



Innovation in Nutrition



Growing up with



A guide to using Renastart™ in cooking and food preparation

Get inventive with



Renastart is a high energy, powdered formula which can be used in the dietary management of renal failure from birth to 10 years of age. Not only can it be taken as a drink but it is versatile and can be used in cooking; which provides an easy way of boosting nutritional intake.

At each stage of growth, you and your dietitian will be thinking about those foods your child can take that will help them to achieve their specialised nutritional



needs and maximise their growth. This often means foods low in potassium and phosphate. When your child is ready, you begin to introduce solid food into their diet. As they get older, the amount and texture of their solid food increases as they become less dependent on milk and formula.

In this resource you will discover recipes that are tasty, simple to prepare and texturally appropriate, regardless of your child's age. As they contain Renastart you know they are helping to meet your child's nutritional needs.

Vitaflor® would like to acknowledge Rachael Cavanagh and Erin Mullane (Specialist Dietitians; Royal Children's Hospital, Melbourne) for their involvement with this resource. Thank you.

We hope this resource simplifies your life and helps to make meal times an enjoyable experience.

Robyn, Jane & Judy
Vitaflor Australia

Important

Each recipe uses **20% Renastart** as an ingredient. Information regarding how to make this dilution of formula can be found on **page 23**.

Before using any recipe in this booklet check with your dietitian or clinician that it is suitable as part of your child's diet. Although this resource has been designed to help children with paediatric renal disease, some recipes may not be appropriate.

Renastart is a food for special medical purpose to be used under medical supervision. Renastart is for the dietary management of renal failure from birth to 10 years of age. Renastart is not suitable for use as a sole source of nutrition.

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Innovation in Nutrition

savoury



White Sauce

**Makes 1 cup | Prep time 5 min
Cooking time 10 min**

This white sauce has a variety of uses, serve it over fresh meats, vegetables, or pasta and rice.

1 tablespoon butter
2 tablespoons plain flour
300ml 20% Renastart
Salt and pepper, to taste (if allowed)

Melt the butter in a small saucepan and stir in the flour. Cook, stirring continuously for 1 minute.

Remove the pan from the heat and gradually pour in the Renastart, stirring constantly. Return the pan to the heat and bring to the boil, still stirring.

Reduce the heat and simmer the white sauce for 2 minutes, stirring occasionally until it is smooth and thick. Season with salt and pepper if using.

**Total recipe | 534kcal, 7.4g protein,
115mg potassium, 85mg
phosphorus, 301mg sodium.**



- Minced beef may be suitable for younger children.
- Try flavouring sauce with mustard powder, garlic, lemon juice or adding herbs such as chives or basil.

Tuna Mornay

**Makes 6 serves | Prep time 15 min
Cooking time 35 min**

1 tablespoon butter
½ brown onion, chopped
2 tablespoons white flour
300ml 20% Renastart
½ cup sweetcorn kernels
150g sandwich tuna
Salt and pepper, to taste (optional)

Pre-heat oven to 200°C. Lightly spray with oil a small oven-proof dish.

Melt butter in a medium sized saucepan. Add onion and cook until just tender. Add white flour and stir until mixed into the butter and onion, approximately 1 minute.

Add Renastart and stir constantly over very low heat until mixture thickens, approximately 10 minutes.

Stir in sweetcorn and cook for another minute. Add tuna and stir. Season with salt and pepper if using.

Place mornay into the prepared dish and cook for 20-25 minutes; until browned and just bubbling on the surface. Serve warm.

**Per serve | 122kcal, 7.6g protein,
106mg potassium, 65mg
phosphorus, 133mg sodium.**

Pictured opposite.

Pictured left: White sauce (with beef).

Pasta Bake

A delicious pasta bake can be made using white sauce (recipe page 5) and your child's favourite vegetables.

Serves 4 | Prep time 20 min

Cooking time 25 min

1½ cups diced, low potassium vegetables; onion, capsicum, zucchini

Oil spray and 1 tablespoon olive oil

2 cups cooked pasta

1 quantity white sauce (recipe page 5)

1 teaspoon each dried oregano and basil

Salt and pepper, to taste (optional)

Pre-heat oven to 200°C. Lightly spray with oil medium sized casserole dish.

