is accurate, not misleading, scientifically rigorous, and does not promote OPDC products.
- · No continuing medical education (CME) credits are available for any NephU program.
- OPDC and/or their paid consultants do not expect to be able to answer every question or comment during a NephU webinar; however, they will do their best to address important topics and themes that arise.
- · OPDC and/or their paid consultants are not able to provide clinical advice or answer questions relating to specific patient's condition.
- Otsuka employees and contractors should not participate in this program (e.g., submit questions or comments) unless they have received express approval to do so from Otsuka Legal Affairs.
- OPDC operate in a highly regulated and scrutinized industry. Therefore, we may not be able to discuss every issue or topic that you are interested in, but we will do our best to communicate openly and directly. The lack of response to certain questions or comments should not be taken as an agreement with the view posed or an admission of any kind.

he information provided by NephU is intended for your educational benefit only. It is not intended as nor is it a substitute for medical care or advice or professional diagnosis. Health care professionsk should use their independent in Idament when reviewion NephU's aductational resources. Uses seeking medical advices that do anoth the health care professional original to the professional diagnosis when the professional control is adviced to the professional diagnosis when the professional diagnosis when



Speaker Panel







Speaker Kelly Chen, NP Nephrology Nurse **Stanford Health Care**



Speaker Alejandra Valdez, RDN, LD Registered Dietitian specializing in dialysis Fresenius Medical Care



Moderator Andrea Mohindra, PharmD Nephrology Medical Science Liaison Otsuka



Objectives

- Define culture and ethnicity
- Identify challenges for patients with different cultural and ethnic backgrounds with respect to following kidney-healthy dietary recommendations
- Discuss goals for health care providers caring for patients of different cultural and ethnic backgrounds
- Review dietary staples in the Indian-American, Chinese-American, and Hispanic-American diets
- Highlight one Indian-American, Chinese-American, and Hispanic-American recipe with kidney-healthy modifications and discuss the nutritional information of each recipe

NephU

Definitions

Culture

 All the ways of life including beliefs, attitudes, values, customs, and habits accepted by a community of individuals that are passed down from generation to generation and used to identify themselves

Ethnicity

 Represents differences among groups in a population that are associated with lineage and region. Shared behavior patterns such as dress, language, family structure, religious affiliation, and food patterns are social identities associated with ethnicity

Burrowes J. Incorporating Ethnic and Cultural Food Preferences in the Renal Diet, Nutrition 2004 Jan; 11(1): 97-104

,

he information provided by Nephil is inlended for your educational benefit only. It is not intended a, nor is it a substitute for medical care or advice or professional diagnosis. Health care professional strip intervende



Challenges



Food preferences might not "fit in" the traditional American renal diet meal plan which can hinder adherence²



Cooking techniques may need to be modified without compromising flavor and authenticity²



Adhering to a renal diet while participating in social and cultural traditions that revolve around food can be emotionally challenging¹



Education and collaboration between patient and healthcare provider is needed¹

- Burrowes J. Incorporating Ethnic and Cultural Food Preferences in the Renal Diet. Nutrition 2004 Jan; 11(1): 97-104
- Sijangga M et al. Culturally-tailored cookbook for promoting positive dietary change among hypertensive Filipino Americans: a pilot study. Front Nutr. 2023; 10: 1114919.

-

he information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health can professional should use their independent judgment when reviewing NephU's educational resources. Ders seeking medical advice should consult with a health care professional.



Goals for Providers

- Assess attitudes, beliefs, practices, and rituals associated with food before attempting to discuss any lifestyle changes
- Provide individualization for cultural patterns. Do not assume that each person fits the typical pattern but be prepared to understand the differences from a "typical American" diet
- Determine any dietary habits or patterns that aggravate existing or predisposing chronic or acute conditions
- Correct for diet deficits
- Offer suggestions for changes in food preparation rather than changing the foods themselves

Burrowes J. Incorporating Ethnic and Cultural Food Preferences in the Renal Diet. Nutrition 2004 Jan; 11(1): 97-104

8

e information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health car professionals should use their independent judgment when reviewing NephU's educational resources. Users seeking medical advice should a consult within a health care professional.



