

Phosphate and calcium content of commonly used Turkish dishes for managing food intake in children with chronic kidney disease

This practical guide has been devised by the Turkish Associations of Pediatric Dietitians and the Turkish Society of Pediatric Nephrology in collaboration with the Paediatric Renal Nutrition Taskforce.

Turkish dishes

Portion size has been estimated by the working group using Turkish recipe books. Phosphate and calcium contents per 100 grams of dishes were calculated using Nutrition Information System software (BeBiS). Scoop is 9cm diameter (125ml). Tbs is rounded tablespoon (15ml). Matchbox size is 5cm x 7cm. Bowl is 14-16cm diameter (240ml).

Phosphate

Phosphate content of starters

■ High in natural P – foods that are a rich source of natural P $\geq 100\text{mg P}$ per portion ■ Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Turkish name for dish	Dish	Ingredients	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Yayla çorba	Rice and yogurt soup	Yogurt, rice, wheat flour, egg, butter	135g (1 scoop)	87	65
Mercimek çorba	Lentil soup	Lentil, onion, sunflower oil, wheat flour	150g (1 scoop)	100	66
Yeşil mercimekli erişte çorba	Green lentil and noodle soup	Green lentils, egg noodles, onions, tomato paste, sunflower oil, butter	175g (1 scoop)	55	32
Ezogelin çorba	Lentil and bulgur soup	Red lentils, bulgur, onion, butter, wheat flour, tomato paste, lemon juice	175g (1 scoop)	68	39
Toyga çorba	Chickpea, cracked wheat and yogurt soup	Chickpeas, cracked wheat, yogurt, wheat flour, butter	175g (1 scoop)	103	59
Şehriye çorbası	Vermicelli soup	Sunflower oil, vermicelli, tomato paste, lemon, parsley	150g (1 scoop)	24	16
Un çorba	Flour soup	Butter, wheat flour	150g (1 scoop)	19	13
Tarhana çorba	Tarhana soup	Dry tarhana (fermented dough prepared with yogurt, wheat flour, red pepper, tomato, spices), butter	150g (1 scoop)	58	39

Phosphate content of main meals

High in natural P – foods that are a rich source of natural P ≥ 100 mg P per portion