In a large deep frying pan, sauté vegetables in olive oil until just soft.

Mix pasta, white sauce, oregano, basil and optional salt and pepper, through the vegetables.

Place into the casserole dish and into the oven. Cook for approximately 20 minutes. The bake should be just browned on top.

Per serve | 276kcal, 6.3g protein, 137mg potassium, 81mg phosphorus, 81mg sodium.
(Based on ½ cup each diced onion, capsicum and zucchini).



Adding protein

- Try adding chicken, beef, pork or lamb to the pasta bake.
- Use different types of fish in the mornay and add fish to the pasta bake; flake, salmon, hake and basa fillets all work well.

Adding vegetables

Experiment by using a variety of low potassium vegetables in your mornay or pasta bake e.g. carrot, green beans, celery, eggplant and cauliflower.

Texture considerations

The texture of the mornay and pasta bake is easy to change if you vary the type and texture of the vegetables and meats used. The longer they are cooked for, the softer they will be. A shorter cooking time, will mean they are firmer and require more chewing. Ask your dietitian if you are unsure about what texture your child needs.



Savoury Rice

Makes 4 serves | Prep time 5 min

Cooking time 15 min

½ teaspoon low sodium vegetable stock powder

¾ cup water

2 teaspoons vegetable oil

½ cup white rice

½ cup 20% Renastart

Heat stock powder and water in a saucepan.

In a deep, heavy based frying pan, heat oil; add rice and stir until it is well coated with the oil. Pour the hot stock and Renastart over the rice, heat until boiling; then reduce heat and simmer. Stir rice often while it simmers; it should take approximately 15 minutes to be perfectly cooked. Serve warm.

Per serve | 143kcal, 21mg potassium, 38mg phosphorus, 48mg sodium.



- Add meat, fish or chicken to rice (as permitted)
- Try adding herbs and spices such as ginger, garlic or chilli.

Adding protein

You can add cooked chicken, beef, pork or fish to the rice. Remember to mix up the textures of these to suit your child.

Adding vegetables

Low potassium vegetables such as onion, zucchini, celery, carrot, eggplant, cabbage and many more can be added; they taste good and also increase texture.

Adding herbs and spices

Using herbs and spices is a great way to increase the variety of your child's meals. Try using:

- ½ teaspoon of dried basil, thyme and oregano and 1 teaspoon crushed garlic for an Italian flavour
- ½ teaspoon each ground cumin, coriander, ginger and curry powder for an Indian flavour
- ½ teaspoon ground or dried fennel, marjoram and oregano and 1 tablespoon finely chopped fresh mint for a Greek flavour
- 1 teaspoon of a pre-prepared spice blend available in the supermarket e.g. Moroccan and Cajun (if allowed).

Texture considerations

Texture of the rice can be decreased by adding more water during the cooking process and cooking for a longer period of time. Experiment to find a texture that suits your child.

Risotto

Try the following ideas for tasty risottos using the savoury rice (see recipe page 7) as a base.

Basic risotto

Fry 1 finely chopped onion, 1 stalk chopped celery and 1 teaspoon crushed garlic in some olive oil until vegetables are just soft. Now add your rice; stirring to mix with the oil and vegetables. Add hot stock and Renastart and finish cooking as per recipe (page 7). Stir some butter through risotto for extra flavour.

- Try adding 1 teaspoon of dried basil and thyme when frying the onion in the recipe above and instead of using butter, try ¼ cup of cream for a really smooth texture.
- Shredded, cooked chicken added at the end of cooking also provides extra flavour and texture.
- Adding ¼ cup fresh, chopped mint, 1 tablespoon lemon juice, a knob of butter and some flaked fish to the cooked savoury rice makes a classic risotto combination that many children will like.



Asian Curry

A rice dish with Asian flavours can be made using savoury rice recipe (page 7) as a base.

Make 1 quantity of savoury rice with the following extra steps:

Add ½ finely chopped, red capsicum to the rice and oil. Stir often until capsicum just softens.

Stir into rice and capsicum 1 teaspoon of crushed garlic, grated ginger and ground coriander before adding the stock and Renastart.