Vegetarian Indian American Diet: Staples & Kidney-Friendly **Modifications**

	DIET STAPLE	MODIFICATION SUGGESTION
PROTEINS	Dahi (yogurt)Chickpea flourPaneer (cottage cheese)	 Greek yogurt Homemade yogurt with high protein milk Paneer recipe suggestion on next slide
FATS	 Ghee (clarified butter) Canola oil Vegetable oil Fried foods (Samosa, Kachori) 	Avocado oilCoconut oilUse air fryer
CARBOHYDRATES	PotatoesRiceAtta (flour)	 Choose pigmented (purple/red/sweet) over white/yellow Recipe suggestion on next slide
FIBER	 Green peas Legumes Cauliflower Cabbage	Edamame Lentils, kidney beans

https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition https://www.healthifyme.com/blog/staple-foods-of-india-a-guide-beyond-nutrition/



Recipe: Paneer Gotala (Serves 7)

- 8.5 c milk (high protein milk)
- 1 lemon, juiced OR 2 tablespoons
- distilled vinegar
- 1 medium onion
- 1 whole bulb garlic, peeled and cut
- 1 T ginger, grated
- 1 tsp green chili, finely chopped
- 2 medium tomatoes, finely chopped
- 1 tsp jeera (cumin seeds)
- 1 T chat masala powder
- 1 T garam masala powder
- 1 T coriander powder
- 1 T jeera powder
- 1 tsp haldi powder (turmeric)
- 1 tsp red chili powder
- 10 oz baby spinach roughly chopped
- 2/3 c shelled, boiled edamame
- 1/4 c mozzarella cheese
- 2 T cashew milk
- 1 T avocado oil



Directions

- First make the paneer. Over medium heat bring milk to boil stirring so milk doesn't stick to the bottom of pot
- Slowly add lemon juice OR 2 T of distilled vinegar. The milk will stop to curdle as it separates from the whey- this will take about 1 minute
- •Stop the stove at this point (whey will become clear) and strain the whey in a cheese cloth and put to side
- Wash the separated paneer with water to get rid of any vinegar or lemon smell
- Place a heavy object or hand on the cheesecloth to strain remainder of water (for about 3-4 hours)
- (for about 3-4 hours)

 **Io prepare Paneer Gotala, first, in a pan heat avocado oil on medium flame

 **Add jeera- let it splutter
- Add diced onion and cook until translucent. Then add garlic and sauté until garlic softens (do not burn)
- •Add ginger and chili- cook for another 1-2 min
- Add diced tomatoes and let it cook until tomatoes are soft and sauce-like consistency.
- · Add haldi, red chili powder, coriander, and jeera powder
- Add chat masala and garam masala and let them cook for 2 minutes
- •Add edamame and chopped spinach and cover
- $\bullet \text{Add}~ 1\!\!/_{\!\!2}$ the paneer recipe, shredded or grated. Store or freeze the other half*
- Add 2-3 tablespoons of water if gravy is too thick
- Once everything is well blended together add mozzarella cheese
- •Garnish with cashew milk

. Recipe provided by Gopika Banker

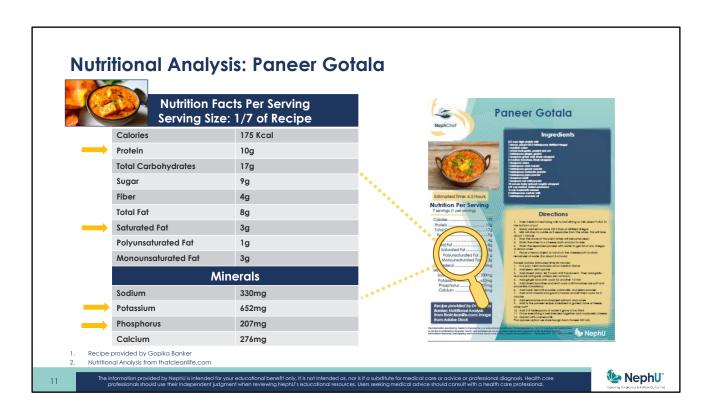
10

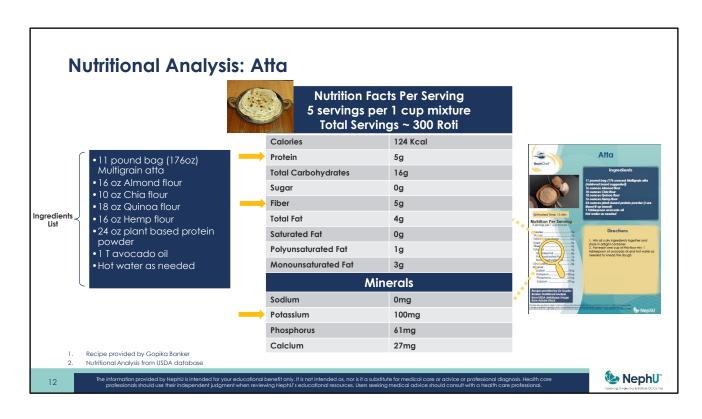
Ingredients

List

The information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health control is the intended as the professional diagnosis should use their independent independent independent when reviewing notability advice stage seeking medical advices that did consult with a health care morfessional.







