



Improving Awareness & Patient Outcomes



Presents

## Kidney Healthy Cooking Series

### Episode 1: Intro To Chef JJ & Stocking The Pantry With Kidney Healthy Ingredients

*Featuring*

**Celebrity Chef JJ Johnson & Misty Nason, RD, CSR, CD**

# Presenters



**JJ Johnson**

Culinary Expert  
Culinary Arts Faculty, Chef &  
Cooking Demonstrator  
@chefjj



**Misty Nason, RD, CSR, CD**

Registered Dietitian & Nutritionist  
Founder, Viva Nutrition  
Counseling, LLC  
@vivanutritioncounseling



**Andrea Mohindra, PharmD**

Nephrology Clinical &  
Scientific Liaison  
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# Objectives



THE  
**NephChef**<sup>™</sup>

- Chef JJ
  - Introduces himself
  - Details his passion for cooking and his career journey as a chef
  - Shares his personal connection to Chronic Kidney Disease (CKD)
  - Advises on essential ingredients to have on hand to prepare kidney healthy meals and snacks
- Misty Nason
  - Discusses the importance of Care-Partner education
  - Provides context and nutritional profiles to the ingredients Chef JJ identifies
  - Explores “old school” versus “new school” kidney diet in regard to phosphorus, potassium, and fiber

**CHEF**  **JOHNSON**



# A Family Matter: The Importance of Care-partner Education

- Increasing family members' and caregiver awareness of kidney disease and dietary needs leads to improved outcomes for CKD patients
  - Improves quality of care<sup>1</sup>
  - Increases success in adapting and complying with dietary regimens<sup>2</sup>
  - Mitigates food fear and social isolation<sup>3</sup>
  - Empowers patients and supports enjoyment in eating<sup>4</sup>

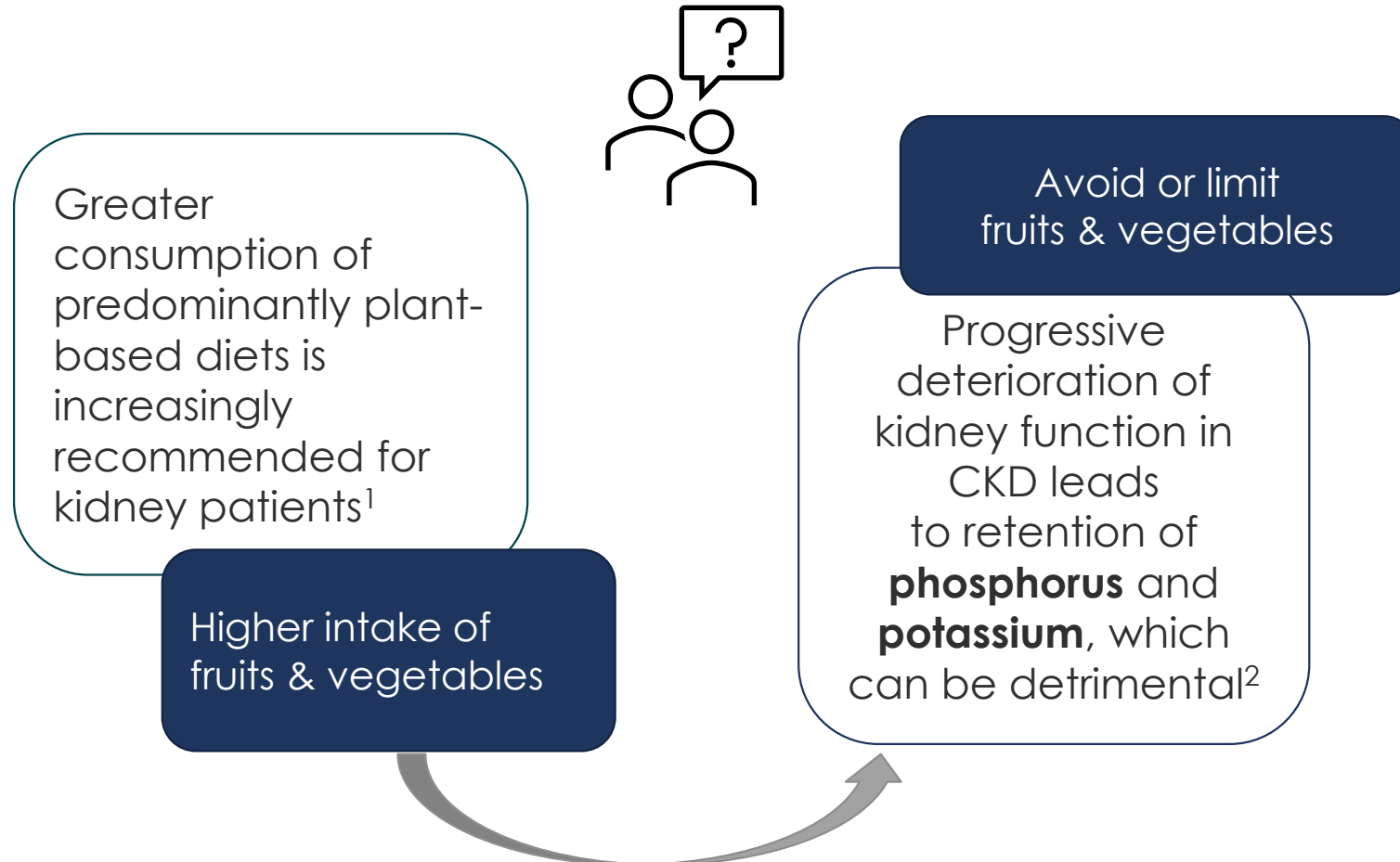


1. Alnazly EK. International Journal of Nursing Sciences (2018) 5(2):144-150 2. Low J et al. NDT Plus (2008) 2: 67-79 3. Moorthi et al. Clinical Kidney Journal (2019) 12(4): 602-610 4. Kalantar-Zadeh K et al. Brazilian Journal of Medical and Biological Research (2021) 54(6):e111098

