



Improving Awareness & Patient Outcomes



Presents

Kidney Healthy Cooking Series Episode 4: Pumpkin Pancakes With Berry Compote

Featuring

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

Presenters



JJ Johnson

Culinary Expert
Culinary Arts Faculty, Chef &
Cooking Demonstrator



Misty Nason, RD, CSR, CD

Registered Dietitian & Nutritionist
Founder, Viva Nutrition
Counseling, LLC



Molly Jansen, PhD

Nephrology Senior Medical
Science Liaison
Otsuka Pharmaceutical
Development &
Commercialization, Inc



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Objectives



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- Chef JJ
 - Cooking demonstration of Pumpkin Pancakes With Berry Compote
- Misty Nason
 - Discussion of nutritional profiles of Chef JJ's essential ingredients including milk alternatives, healthy fats, antioxidants, and carbohydrate balancing
 - Suggestions for kidney friendly fall-themed ingredients to incorporate this season



CHEF  JOHNSON



Misty Nason RD, CSR, CD

Pumpkin Pancakes With Berry Compote

Ingredients

- 1 ½ cups all purpose flour
- 1 ½ Tsp baking powder
- ½ Tsp baking soda
- 1 Tsp ground cinnamon
- 1 Tsp ground ginger
- ½ Tsp freshly grated nutmeg
- 1 cup pureed pumpkin
- 1 cup unsweetened rice milk (more as needed) or other non-dairy milk of your choice
- 2 eggs
- 2 Tbs neutral oil
- 1 Tsp vanilla extract
- 2 Tbs pure maple syrup



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Pumpkin Pancakes With Berry Compote

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- 1 ½ Tsp baking powder
- ½ Tsp baking soda
- 1 Tsp ground cinnamon
- 1 Tsp ground ginger
- ½ Tsp freshly grated nutmeg
- 1 cup pureed pumpkin
- 1 cup unsweetened rice milk (more as needed) or other non-dairy milk of your choice
- 2 eggs
- 2 Tbs neutral oil
- 1 Tsp vanilla extract
- 2 Tbs pure maple syrup

Estimated Time: 30 minutes

Nutrition Per Serving
8 servings (serving size: 2 pancakes)

Calories	204
Protein	4g
Total Carbohydrates	36g
Sugar	18g
Fiber	3g
Total Fat	5g
Saturated Fat	1g
Polyunsaturated Fat	1g
Monounsaturated Fat	3g
Cholesterol	47mg
Minerals	
Sodium	203mg
Potassium	197mg
Phosphorus	84mg
Calcium	130mg

Directions

1. In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and pumpkin.
2. Add the rice milk, eggs, oil, vanilla and maple syrup.
3. Add the dry ingredients to the wet ingredients and stir gently.
4. Heat a large frying pan or griddle over medium-high heat.
5. Pour ¼ cup of batter into hot pan, repeat until all batter is used. Spread the batter, leaving room for the pancakes to spread. When the pancakes are dotted with bubbles, flip with a spatula and cook until golden brown on both sides.

Serve With Berries:

- 1 cup blueberries
- 1 cup blackberries
- 1 cup strawberries
- 1/3 cup pure maple syrup (not imitation)

Mix all berries with maple syrup and pile on top of pancakes. Sprinkle with toasted pumpkin seeds. Toast pumpkin seeds to taste.