Add 2 teaspoons coconut essence to this liquid. Stir in steamed green beans, shredded beef fillet and mild chilli sauce (optional) 2 minutes before serving.



Pumpkin Soup

Serves 8 | Prep time 10 min

Leaching time 2 hours

Cooking time 20 min

1kg pumpkin, diced; 1cm x 1cm cubes
(use ~½ medium pumpkin)

Water

2 tablespoons olive oil

1 brown onion, chopped

2 teaspoons each dried coriander
and cumin

2 cups 20% Renastart

1 cup water, extra

Place pumpkin in a large glass bowl with enough water that it is completely covered. Soak for a minimum of 2 hours. Discard water, then rinse pumpkin with fresh water; dry with a paper towel. Much of the potassium has now been leached out of the pumpkin.

Heat oil in a large saucepan. Add onion and cook until soft. Add spices and stir to coat onion. Add pumpkin and stir until coated in oil and spices.

Pour Renastart and extra water over vegetables and spices. Bring to boil; reduce heat and simmer until pumpkin has softened; approximately 5 minutes. Purée soup in a blender or food processor. Serve hot.

Per serve | 146kcal, 2.2g protein, 109mg potassium, 43mg phosphorus, 32mg sodium. (Based on 70% potassium leached from pumpkin. See reference ² page 23).



- Try making a variety of soups by replacing the pumpkin with low potassium vegetables such as spinach (pictured above), cauliflower, onion or celery.
- Potato soup may also be suitable in your child's diet if the potato is leached in the same way as the pumpkin in the recipe above; check with your dietitian.
- See "Important" heading on page 23 for storage guidelines.

Pictured opposite.

sweet



Homemade Custard

**Makes 8 serves | Prep time 10 min
Cooking time 15 min**

350ml 20% Renastart
150ml thickened cream (35% fat)
2 teaspoons vanilla essence
3 egg yolks
2 tablespoons cornflour
½ cup white sugar

Place Renastart, cream and vanilla essence into a medium sized saucepan. Heat until just about to boil. Take off heat.

Mix egg yolks, cornflour and sugar together in a large bowl until well combined.

Pour Renastart and cream mixture on top of the egg mixture and mix well.

Return custard back to the saucepan and mix constantly while it simmers and thickens.

**Per serve | 205kcal 2.2g protein,
35mg potassium, 49mg
phosphorus, 33mg sodium.**

Pictured opposite.

Custard from Powder

**Makes 8 serves | Prep time 5 min
Cooking time 10 min**

3 tablespoons custard powder
600ml 20% Renastart
½ cup caster sugar

Blend the custard powder with ½ cup of the Renastart to form a smooth liquid.

Heat remaining Renastart with sugar in a small saucepan until near boiling. Slowly add the blended custard powder and stir constantly. Simmer for 1-2 minutes. Serve hot or cold.

**Per serve | 143kcal, 1.2g protein,
30mg potassium, 24mg
phosphorus, 60mg sodium.**



Stir low potassium puréed fruit such as apple or peach through the custard for a different flavour, or serve custard with pieces of low potassium fresh fruit for a change in texture.



Rice Porridge

**Makes 4 serves | Prep time 5 min
Cooking time 15 min**

½ cup 20% Renastart

¾ cup water

1 teaspoon vanilla essence

½ cup white rice

¼ cup white sugar

Place Renastart, water, vanilla essence and rice into a medium sized saucepan. Heat until boiling. Turn to the lowest possible heat and simmer until the rice is tender and all of the Renastart and water have been absorbed. Mix in the sugar and stir until dissolved. Serve warm.

Per serve | 218kcal, 3.1g protein, 36mg potassium, 54mg phosphorus, 79mg sodium.

Changing flavour

- Try spicing the porridge with a little nutmeg and cinnamon, or use brown sugar instead of white for a caramel taste.
- Stir through low potassium puréed fruit such as apple, rhubarb or pear for a natural sweetness.
- Try adding butter or thickened cream for a creamier, slightly richer porridge.

Texture considerations

- Increase texture of porridge by adding a little less water and cooking for a shorter time. Experiment to find out what your child likes best.
- Try adding cubes or slices of fruit eg; peeled apple and peach or try using dried fruit like sultanas when you think your child is ready.