Lower P alternatives – foods that contain less natural P < 100 mg P per portion

Turkish name for dish	Dish	Ingredients	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Etli nohut	Chickpea dish with meat	Chickpeas, onion, sunflower oil, beef, tomato paste	125g (4 Tbs)	159	127
Etsiz nohut	Chickpea dish	Chickpeas, onion, sunflower oil, tomato paste	110g (3 Tbs)	119	108
Etli kuru fasulye	Dry bean dish with meat	Dry beans, onions, sunflower oil, beef, tomato paste	150g (3 Tbs)	195	130
Etsiz kuru fasulye	Dry bean dish	Dry beans, onions, sunflower oil, tomato paste	110g (3 Tbs)	123	112
Ev köftesi (Izgara köfte)	Grilled meatball	Ground beef, breadcrumbs, onion, egg, sunflower oil	60g (2 egg-sized, cooked)	112	186
Etli türlü	Mixed vegetable dish with meat	Green beans, zucchini, potatoes, eggplant, onion, tomato, sunflower oil, ground beef, tomato paste	120g (3 Tbs)	65	54
Lahmacun	Turkish pizza	Wheat flour, sunflower oil, ground beef (medium fat), onion, tomato, red pepper, capia pepper, garlic, tomato paste, pepper paste, parsley	125g (1 piece)	146	117
Tas kebabı	Beef stew with vegetables	Beef, onion, potato, sunflower oil, tomato paste	160g (4 Tbs)	143	90
Tavuk döner	Chicken doner	Chicken breast (skinless), sunflower oil, onion, pepper paste, tomato paste, yogurt	60g (3 Tbs)	155	258
Sac kavurma	Diced mutton fried on iron plate	Mutton, onion, tomato, green pepper	70g (3 Tbs)	189	270
Tavuk/hindi sote	Chicken/turkey saute	Chicken/turkey thigh (skinless, boneless), capia pepper, green pepper, onion, tomato, sunflower oil	140g (4 Tbs)	161	115
Terbiyeli köfte (pirinçli)	Meatball with rice and sauce	Ground beef, edible rice, onion, parsley, sunflower oil, sauce: lemon, egg	115g (2 scoops)	50	44
Fırın tavuk	Roasted chicken	Chicken wings (with bone, skin), sunflower oil, tomato paste, pepper paste, garlic, yogurt	190g (2 mini thighs, 2 wings)	284	151
Kıymalı ıspanak	Spinach dish with ground beef	Spinach, onion, sunflower oil, ground beef, rice, tomato paste	170g (3 Tbs)	89	52
Karniyarik	Eggplant dish with ground beef	Eggplant, sunflower oil, onion, tomato, parsley, green pepper, sunflower oil, ground beef, tomato paste	140g (1 small eggplant)	105	75
Kabak dolma	Stuffed zucchini	Fresh zucchini, onion, tomato, parsley, dill, ground beef, rice, sunflower oil, tomato paste, yogurt	135g (1 medium zucchini)	84	62
Kıymalı yaprak sarma	Stuffed vine leaves with ground beef	Vine leaves, edible rice, onion, parsley, ground beef, sunflower oil, lemon, flour, egg yolk, yogurt	105g (3 pieces)	80	76
İzmir köfte	Roasted meatball with potato	Ground beef, breadcrumbs, onion, parsley, egg, potato, sunflower oil, wheat flour, tomato paste	100g (2 meatballs, 2 slices of potato)	69	69
Adana kebabı	Adana kebab	Mutton, tail fat, capia pepper	70g (½ kebab)	121	173

Phosphate content of main meals (continued)



High in natural P – foods that are a rich source of natural P \geq 100mg P per portion



Lower P alternatives – foods that contain less natural P $<$ 100mg P per portion

Turkish name for dish	Dish	Ingredients	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Karışık pizza*	Mixed pizza	Wheat flour, dry yeast, olive oil, tomato paste, cheddar cheese, green pepper, boiled corn, green olives, sausage	35g (1/8 slice, 35cm diameter pizza)	59	168
Hamburger	Hamburger	Bread: flour, sunflower oil, milk, sugar, dry yeast, egg yolk, sesame; Meatballs: fatty ground beef; Other ingredients: tomatoes, pickled gherkins, lettuce, ketchup, mayonnaise	185g (120g bread, 2 egg-sized cooked meatballs 65g)	229	124
Bulgur pilavı	Bulgur pilaf	Bulgur, onion, sunflower oil	100g (4 Tbs)	95	95
Pirinç pilavı	Rice pilaf	Rice, sunflower oil	100g (4 Tbs)	39	39
Mantı (Yoğurtlu)	Turkish ravioli with ground beef and yogurt sauce	Wheat flour, egg, ground beef, onion, parsley, tomato, sunflower oil, yogurt, garlic	290g (1 scoop)	148	51
Peynirli yufka böreği	Patty with cheese	Ready-made phyllo, feta cheese, parsley, egg, sunflower oil, milk	70g (1 slice, size of 2 matchboxes)	101	145
Sade erişte	Egg noodle	Wheat flour, egg, sunflower oil, curd cheese, butter	120g (4 Tbs)	93	77
Kıymalı börek	Patty with ground beef	Ready-made phyllo, ground beef, onion, parsley, sunflower oil, milk, egg	85g (2 slices, 5 x 5cm)	94	110
İspanaklı el açması gözleme	Turkish pancake with spinach	Wheat flour, dry yeast, sugar, spinach, onion, sunflower oil, tomato paste, parsley, sunflower oil	75g (2 slices, 5 x 5cm)	55	73
Sade gözleme	Turkish pancake	Wheat flour, eggs, milk, oil	100g (1 slice, 6 x 6cm)	84	84
Mercimekli bulgur pilavı	Bulgur pilaf with green lentil	Bulgur, green lentils, onion, olive oil, tomato paste	150g (4 Tbs)	146	97
Şehriyeli bulgur pilavı	Bulgur pilaf with vermicelli	Bulgur, vermicelli, sunflower oil	100g (4 Tbs)	46	46
Zeytinyağlı taze fasulye	Green bean dish	Green beans, onions, tomatoes, olive oil, tomato paste	120g (3 Tbs)	42	35
Zeytinyağlı yaprak sarma	Stuffed vine leaves	Vine leaves, rice, onions, parsley, dill, currants, pine nuts, olive oil, lemon	75g (3 medium)	60	79
Zeytinyağlı biber dolma	Stuffed bell pepper	Bell pepper, rice, onion, tomato, parsley, dill, currants, pine nuts, olive oil	75g (1 medium)	48	65
Kabak mücver	Fried zucchini patty	Fresh zucchini, parsley, onion, feta cheese, egg, wheat flour, sunflower oil, yogurt	80g (3 pieces)	66	83
Zeytinyağlı pırasa	Leek dish	Leek, carrot, onion, rice, olive oil, lemon	90g (2 Tbs)	36	40
Domates soslu karışık kızartma	Fried mix vegetables with tomato sauce	Eggplant, potato, capia pepper, green pepper, tomato, olive oil, garlic	120g (3 Tbs)	36	30
Zeytinyağlı barbunya	Shellbean dish	Kidney beans, potatoes, carrots, onions, garlic, parsley, lemon, olive oil, tomato paste	60g (2 Tbs)	75	125