Chinese American Diet: Staples & Kidney-Friendly Modifications

	DIET STAPLE	MODIFICATION SUGGESTION
PROTEINS	 Variety of fish & shellfish Pork Beef Poultry Tofu Eggs 	 Limit protein to 3oz per meal or 2 eggs Use a fatty fish Egg whites have a favorable phosphorous to protein ratio when compared to other animal protein Plant proteins including tofu, peas, edamame have a favorable amino acid profile
FATS	Variety of oils for stir fryLard	Avocado oil most favorable
CARBOHYDRATES	RiceNoodlesBread	If needing to control carbohydrates limit to 2/3 cup cooked rice or 1 cup cooked noodles
FIBER	Bok ChoyKabocha (squash)Gai Lan (Chinese broccoli)	EggplantPurple YamsYam TipsTong Ho (Chrysanthemum leaves)

 $[\]label{lem:https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition https://ethnomed.org/resource/chinese-food-cultural-profile/$



Recipe: Mapo Tofu (Serves 6)

- ½ c avocado oil
- 1-2 fresh Thai bird chilis, thinly sliced
- 6-8 dried red chilies, roughly chopped
- ½ 1 ½ T Sichuan peppercorns, powdered or finely ground
- •3 T each of ginger and garlic, finely minced
- 8 oz ground chicken
- 1-2 T Doubanjiang (depending on desired salt/spice)
- 2/3 c low sodium chicken broth (or water)
 - 1 pound silken tofu, cut into 1 inch cubes
- •¼ c water
- 1 ½ tsp cornstarch
- 1/4 tsp sesame oil (optional)
- 1/4 tsp sugar (optional)
- 1 scallion, finely chopped
- 1 T olive oil
- Pinch of salt and pepper



Directions

- Toast the chilles. Heat your wok or a small saucepan over low heat. Add half of the oil and throw in the fresh and dried peppers. Stir occasionally and heat until fragrant, about 5 minutes, ensuring that the peppers don't burn. Remove from heat and set aside.
- Heat the remaining half of the oil in your wok over medium heat. Add the ginger. After 1 minute, add the garlic. Fry for another minute, and then turn up the heat to high and add the ground pork. Break up the meat and fry it until it's cooked through. Add your ground Sichuan peppercorns and stir for about 15-30 seconds, taking care to not let it burn, as it will turn bitter if it does.
- Add the spicy bean sauce to the mixture and stir it in well. Add the chicken broth to the wok and stir. Let this simmer for a minute or so. While that's happening, ready your tofu and combine the water and cornstarch in a small bowl.
- Add the cornstarch mixture to your sauce and stir. Let it bubble away until the sauce starts to thicken. (If it gets too thick, splash in a little more water or chicken stock.)
- Then add your chili oil from above-peppers and all! Stir the oil into the sauce, and add the tofu. Use your spatula to gently toss the tofu in the sauce. Let everything cook for 3-5 minutes. Add the sesame oil and sugar (if using) along with the scallions and stir until the scallions are just willted. Serve with a last sprinkle of Sichuan peppercorn powder as a garnish if desired.

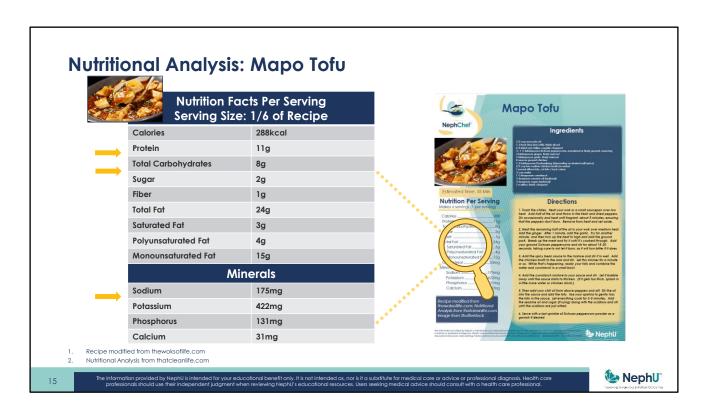
Recipe modified from thewoksoflife.com

14

Ingredients List

The information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health can professional should use their independent judgment when reviewing hephU's educational resources. Uses seeking medical advice should consult with a health care professional.