Cereal

Rice Puffs or Cornflakes

1 serve | Prep time 2 min

Place ½ cup rice puffs or cornflakes into a cereal bowl. Pour over 100ml 20% Renastart.

Per serve | 155kcal, 2.5g protein, 39mg potassium, 33mg phosphorus, 147mg sodium.

Oatmeal

4 serves | Prep time 2 min

Cooking time 10 min

Pour 1 cup 20% Renastart into a saucepan. Boil and stir in ½ cup rolled oats. Reduce heat to medium. Cook 5 minutes, stir in 1½ tablespoons sugar (to taste). Let stand to reach desired thickness. Serve warm.

Per serve | 147kcal, 2.6g protein, 62 mg potassium, 73mg phosphorus, 31mg sodium.



Vanilla Panna Cotta

**Makes 6 serves | Prep time 10 min
Cooking time 10 min**

2 teaspoons gelatine
½ cup caster sugar
⅔ cup 20% Renastart
300ml thickened cream
2 teaspoons vanilla essence

Sprinkle gelatine and sugar into combined Renastart and cream in a small saucepan. Stir over low heat, without boiling, until gelatine and sugar dissolve; add essence.

Strain into a medium jug; cool to room temperature. Grease six ½ cup (125ml) metal moulds.

Gently pour cooled panna cotta mixture evenly among prepared moulds. Cover, refrigerate for 3 hours or overnight.

**Per serve | 275kcal, 2.6g protein,
52mg potassium, 36mg
phosphorus, 36mg sodium.**

Pictured opposite.

Pictured right: Vanilla Panna Cotta with mandarin (check with your dietitian if allowed).

Citrus Panna Cotta

Follow recipe for Vanilla Panna Cotta with the following adjustments:

Stir 1 teaspoon finely grated lime rind into the combined Renastart and cream before heating.

Replace vanilla essence with the juice from ½ a lime.

Coconut Panna Cotta

Follow recipe for Vanilla Panna Cotta but use coconut essence instead of vanilla essence.

Texture considerations

Serving panna cotta with low potassium fruits such as plums, rhubarb and cherries is a great way to increase the texture of this dessert.

For a sweeter option, try making a syrup by dissolving ½ cup caster sugar in ½ cup water over a moderate heat. Increase the heat and add the zest from 1 lime, lemon or orange and simmer for 10 minutes.



drinks + more

Renashake

Makes 1 serve | Prep time 10 min

Using a small handheld beater, blend together ½ cup 20% Renastart and 2 scoops vanilla ice cream. Serve chilled.

Per serve | 230kcal, 4g protein,
109mg potassium, 66mg
phosphorus, 87mg sodium.

Flavoured Milk

Makes 1 serve | Prep time 10 min

In a glass, pour ¾ cup cold 20% Renastart over ¼ cup lime cordial and stir well. Serve immediately.

Per serve | 309kcal, 3g protein,
62mg potassium, 36mg
phosphorus, 100mg sodium.



- Use flavours of cordial such as raspberry and blackcurrant to make a variety of milk drinks.
- Try freezing flavoured "milk" or fruit "slushies" to make popsicles (pictured opposite).



Mango Lassi

Makes 1 serve | Prep time 10 min

- ¼ medium mango flesh, frozen
- 100ml 20% Renastart
- 2 ice cubes
- 2 tablespoons thickened cream (35% fat)
- 2 teaspoons sugar
- 2 teaspoons finely chopped mint

Blend all ingredients together with a small hand held beater until well combined. Serve immediately.

Per serve | 237kcal, 2.5g protein, 140mg potassium, 38mg phosphorus, 57mg sodium.

Pictured adjacent.



Pineapple Slushie

Makes 1 serve | Prep time 10 min

Using a small handheld beater, blend together ½ cup pineapple pieces (canned in heavy syrup, drained), ½ cup 20% Renastart, 1 tablespoon thickened cream, 2 teaspoons sugar and 4 ice cubes. Serve chilled.

Per serve | 309kcal, 2.6g protein, 125mg potassium, 39mg phosphorus, 69mg sodium.

Pictured adjacent.