*Phosphate content refers to homemade dish. Processed dish contains phosphate additives and is best avoided

Phosphate content of desserts



High in natural P – foods that are a rich source of natural P $\geq 100\text{mg P}$ per portion



Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Turkish name for dish	Dish	Ingredients	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Sütlaç	Dessert with milk and rice	Milk, rice, starch, sugar	125g (½ bowl)	107	86
Fıstıklı baklava	Baklava	Eggs, milk, starch, wheat flour, butter, sunflower oil, sugar, lemon juice, pistachios	50g (2 pieces)	39	77
Elmalı kurabiye	Apple cookie	Green apple, sugar, walnut kernel, wheat flour, sunflower oil, yogurt, powdered sugar, baking powder, vinegar	70g (2 pieces)	112	160
İrmik helvası	Semolina halva	Semolina, sugar, sunflower oil, pine nuts	100g (3 Tbs)	34	34
Fıstıklı Kadayıf	Kadayıf with pistachio	Kadayıf (shredded wheat dessert), sugar, sunflower oil, pistachio, lemon	100g (size of 2 matchboxes)	59	59
Lokma tatlısı	Yeast fritters in thick syrup	Wheat flour, dry yeast, sunflower oil, syrup: sugar, water, lemon juice	66g (4 walnut-sized pieces)	23	36
Kabak tatlısı	Pumpkin dessert	Pumpkin, sugar, walnuts	65g (size of 2 matchboxes)	44	67
Un helvası	Flour halva	Wheat flour, butter, sugar	90g (3 Tbs)	25	28
Çikolatalı yaş pasta*	Chocolate cake	Cake: wheat flour, sugar, milk, egg, sunflower oil, vanilla, baking powder, cocoa; Cream: wheat flour, sugar, milk, egg, butter, cocoa, vanilla, whipped cream, milk, chocolate	100g (¼ of 28cm diameter cake tin, 2 finger thickness)	105	105

*Phosphate content refers to homemade dish. Processed dish contains phosphate additives and is best avoided

Phosphate content of snack foods/side dishes



High in natural P – foods that are a rich source of natural P ≥ 100 mg P per portion