Hispanic American Diet: Staples & Kidney-Friendly Modifications

	DIET STAPLE	MODIFICATION SUGGESTION
PROTEINS	Chicken Beef Pork Beans Cheese (Queso Panela, Queso Fresco)	Garbanzo beans Limit animal protein to 3oz per meal I dairy serving/2oz per day
FATS	Manteca (Lard) Bacon Tripa, Chicharrones (Pork Fat)	Avocado Nuts Olive Oil
CARBOHYDRATES	Corn & Flour Tortillas Masa (Dough made from corn) Beans Rice Fruits Pan Dulce (Pastry)	Brown rice If needing to control carbohydrates limit to 2/3 cup cooked rice Corn acceptable since plant source Chosse garbanzo when potassium needs to be modified
FIBER	 Beans Avocado Pineapple Papaya Squash Carrots Tomatoes 	 Linaza (Flax Seeds) Chia Seeds Red peppers Mix ½ avocado ½ green peas Chayote squash

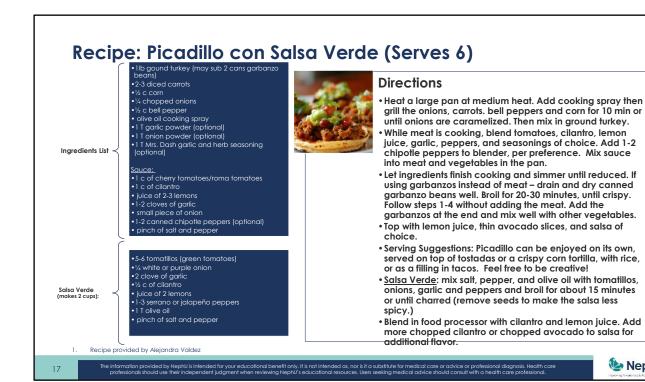
 $^{1. \}qquad \text{https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition} \\$

1.6

e information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health according to the independent judgment when reviewing NephU's educational resources. Users seeking medical advice should consult with a health care professional.



https://nutritionconsabor.com/healthymexicanfood/



NephU



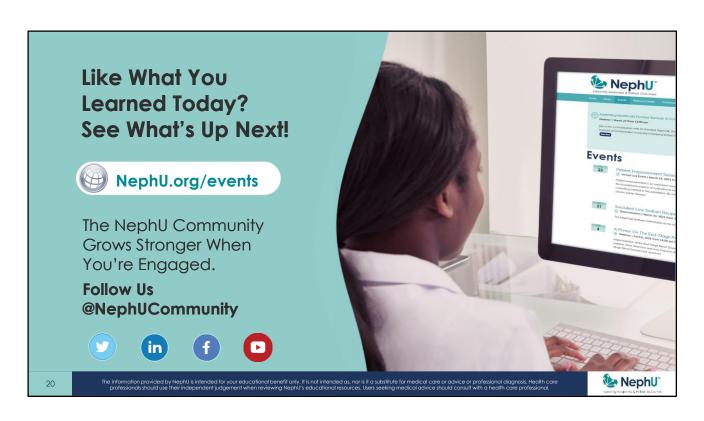
Summary

- Provide Individual diet recommendations based on patient's culture and ethnic preferences
- Stress kidney healthy ingredients making suggestions for swaps of ingredients as well as cooking techniques
- Understand what ingredients are non-negotiable and offer suggestions on limits per serving
- Educate, collaborate, and keep an open line of communication around diet
- Collaborating with a registered dietitian is encouraged

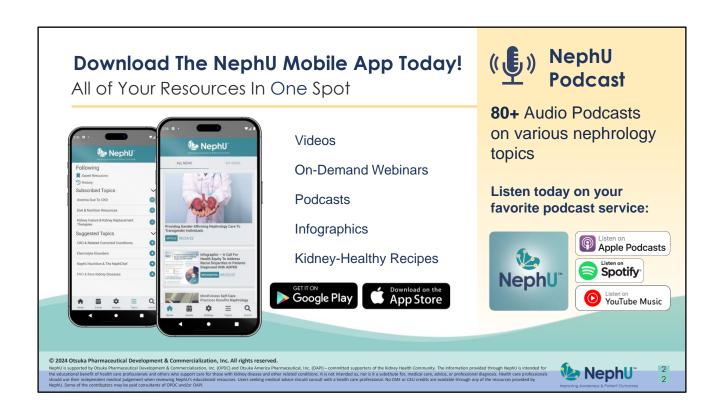
9

he information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health can professional should use their independent judgment when reviewing NephU's educational resources. Ders seeking medical advice should consult with a health care professional.











Embracing Diversity: Adapting Renal Diets to Cultural and Ethnic Preferences

© 2024 Otsuka Pharmaceutical Development & Commercialization, Inc. All rights reserved

June 2024 US.CORP.D.24.00017

he information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Health care professionals should use their independent judgement when reviewing NephU's educational resources. User seeking medical advice should consult with a health care professional.