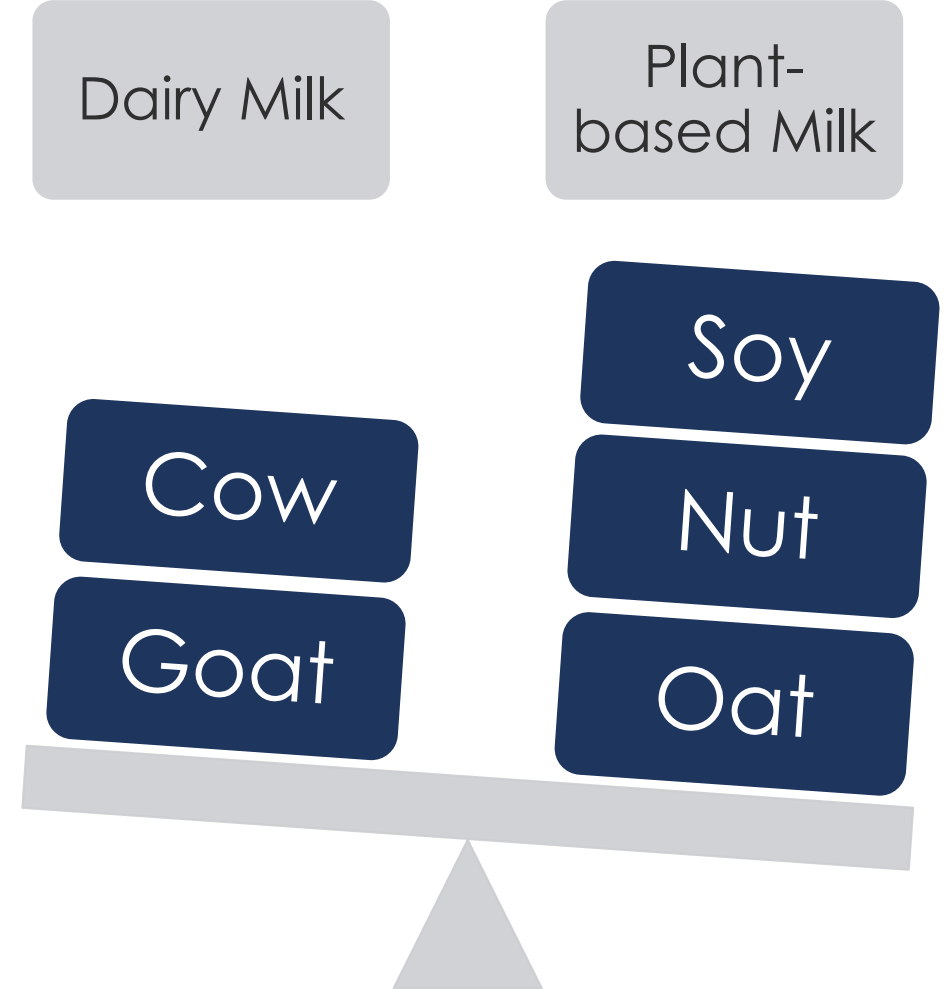
Recipe provided by Chef JJ Johnson

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The NephU logo, featuring a stylized green and blue leaf-like icon next to the text "NephU".

Dairy Milk vs Plant-based “Milk”

- Milk alternatives can be lower in phosphorus and potassium than dairy milk, unless they have additives
 - Read ingredient lists to detect phosphate additives
- Aim for unsweetened, unflavored milk alternatives
- Milk alternatives can have more vitamins than dairy milk
 - Oat milk contains more riboflavin and vitamin b12
- Plant-based milks are a great alternative if patients are lactose-intolerant
- Plant-based milks are a great alternative if patients have high cholesterol levels
 - They have monounsaturated and polyunsaturated fats which benefit heart health
- Yogurt, frozen desserts, and cheese can also be made from plant-based milks



1. <https://www.kidney.org/atoz/content/milk-alternatives>
2. <https://www.livescience.com/best-milk-alternative>

Milk Alternative Examples

Oat

- Best for cooking/baking
- Energy dense
- Higher in carbs

Coconut

- Best for low carb diets (2g per cup)

Almond

- Good source of vitamin E and antioxidants
- Higher oxalate content

Rice *used in Chef JJ's recipe*

- Best budget option
- Naturally sweet
- Good source of antioxidants
- Low in protein and fiber

Soy

- High in protein
- Higher oxalate content

Hemp

- Good source of omega 3 fatty acids

Pea

- Environmentally friendly
- High protein (9g per cup)

Cashew

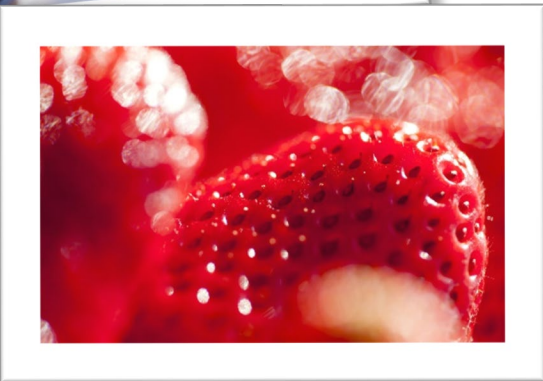
- Best milk alternative, for versatility
- Higher oxalate content

Hazelnut

- Good flavor
- Good source of omega-1 ALA

1. <https://www.kidney.org/atoz/content/milk-alternatives>
2. <https://www.livescience.com/best-milk-alternative>

Pumpkin Pancakes With Berry Compote



Serve With Berries:

- 1 cup blueberries
- 1 cup blackberries
- 1 cup strawberries
- 1/3 cup pure maple syrup (not imitation)

Mix all berries with maple syrup and pile on top of pancakes. Sprinkle with toasted pumpkin seeds. Toast pumpkin seeds to taste.