Lower P alternatives – foods that contain less natural P < 100 mg P per portion

Turkish name for dish	Dish	Ingredients	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Çoban salata	Salad with tomato, cucumber, onion, green pepper	Tomato, cucumber, green pepper, spring onion, parsley, lemon, olive oil	80g (1 bowl)	19	24
Cacık	Yogurt and cucumber	Yogurt, cucumber, dill, olive oil	80g (1 bowl)	46	57
Mevsim salata	Season salad	Curly red cabbage, carrot, lemon, olive oil	80g (1 bowl)	28	36
Yoğurtlu havuç salata	Carrot salad with yogurt	Carrot, sunflower oil, yogurt, garlic	66g (3 Tbs)	50	76
Patates salatası	Potato salad	Potato, lemon, parsley, spring onion, olive oil	65g (2 Tbs)	18	28
Kısır	Bulgur salad	Fine bulgur, tomato, lettuce, green pepper, green onion, parsley, tomato paste, pepper paste, olive oil, lemon juice	90g (3 Tbs)	112	124
Lavaş	Thin bread	Wheat flour, sunflower oil	60g (1 piece)	27	46
Bazlama	Flatbread	Wheat flour, fresh yeast, olive oil, granulated sugar, water	100g (1 piece)	13	13
Simit	Turkish bagel	Wheat flour, milk, sunflower oil, dry yeast, sugar, molasses, sesame	50g (½ piece)	86	171
Peynirli poğaça	Bun with cheese filling	Wheat flour, eggs, vinegar, sunflower oil, yogurt, baking powder, sunflower oil, cheddar cheese, sesame	45g (½ piece)	101	225
Sade omlet	Omelet	Egg, sunflower oil	65g (1 medium egg)	109	168
Menemen	Egg scrambled with tomato, pepper, and onion	Tomato, red pepper, onion, egg, sunflower oil	105g (1 medium egg)	92	88
Pankek	Pancake	Wheat flour, eggs, sugar, baking powder, vanilla, sunflower oil	60g (3 pieces)	233	388
Kakaolu kek	Cocoa cake	Wheat flour, sugar, milk, eggs, sunflower oil, vanilla, baking powder, cocoa	40g (½ slice of 28cm diameter springform tin, 2 finger thickness)	72	179
Sade kek	Cake	Wheat flour, milk, eggs, sugar, sunflower oil, vanilla, baking powder	40g (1 finger thickness slice)	54	135
Etsiz çiğ köfte	Meatball with bulgur, onion, tomato paste and spices	Thin brown bulgur, onion, olive oil, tomato paste, pepper paste, pomegranate paste, parsley, spring onions, garlic	90g (3 pieces)	88	98

Calcium

Calcium content of starters

Turkish name for dish	Dish	Ingredients	Portion size	Calcium (mg per portion)	Calcium (mg per 100g)
Yayla çorba	Rice and yogurt soup	Yogurt, rice, wheat flour, egg, butter	135g (1 scoop)	80	59
Mercimek çorba	Lentil soup	Lentil, onion, sunflower oil, wheat flour	150g (1 scoop)	20	13
Yeşil mercimekli erişte çorba	Green lentil and noodle soup	Green lentils, egg noodles, onions, tomato paste, sunflower oil, butter	175g (1 scoop)	19	11
Ezogelin çorba	Lentil and bulgur soup	Red lentils, bulgur, onion, butter, wheat flour, tomato paste, lemon juice	175g (1 scoop)	7	4
Toyga çorba	Chickpea, cracked wheat and yogurt soup	Chickpeas, cracked wheat, yogurt, wheat flour, butter	175g (1 scoop)	62	35
Şehriye çorbası	Vermicelli soup	Sunflower oil, vermicelli, tomato paste, lemon, parsley	150g (1 scoop)	8	5
Un çorba	Wheat flour soup	Butter, wheat flour	150g (1 scoop)	4	3
Tarhana çorba	Tarhana soup	Dry tarhana (fermented dough prepared with yogurt, wheat flour, red pepper, tomato, spices), butter	150g (1 scoop)	64	43

