



PREPARATION: 1 MINUTE | SERVINGS: 1

# ICED COFFEE

## INGREDIENTS

*1 bottle kidney-friendly oral nutritional supplement\*, vanilla (237mL)*

*1 cup ice cubes*

*1 teaspoon instant coffee*

\* Ask your physician, dietitian or pharmacist about kidney-friendly oral nutritional supplements.

## PREPARATION

- 1** Combine all ingredients in a blender and mix. Serve immediately.

# ICED COFFEE



## Nutrient Analysis

<b>PER SERVING</b>	
1 Drink	
<b>Renal/Diabetic exchanges:</b>	
2 Meat + 2 Starch + 2 Fat	
Calories	<b>429Kcal</b>
Protein	<b>19g</b>
Total Carbohydrate	<b>39g</b>
Fiber	<b>3g</b>
Sugars	<b>8g</b>
Fat	<b>23g</b>
Saturated	<b>2g</b>
Cholesterol	<b>7mg</b>
Sodium	<b>250mg</b>
Potassium	<b>285mg</b>
Phosphorus	<b>173mg</b>
Calcium	<b>251mg</b>
Iron	<b>5mg</b>
Magnesium	<b>53mg</b>
Vitamin C	<b>25mg</b>

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

## POTASSIUM CHECK ✓

### Role of oral nutritional supplements (ONS)

With a diagnosis of chronic kidney disease (CKD), normal kidney function is impaired. Not only does this change how your kidneys filter certain nutrients, but this also influences the amount of calories and protein your body needs, putting you at a greater risk for malnutrition. Adequate snacks and meals, as well as a kidney-friendly ONS, are the first steps in improving your nutrition status with CKD.

ONS are packed with nutrition. Certain drinks were created to meet the needs of kidney patients and are limited in sodium, potassium and phosphorus.

### ONS as snack or meal replacement

If you are not eating enough calories and protein to meet your nutritional goals, your dietitian or doctor may recommend ONS as a snack or meal replacement. If your goal is healthy weight loss, it may replace an unhealthy meal. If your appetite is poor or you don't regularly consume 3 meals per day, a kidney-friendly ONS can replace the missed meal.

### ONS in other recipes

Add variety to your meals and snacks by including ONS as part of protein bars, muffins, smoothies or main courses.

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