Pumpkin Pancakes With Berry Compote

Ingredients

- 1 1/2 cups all purpose flour
- 1 1/2 Tsp baking powder
- 7/8 Tsp baking soda
- 1/2 Tsp ground cinnamon
- 1 Tsp ground ginger
- 1/2 Tsp freshly grated nutmeg
- 1 cup pure pumpkin
- 1 cup unsweetened rice milk (more as needed) or other non-dairy milk of your choice
- 2 eggs
- 2 Tbs neutral oil
- 1 Tsp vanilla extract
- 2 Tbs pure maple syrup

Directions

1. In a large mixing bowl whisk flour, baking powder, baking soda, cinnamon, ginger and nutmeg.
2. In a large mixing bowl, whisk pumpkin, rice milk, eggs, oil, vanilla and maple syrup.
3. Add the dry ingredients to the wet ingredients and stir gently.
4. Heat a large frying pan or griddle over medium-high heat.
5. Pour 1/2 cup of batter into hot pan, repeat without crowding, leaving room for the pancakes to spread. When the pancakes are dotted with bubbles, flip with a spatula and cook until golden on both sides.

Serve With Berries:

- 1 cup blueberries
- 1 cup blackberries
- 1 cup strawberries
- 1/3 cup pure maple syrup (not imitation)

Nutrition Per Serving
8 servings (serving size: 2 pancakes)

Calories	204
Protein	4g
Total Carbohydrates	36g
Sugar	15g
Fiber	1g
Total Fat	10g
Saturated Fat	2g
Monounsaturated Fat	5g
Cholesterol	47mg
Sodium	203mg
Potassium	197mg
Phosphorus	84mg
Calcium	130mg

Recipe provided by Chef JJ Johnson

Pumpkin Pancakes With Berry Compote

Nutrition Per Serving

8 servings (serving size: 2 pancakes)

Calories	204
Protein	4g
Total Carbohydrates	36g
Sugar	18g
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Pumpkin Pancakes With Berry Compote

Ingredients

- 1 1/2 cups all purpose flour
- 1 1/2 Tsp baking powder
- 1/2 Tsp baking soda
- 1 Tsp ground cinnamon
- 1 Tsp ground ginger
- 1/2 Tsp freshly grated nutmeg
- 1 cup pureed pumpkin
- 1 cup unsweetened rice milk (more as needed) or other non-dairy milk of your choice
- 2 eggs
- 2 Tbs neutral oil
- 1 Tsp vanilla extract
- 2 Tbs pure maple syrup

Directions

In a small mixing bowl whisk flour, baking powder, baking soda, cinnamon, ginger and nutmeg. In a large mixing bowl, whisk pumpkin, rice milk, oil, vanilla and maple syrup. Add the dry ingredients to the wet ingredients and mix until just combined. Heat a large frying pan or griddle over medium heat. Pour 1/4 cup of batter into hot pan, repeat without leaving room for the pancakes to brown. When the pancakes are dotted with brown spots, flip with a spatula and cook until golden brown. Serve With Berries: 1 cup blueberries

Nutrition (serving size: 2 pancakes)

Calories	204
Protein	4g
Total Carbohydrates	36g
Sugar	18g
Fiber	3g
Total Fat	5g
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Carbohydrates and the Kidney Diet

- Carbohydrates are an essential macronutrient found in food and are a major fuel source for the body¹
- Starch, Sugar, and Fiber are the three main types of carbohydrates in food²
- Some carbohydrate foods contain fiber, which plays an important role in protecting the heart, blood vessels and colon¹
- High fiber diets help lower cholesterol levels, reducing your risk for heart attack or other cardiovascular conditions¹



1. <https://www.davita.com/diet-nutrition/articles/basics/carbohydrates-and-the-kidney-diet>