Calcium content of main meals

Turkish name for dish	Dish	Ingredients	Portion size	Calcium (mg per portion)	Calcium (mg per 100g)
Etli nohut	Chickpea dish with meat	Chickpeas, onion, sunflower oil, beef, tomato paste	125g (4 Tbs)	36	29
Etsiz nohut	Chickpea dish	Chickpeas, onion, sunflower oil, tomato paste	110g (3 Tbs)	39	35
Etli kuru fasulye	Dry bean dish with meat	Dry beans, onions, sunflower oil, beef, tomato paste	150g (3 Tbs)	40	27
Etsiz kuru fasulye	Dry bean dish	Dry beans, onions, sunflower oil, tomato paste	110g (3 Tbs)	36	32
Ev köftesi (Izgara köfte)	Grilled meatball	Ground beef, breadcrumbs, onion, egg, sunflower oil	60g (2 egg-sized, cooked)	11	18
Etli türlü	Mixed vegetable dish with meat	Green beans, zucchini, potatoes, eggplant, onion, tomato, sunflower oil, ground beef, tomato paste	120g (3 Tbs)	26	21
Lahmacun	Turkish pizza	Wheat flour, sunflower oil, ground beef (medium fat), onion, tomato, red pepper, capia pepper, garlic, tomato paste, pepper paste, parsley	125g (1 piece)	17	13
Tas kebabı	Beef stew with vegetables	Beef, onion, potato, sunflower oil, tomato paste	160g (4 Tbs)	8	5
Tavuk döner	Chicken doner	Chicken breast (skinless), sunflower oil, onion, pepper paste, tomato paste, yogurt	60g (3 Tbs)	18	30
Sac kavurma	Diced mutton fried on iron plate	Mutton, onion, tomato, green pepper	70g (3 Tbs)	38	55
Tavuk/hindi sote	Chicken/turkey saute	Chicken/turkey thigh (skinless, boneless), capia pepper, green pepper, onion, tomato, sunflower oil	140g (4 Tbs)	35	25
Terbiyeli köfte (pirinçli)	Meatball with rice and sauce	Ground beef, edible rice, onion, parsley, sunflower oil, sauce: lemon, egg	115g (2 scoops)	9	8
Fırın tavuk	Roasted chicken	Chicken wings (with bone, skin), sunflower oil, tomato paste, pepper paste, garlic, yogurt	190g (2 mini thighs, 2 wings)	49	26
Kıymalı ıspanak	Spinach dish with ground beef	Spinach, onion, sunflower oil, ground beef, rice, tomato paste	170g (3 Tbs)	121	71
Karnıyarık	Eggplant dish with ground beef	Eggplant, sunflower oil, onion, tomato, parsley, green pepper, sunflower oil, ground beef, tomato paste	140g (1 small eggplant)	47	34
Kabak dolma	Stuffed zucchini	Fresh zucchini, onion, tomato, parsley, dill, ground beef, rice, sunflower oil, tomato paste, yogurt	135g (1 medium zucchini)	28	21
Kıymalı yaprak sarma	Stuffed vine leaves with ground beef	Vine leaves, edible rice, onion, parsley, ground beef, sunflower oil, lemon, flour, egg yolk, yogurt	105g (3 pieces)	77	74
İzmir köfte	Roasted meatball with potato	Ground beef, breadcrumbs, onion, parsley, egg, potato, sunflower oil, wheat flour, tomato paste	100g (2 meatballs, 2 slices of potato)	8	8
Adana kebabı	Adana kebab	Mutton, tail fat, capia pepper	70g (½ kebab)	14	20

Calcium content of main meals (continued)