# Misty Nason RD, CSR, CD



# Current Recommendations vs Historical Concerns



1. Calvo MS et al. Adv Nutr (2021) 12:2056–2067 2. Kalantar-Zadeh K et al. Clinical Journal of the American Society of Nephrology (2010) 5(3):p 519-530

# Phosphorus

- Bioavailability of phosphorus from plant-derived food is relatively low, usually <50%<sup>1</sup>
- Phosphorus in plants is in the form of phytate<sup>1,2</sup>
  - Humans don't readily breakdown phytate<sup>1,2</sup>
- Phytate, and the amount of phosphorus the body absorbs, can be impacted by<sup>2</sup>:
  - Raw vs processing
  - Cooking methods
  - Additives “PHOS”



1. Kalantar-Zadeh K et al. Clinical Journal of the American Society of Nephrology (2010) 5(3):p 519-530 2. Calvo MS et al. Adv Nutr (2021) 12:2056–2067

# Potassium

- Potassium modification is individualized based on kidney function and serum potassium levels
- Evidence suggests that dietary potassium, particularly from whole, plant-based foods, does not correlate closely with serum potassium variability<sup>1</sup>
- A high fiber diet enhances bowel motility and likely prevents higher potassium absorption, and alkalization with plant-based dietary sources also lowers risk of hyperkalemia<sup>1</sup>
- The increased risk of hyperkalemia due to high potassium load on vegetarian diets can be counteracted by the better correlation of metabolic acidosis and the increased intestinal transit<sup>2</sup>



1. Kalantar-Zadeh K et al. *Nutrients* May 2020; 12, 1931 2. Cupisti A et al. *Nutrients*. 2017 February; 9,444

# Fiber

- High fiber diets have been associated with lower inflammation<sup>1</sup>
- Fiber increases bowel transit<sup>2</sup>
- Diets abundant in fiber-rich foods have the potential to shift the microbial metabolism in saccharolytic direction, with the release of short chain fatty acids and the reduction of uremic toxins<sup>2</sup>



1. Krishnamurthy V et al. *Kidney Int.* 2012 February; 81(3):300-306 2. Cupisti A et al. *Nutrients.* 2017 February; 9,444

# Conclusion



- Welcome Chef JJ to NephU
- Cooking for kidney health can be fun and taste delicious
- Don't give up if your first dish isn't perfect
- Invite your family, friends, and care-partners to share in your journey
- Phosphorus and potassium from whole foods can be included in your diet and individualized based on your current kidney health
- Fiber plays a role in regulating uremic toxins and inflammation
- Stay tuned for Episode 2! Chef JJ will be back with a cooking demonstration for us



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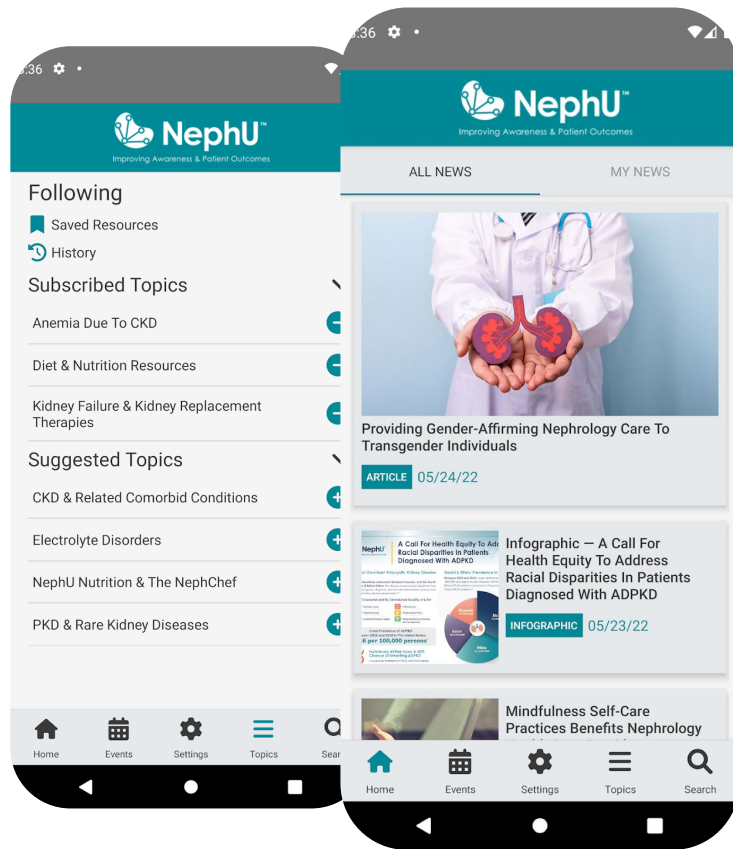
on March 9<sup>th</sup>, 2022

*Reza Maghadam, PharmD, MBA*  
Executive Director, Head of Field Medical Affairs, OPDC

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