Renastart™ Recipes

Renastart™ is a powdered formula for use in the dietary management of pediatric kidney disease. These recipes provide ideas and fun ways to drink Renastart.

Vitaflo™

Enhancing Lives Together

A Nestlé Health Science Company

USE UNDER MEDICAL SUPERVISION

Check with your child's healthcare professional before making changes to their diet.

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How to make the recipes

- ✓ Each recipe uses 100 ml of Renastart at a dilution of 1 ml/kcal (30 kcal/fl oz). This is made by adding 3 level scoops of Renastart to 90 ml of water.
- ✓ All smoothie recipes can be prepared by blending ingredients together until smooth.

Tips for adding calories and protein

- ✓ For extra calories try adding some heavy whipping cream (1 Tbsp provides 50 kcal, 0.4 g protein, 14 mg potassium, and 9 mg phosphorus).
- ✓ For more protein, try adding some dried egg whites (1 Tbsp provides 20 kcal, 4 g protein, 56 mg potassium, and 6 mg phosphorus).

Ask your dietitian if these changes are appropriate.

Cool Tips

- ✓ Try freezing one of these fruit drinks to make popsicles.
- ✓ Herbs such as mint, lemongrass, and basil can flavour fruit-containing beverages beautifully. Spices such as cinnamon and nutmeg are great for creamy beverages. Experiment to find what your child likes best.

When You Want To Chill

Mandarin & Mango Smoothie

Serves: 1

Ingredients:

100 ml Renastart
1/4 cup canned mandarin segments, drained
1/4 cup canned mango slices, drained
A few ice cubes

140 calories
2 g protein
152 mg potassium
28 mg phosphorus

Strawberry Smoothie

Serves: 1

Ingredients:

100 ml Renastart
1 Tbsp Nesquik® strawberry powder
1/3 cup (approx. 4–5) frozen strawberries, unsweetened

150 calories
2 g protein
128 mg potassium
53 mg phosphorus

Pineapple Smoothie

Serves: 1

Ingredients:

100 ml Renastart
1/2 cup canned pineapple chunks, drained
1 Tbsp heavy whipping cream

210 calories
2 g protein
145 mg potassium
32 mg phosphorus

Renashake

Serves: 1

Ingredients:

100 ml Renastart
3/4 cup vanilla ice cream

310 calories
5 g protein
216 mg potassium
121 mg phosphorus

Mango Lassi

Serves: 1

Ingredients:

100 ml Renastart
1/4 cup mango, frozen
2 ice cubes
2 Tbsp heavy whipping cream
2 tsp sugar
Dash of ground cinnamon (optional)

260 calories
3 g protein
117 mg potassium
41 mg phosphorus

Berry Delight

Serves: 1

Ingredients:

100 ml Renastart
1/4 cup fresh strawberries, sliced
1/4 cup fresh raspberries
2 ice cubes
1–2 drops vanilla extract

130 calories
2 g protein
130 mg potassium
36 mg phosphorus

Blueberry Blitz

Serves: 1

Ingredients:

100 ml Renastart
1/2 cup fresh blueberries
2 Tbsp heavy whipping cream
4 ice cubes

240 calories
3 g protein
104 mg potassium
44 mg phosphorus

Peach & Berry Smoothie

Serves: 1

Ingredients:

100 ml Renastart
1 Tbsp Nesquik® strawberry powder
1/3 cup (approx. 5 slices) frozen peaches, unsweetened
10 fresh raspberries

160 calories
2 g protein
181 mg potassium
65 mg phosphorus

When You Want Something Warm

Caramel Vanilla Delight

Serves: 1

Ingredients:

100 ml Renastart
1 Tbsp caramel syrup
A drop of vanilla extract

180 calories
2 g protein
59 mg potassium
32 mg phosphorus

Directions:

Heat water to preferred drinking temperature before preparing Renastart. Mix in Renastart powder as instructed. Stir in syrup and vanilla until combined.

Tasty Hot Chocolate

Serves: 1

Ingredients:

100 ml Renastart
1 Tbsp Nesquik® chocolate syrup

150 calories
2 g protein
43 mg potassium
29 mg phosphorus

Directions:

Heat water to preferred drinking temperature before preparing Renastart. Mix in Renastart powder as instructed. Stir in chocolate syrup.

The recipes are best served immediately. If not consumed immediately, tightly cover, refrigerate, and use within 24 hours.

Renastart™ is for use in the dietary management of pediatric kidney disease from 1 year of age and under medical supervision. Be sure to ask your child's healthcare professional about which recipes are appropriate for them.

This recipe was analyzed using FoodData Central. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for your child. Refer to labels for allergen information and suitability.

For more information,
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