Turkish name for dish	Dish	Ingredients	Portion size	Calcium (mg per portion)	Calcium (mg per 100g)
Karışık pizza	Mixed pizza	Wheat flour, dry yeast, olive oil, tomato paste, cheddar cheese, green pepper, boiled corn, green olives, sausage	35g (1/8 slice, 35cm diameter pizza)	63	179
Hamburger	Hamburger	Bread: flour, sunflower oil, milk, sugar, dry yeast, egg yolk, sesame; Meatballs: fatty ground beef; Other ingredients: tomatoes, pickled gherkins, lettuce, ketchup, mayonnaise	185g (120g bread, 2 egg-sized cooked meatballs 65g)	55	29
Bulgur pilavı	Bulgur pilaf	Bulgur, onion, sunflower oil	100g (4 Tbs)	12	12
Pirinç pilavı	Rice pilaf	Rice, sunflower oil	100g (4 Tbs)	3	3
Mantı (Yoğurtlu)	Turkish ravioli with ground beef and yogurt sauce	Wheat flour, egg, ground beef, onion, parsley, tomato, sunflower oil, yogurt, garlic	290g (1 scoop)	82	28
Peynirli yufka böreği	Patty with cheese	Ready-made phyllo, feta cheese, parsley, egg, sunflower oil, milk	70g (1 slice, size of 2 matchboxes)	87	124
Sade erişte	Egg noodle	Wheat flour, egg, sunflower oil, curd cheese, butter	120g (4 Tbs)	23	19
Kıymalı börek	Patty with ground beef	Ready-made phyllo, ground beef, onion, parsley, sunflower oil, milk, egg	85g (2 slices, 5 x 5cm)	46	54
İspanaklı el açması gözleme	Turkish pancake with spinach	Wheat flour, dry yeast, sugar, spinach, onion, sunflower oil, tomato paste, parsley, sunflower oil	75g (2 slices, 5 x 5cm)	60	80
Sade gözleme	Turkish pancake	Wheat flour, eggs, milk, oil	100g (1 slice, 6 x 6cm)	44	44
Mercimekli bulgur pilavı	Bulgur pilaf with green lentil	Bulgur, green lentils, onion, olive oil, tomato paste	150g (4 Tbs)	24	16
Şehriyeli bulgur pilavı	Rice pilaf with vermicelli	Bulgur, vermicelli, sunflower oil	100g (4 Tbs)	3	3
Zeytinyağlı taze fasulye	Green bean dish	Green beans, onions, tomatoes, olive oil, tomato paste	120g (3 Tbs)	54	45
Zeytinyağlı yaprak sarma	Stuffed vine leaves	Vine leaves, rice, onions, parsley, dill, currants, pine nuts, olive oil, lemon	75g (3 medium)	79	106
Zeytinyağlı biber dolma	Stuffed bell pepper	Bell pepper, rice, onion, tomato, parsley, dill, currants, pine nuts, olive oil	75g (1 medium)	15	20
Kabak mücver	Fried zucchini patty	Fresh zucchini, parsley, onion, feta cheese, egg, wheat flour, sunflower oil, yogurt	80g (3 pieces)	56	70
Zeytinyağlı pırasa	Leek dish	Leek, carrot, onion, rice, olive oil, lemon	90g (2 Tbs)	38	42
Domates soslu karışık kızartma	Fried mix vegetables with tomato sauce	Eggplant, potato, capia pepper, green pepper, tomato, olive oil, garlic	120g (3 Tbs)	14	12
Zeytinyağlı barbunya	Shellbean dish	Kidney beans, potatoes, carrots, onions, garlic, parsley, lemon, olive oil, tomato paste	60g (2 Tbs)	20	33

