

These recipe ideas are
only intended for
patients who have been
advised to take
Renastep™ by their
Healthcare Professional.

Renastep™ is a ready to use, high energy feed specifically designed for the dietary management of kidney disease for children aged 3 years onwards. Renastep has a vanilla flavour and can be taken as a drink. It can also be incorporated with other ingredients to make different flavoured drink options. The recipes below are ideas on how you can make quick, tasty drinks using Renastep.

It is important to always check with your dietitian regarding which drink ideas are suitable for you.

How do you make the recipes?

Each drink idea uses 125ml (1 bottle) of Renastep and makes 1 serving. The additional ingredients are simply mixed together with Renastep. A hand whisk can be used to make the drink frothy if desired.

Chocolate Daydream



Ingredients

125ml (1 bottle) Renastep
1½ tsp suitable chocolate flavoured milkshake powder*

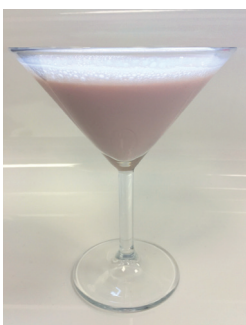
Top tip

Mix the chocolate flavoured milkshake powder with a small amount of Renastep to form a smooth paste and then stir in the rest of the Renastep.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	273	208
Protein	g	5.4	4.1
Sodium	mg/mmol	117 / 5.0	89 / 3.8
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.4	33 / 1.1
Calcium	mg/mmol	59 / 1.5	45 / 1.1

Strawberry Delight



Ingredients

125ml (1 bottle) Renastep
2 tsp suitable strawberry flavoured milkshake powder*

Top tip

Mix the milkshake powder with a small amount of Renastep to form a smooth paste and then stir in the rest of the Renastep.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	281	211
Protein	g	5.0	3.8
Sodium	mg/mmol	115 / 4.9	86 / 3.7
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.1	33 / 1.1
Calcium	mg/mmol	59 / 1.5	44 / 1.1

Raspberry Shake



Ingredients

125ml (1 bottle) Renastep
3 tsp suitable raspberry milkshake syrup*

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	251	183
Protein	g	5.0	3.65
Sodium	mg/mmol	109 / 4.7	80 / 3.4
Potassium	mg/mmol	44 / 1.1	32 / 0.8
Phosphorus	mg/mmol	44 / 1.4	32 / 1.0
Calcium	mg/mmol	59 / 1.5	43 / 1.1

Blueberry Shake



Ingredients

125ml (1 bottle) Renastep
3 tsp suitable blueberry milkshake syrup*

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	260	190
Protein	g	5.0	3.7
Sodium	mg/mmol	109 / 4.7	80 / 3.4
Potassium	mg/mmol	44 / 1.1	32 / 0.8
Phosphorus	mg/mmol	44 / 1.4	32 / 1.0
Calcium	mg/mmol	59 / 1.5	43 / 1.1

Vanilla Shake



Ingredients

125ml (1 bottle) Renastep
3tsp suitable Vanilla flavoured milkshake syrup*

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	250	183
Protein	g	5.0	3.65
Sodium	mg/mmol	123 / 5.3	90 / 3.9
Potassium	mg/mmol	44 / 1.1	32 / 0.8
Phosphorus	mg/mmol	44 / 1.4	32 / 1.0
Calcium	mg/mmol	59 / 1.5	43 / 1.1

Caramel and Vanilla Winter Warmer



Ingredients

125ml (1 bottle) Renastep
1½ tsp suitable caramel flavoured milkshake syrup*
½ tsp suitable vanilla flavoured milkshake syrup*

Method

Heat Renastep in a small saucepan until warm.
Add the syrups and stir (or whisk).

Top tip

Try cold for a refreshing alternative.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	269	202
Protein	g	5.0	3.76
Sodium	mg/mmol	109 / 4.7	82 / 3.5
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.4	33 / 1.1
Calcium	mg/mmol	59 / 1.5	44 / 1.1

Hot Chocolate Delight



Ingredients

125ml (1 bottle) Renastep
1 tsp drinking chocolate
1 tsp sugar

Method

Heat all the ingredients in a small saucepan but do not boil. Stir continuously until the drinking chocolate and sugar has dissolved.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	Kcal	281	211
Protein	g	5.3	4.0
Sodium	mg/mmol	114 / 4.9	86 / 3.7
Potassium	mg/mmol	64 / 1.6	48 / 1.2
Phosphorus	mg/mmol	52 / 1.6	39 / 1.2
Calcium	mg/mmol	61 / 1.5	46 / 1.2

* Ask your Dietitian about which products are suitable.

For further information call the Vitaflo® Nutritional Helpline on: **+ 44 (0) 151 702 4937** or visit **www.vitafloweb.com**

Renastep is a food for special medical purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Regular monitoring of nutritional status and electrolyte levels is required. Renastep contains milk and fish. Refer to Renastep label for allergen and other information. These recipes have been specifically designed for the dietary management of kidney disease.



Innovation in Nutrition

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