Berry Blitz

Blend together ⅓ cup fresh or frozen blueberries (strawberries or raspberries), ½ cup 20% Renastart, 1 tablespoon thickened cream, 2 teaspoons sugar and 4 ice cubes. Serve chilled.

Per serve | 261 kcal, 2.7g protein, 81mg potassium, 40mg phosphate, 68mg sodium (based on using blueberries).



Berry Delight

Makes 1 serve | Prep time 10 min

Using a small handheld beater, blend together ½ cup strawberries (stems removed and chopped), 2 ice cubes, 100ml 20% Renastart, a few drops of vanilla essence and 2 teaspoons sugar. Serve immediately.

Per serve | 152kcal, 1.9g protein, 103mg potassium, 30mg phosphorus, 50mg sodium.

Pictured adjacent.



Try raspberries instead of strawberries.



- In the slushie recipe above substitute pineapple for other fruits (canned in syrup; drained) like peach and mango.
- Herbs and spices such as mint, lemongrass, cinnamon and nutmeg can flavour some milk drinks beautifully. Experiment to find what your child likes best.
- Extra cream and sugar can be added to the recipes if desired. Check with your dietitian.



Caramel Crème Smoothie

Makes 1 serve | Prep time 10 min

½ cup 20% Renastart
3 Jersey caramels (each cut into 8 pieces)
1 tablespoon thickened cream (35% fat)

In a mug, pour ¼ cup heated Renastart over the caramels. Swirl until caramels have melted. Stir in remaining Renastart and cream. Serve immediately or when cooled to desired temperature.

Per serve | 311kcal, 4.3g protein, 83mg potassium, 55mg phosphorus, 143mg sodium.



Warm Vanilla Treat

**Makes 1 serve | Prep time 1 min
Cooking time 2 min**

Sprinkle of cinnamon
150ml 20% Renastart
1 teaspoon vanilla essence
1 teaspoon golden syrup

In a mug, sprinkle a little cinnamon on top of the Renastart. Add vanilla essence and golden syrup, mix well and place in microwave on high for 1 minute. Stir well and heat for another minute; stir again after cooking so that syrup does not stick to the bottom of the mug and the heat is evenly distributed.

Per serve | 169kcal, 2.3g protein, 76mg potassium, 28mg phosphorus, 81mg sodium.

Renastart Preparation

All of the recipes in this booklet have been based on its' standard dilution: **20% Renastart**. This is made by adding 1 level scoop of Renastart (found in the tin, approximately 7g) to 30ml of water.

It is important to follow the guidelines for making Renastart carefully.

1. Wash hands well.
2. Sterilize feeding equipment.
3. Boil fresh water and leave to cool for no more than 30 minutes to ensure it remains at a temperature of **at least 70°C**.
4. Measure out the required amount of water into the feed container (measuring jug). Do not use artificially softened water or repeatedly boiled water.
5. Using the scoop provided, add the prescribed number of scoops of Renastart to the water, levelling each scoop off with the back of a clean dry knife.
6. Seal feed container and shake well. If making in a jug whisk well and cover. The temperature before feeding should be warm or cool, but not hot.
7. Renastart is now ready to use.

Once prepared, Renastart should be refrigerated and used within 24 hours.

For the recipes contained in this booklet, freshly prepared Renastart should be used.

Other Renastart dilutions

To be determined by the dietitian or clinician.

Appendix

Nutritional values of Australian Foods¹ was used to determine the nutrient breakdown of each of the recipes.

We have used Australian metric measurements in all of our recipes.

1 cup = 250ml
1 tablespoon = 20ml
1 teaspoon = 5ml

All cup and spoon measurements are level.

Important Storage Guidelines

Place foodstuff into a suitable freezer safe container. Freeze immediately once cooled in a freezer set at or below -18°C. Consult the freezer * rating for advice for how long frozen foodstuff can be kept. Defrost overnight in a refrigerator, or in a microwave using a suitable defrost setting. Consume defrosted food within 24 hours. Never re-freeze food that has been defrosted.

¹ Food Standards Australia and New Zealand. *Online searchable database*. NUTTAB 2013. FSANZ.

² Bethke PC, Janksy SH. The effect of boiling and leaching on the content of potassium and other minerals in potatoes. *J Food Sci*. 2008; **73**(5): H80-5.



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