Calcium content of desserts

Turkish name for dish	Dish	Ingredients	Portion size	Calcium (mg per portion)	Calcium (mg per 100g)
Sütlaç	Dessert with milk and rice	Milk, rice, starch, sugar	125g (½ bowl)	133	106
Fıstıklı baklava	Baklava	Eggs, milk, starch, wheat flour, butter, sunflower oil, sugar, lemon juice, pistachios	50g (2 pieces)	40	80
Elmalı kurabiye	Apple cookie	Green apple, sugar, walnut kernel, wheat flour, sunflower oil, yogurt, powdered sugar, baking powder, vinegar	70g (2 pieces)	27	38
İrmik helvası	Semolina halva	Semolina, sugar, sunflower oil, pine nuts	100g (3 Tbs)	7	7
Fıstıklı Kadayıf	Kadayıf with pistachio	Kadayıf (shredded wheat dessert), sugar, sunflower oil, pistachio, lemon	100g (size of 2 matchboxes)	14	14
Lokma tatlısı	Yeast fritters in thick syrup	Wheat flour, dry yeast, sunflower oil, syrup: sugar, water, lemon juice	66g (4 walnut-sized pieces)	5	7
Kabak tatlısı	Pumpkin dessert	Pumpkin, sugar, walnuts	65g (size of 2 matchboxes)	19	29
Un helvası	Flour halva	Wheat flour, butter, sugar	90g (3 Tbs)	6	7
Çikolatalı yaş pasta	Chocolate cake	Cake: wheat flour, sugar, milk, egg, sunflower oil, vanilla, baking powder, cocoa; Cream: wheat flour, sugar, milk, egg, butter, cocoa, vanilla, whipped cream, milk, chocolate	100g (¼ of 28cm diameter cake tin, 2 finger thickness)	52	52

Calcium content of snack foods/side dishes

Turkish name for dish	Dish	Ingredients	Portion size	Calcium (mg per portion)	Calcium (mg per 100g)
Çoban salata	Salad with tomato, cucumber, onion, green pepper	Tomato, cucumber, green pepper, spring onion, parsley, lemon, olive oil	80g (1 bowl)	19	23
Cacık	Yogurt and cucumber	Yogurt, cucumber, dill, olive oil	80g (1 bowl)	59	74
Mevsim salata	Season salad	Curly red cabbage, carrot, lemon, olive oil	80g (1 bowl)	27	34
Yoğurtlu havuç salata	Carrot salad with yogurt	Carrot, sunflower oil, yogurt, garlic	66g (3 Tbs)	51	77
Patates salatası	Potato salad	Potato, lemon, parsley, spring onion, olive oil	65g (2 Tbs)	17	26
Kısır	Bulgur salad	Fine bulgur, tomato, lettuce, green pepper, green onion, parsley, tomato paste, pepper paste, olive oil, lemon juice	90g (3 Tbs)	42	47
Lavaş	Thin bread	Wheat flour, sunflower oil	60g (1 piece)	3	6
Bazlama	Flatbread	Wheat flour, fresh yeast, olive oil, granulated sugar, water	100g (1 piece)	4	4
Simit	Turkish bagel	Wheat flour, milk, sunflower oil, dry yeast, sugar, molasses, sesame	50g (½ piece)	16	32
Peynirli poğaça	Bun with cheese filling	Wheat flour, eggs, vinegar, sunflower oil, yogurt, baking powder, sunflower oil, cheddar cheese, sesame	45g (½ piece)	59	131
Sade omlet	Omelet	Egg, sunflower oil	65g (1 medium egg)	31	48
Menemen	Egg scrambled with tomato, pepper, and onion	Tomato, red pepper, onion, egg, sunflower oil	105g (1 medium egg)	35	33
Pankek	Pancake	Wheat flour, eggs, sugar, baking powder, vanilla, sunflower oil	60g (3 pieces)	37	62
Kakaolu kek	Cocoa cake	Wheat flour, sugar, milk, eggs, sunflower oil, vanilla, baking powder, cocoa	40g (½ slice of 28cm diameter springform tin, 2 finger thickness)	23	58
Sade kek	Cake	Wheat flour, milk, eggs, sugar, sunflower oil, vanilla, baking powder	40g (1 finger thickness slice)	21	54
Etsiz çiğ köfte	Meatball with bulgur, onion, tomato paste and spices	Thin brown bulgur, onion, olive oil, tomato paste, pepper paste, pomegranate paste, parsley, spring onions, garlic	90g (3 pieces)	23	25



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