2. <https://blog.renaltracker.com/healthy-kidney-diet/carbohydrate-counting-with-chronic-kidney-disease/>

Carbohydrate Recommendations and Net Carb Calculation



- According to the American Kidney Fund, the typical carbohydrate requirements are:
 - Male: 45-60 g of carbohydrates per meal and 15-20 g of carbohydrates for snacks
 - Female: 30-45 g of carbohydrates per meal and 15 g of carbohydrates for snacks
- How to calculate 'net carbs':
 - $\text{NET CARBS} = \text{TOTAL CARBS} - \text{FIBER} - \text{SUGAR ALCOHOLS} - \text{ALLULOSE}$
 - In this recipe: Total Carbs (36g) – Fiber (3g) = 33g Net Carbs
 - There are no sugar alcohols or allulose in this recipe

1. <https://blog.renaltracker.com/healthy-kidney-diet/carbohydrate-counting-with-chronic-kidney-disease/>

Fall Flavors for Kidney Health



Apples

- Low in phosphorus and high in fiber
- Versatile, can be used in savory and sweet dishes, with many different varieties



Cranberries

- Versatile, can be made into juice or sauce, dried and used as salad topping, or eaten as is
- Documented urinary tract benefits and good source of antioxidants



Cauliflower

- Good source of vitamin C and fiber
- Versatile, can be roasted, turned into “rice” or “mashed potatoes”, even eaten raw



Spices

- Ginger can help the body absorb nutrients more efficiently
- Cinnamon helps heart and kidney health by moderating blood sugar

1. <https://myprorenal.com/blogs/news/fall-flavors-for-kidney-health>

Conclusions

- Plant-based milk alternatives are great non-dairy options for certain individuals, such as those with lactose intolerance or high cholesterol
- It's important to understand the role of carbohydrates in a healthy, balanced diet and how to calculate “net carbs”
- Fall themed foods can be both festive and kidney friendly
 - Pumpkin offers heart protection, is a powerful antioxidant, and can help with inflammation
 - Pepitas/pumpkin seeds are a rich source of omega 3 fatty acids
 - Berries are high in fiber and a great source of antioxidants



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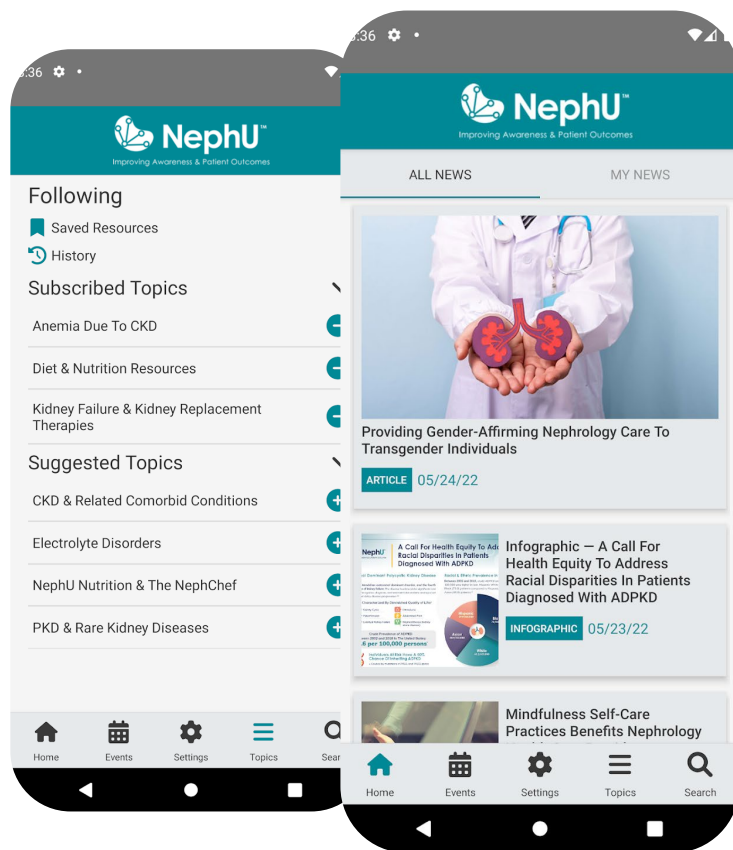
on March 9th, 2022

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

1 Contact Hour

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