

Energy and protein 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. Energy and protein 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).

Energy

Energy content of starters

Turkish name for dish	Dish	Ingredients	Portion size	Energy (kcal per portion)	Energy (kcal per 100g)
Yayla çorba	Rice and yogurt soup	Yogurt, rice, wheat flour, egg, butter	135g (1 scoop)	150	110
Mercimek çorba	Lentil soup	Lentil, onion, sunflower oil, wheat flour	150g (1 scoop)	125	85
Yeşil mercimekli erişte çorba	Green lentil and noodle soup	Green lentils, egg noodles, onions, tomato paste, sunflower oil, butter	175g (1 scoop)	100	55
Ezogelin çorba	Lentil and bulgur soup	Red lentils, bulgur, onion, butter, wheat flour, tomato paste, lemon juice	175g (1 scoop)	100	55
Toyga çorba	Chickpea, cracked wheat and yogurt soup	Chickpeas, cracked wheat, yogurt, wheat flour, butter	175g (1 scoop)	120	70
Şehriye çorbası	Vermicelli soup	Sunflower oil, vermicelli, tomato paste, lemon, parsley	150g (1 scoop)	90	60
Un çorba	Flour soup	Butter, wheat flour	150g (1 scoop)	135	90
Tarhana çorba	Tarhana soup	Dry tarhana (fermented dough prepared with yogurt, wheat flour, red pepper, tomato, spices), butter	150g (1 scoop)	80	50

Energy content of main meals

Turkish name for dish	Dish	Ingredients	Portion size	Energy (kcal per portion)	Energy (kcal per 100g)
Etli nohut	Chickpea dish with meat	Chickpeas, onion, sunflower oil, beef, tomato paste	125g (4 Tbs)	140	110
Etsiz nohut	Chickpea dish	Chickpeas, onion, sunflower oil, tomato paste	110g (3 Tbs)	110	100
Etli kuru fasulye	Dry bean dish with meat	Dry beans, onions, sunflower oil, beef, tomato paste	150g (3 Tbs)	165	110
Etsiz kuru fasulye	Dry bean dish	Dry beans, onions, sunflower oil, tomato paste	110g (3 Tbs)	110	100
Ev köftesi (Izgara köfte)	Grilled meatball	Ground beef, breadcrumbs, onion, egg, sunflower oil	60g (2 egg-sized, cooked)	140	230
Etli türlü	Mixed vegetable dish with meat	Green beans, zucchini, potatoes, eggplant, onion, tomato, sunflower oil, ground beef, tomato paste	120g (3 Tbs)	90	75
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)	370	295
Tas kebabı	Beef stew with vegetables	Beef, onion, potato, sunflower oil, tomato paste	160g (4 Tbs)	135	85
Tavuk döner	Chicken doner	Chicken breast (skinless), sunflower oil, onion, pepper paste, tomato paste, yogurt	60g (3 Tbs)	105	175
Sac kavurma	Diced mutton fried on iron plate	Mutton, onion, tomato, green pepper	70g (3 Tbs)	230	330
Tavuk/hindi sote	Chicken/turkey saute	Chicken/turkey thigh (skinless, boneless), capia pepper, green pepper, onion, tomato, sunflower oil	140g (4 Tbs)	185	130
Terbiyeli köfte (pirinçli)	Meatball with rice and sauce	Ground beef, edible rice, onion, parsley, sunflower oil, sauce: lemon, egg	115g (2 scoops)	60	55
Fırın tavuk	Roasted chicken	Chicken wings (with bone, skin), sunflower oil, tomato paste, pepper paste, garlic, yogurt	190g (2 mini thighs, 2 wings)	520	280
Kıymalı ispanak	Spinach dish with ground beef	Spinach, onion, sunflower oil, ground beef, rice, tomato paste	170g (3 Tbs)	100	60
Karniyarik	Eggplant dish with ground beef	Eggplant, sunflower oil, onion, tomato, parsley, green pepper, sunflower oil, ground beef, tomato paste	140g (1 small eggplant)	125	90
Kabak dolma	Stuffed zucchini	Fresh zucchini, onion, tomato, parsley, dill, ground beef, rice, sunflower oil, tomato paste, yogurt	135g (1 medium zucchini)	105	80
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)	135	130
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)	110	110
Adana kebabı	Adana kebab	Mutton, tail fat, capia pepper	70g (½ kebab)	235	335

Energy content of main meals (continued)

Turkish name for dish	Dish	Ingredients	Portion size	Energy (kcal per portion)	Energy (kcal 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)	100	280
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)	520	280
Bulgur pilavı	Bulgur pilaf	Bulgur, onion, sunflower oil	100g (4 Tbs)	135	135
Pirinç pilavı	Rice pilaf	Rice, sunflower oil	100g (4 Tbs)	180	180
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)	295	100
Peynirli yufka böreği	Patty with cheese	Ready-made phyllo, feta cheese, parsley, egg, sunflower oil, milk	70g (1 slice, size of 2 matchboxes)	265	375
Sade erişte	Egg noodle	Wheat flour, egg, sunflower oil, curd cheese, butter	120g (4 Tbs)	225	185
Kıymalı börek	Patty with ground beef	Ready-made phyllo, ground beef, onion, parsley, sunflower oil, milk, egg	85g (2 slices, 5 x 5cm)	220	260
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)	200	270
Sade gözleme	Turkish pancake	Wheat flour, eggs, milk, oil	100g (1 slice, 6 x 6cm)	460	460
Mercimekli bulgur pilavı	Bulgur pilaf with green lentil	Bulgur, green lentils, onion, olive oil, tomato paste	150g (4 Tbs)	205	135
Şehriyeli bulgur pilavı	Bulgur pilaf with vermicelli	Bulgur, vermicelli, sunflower oil	100g (4 Tbs)	200	200
Zeytinyağlı taze fasulye	Green bean dish	Green beans, onions, tomatoes, olive oil, tomato paste	120g (3 Tbs)	80	70
Zeytinyağlı yaprak sarma	Stuffed vine leaves	Vine leaves, rice, onions, parsley, dill, currants, pine nuts, olive oil, lemon	75g (3 medium)	180	240
Zeytinyağlı biber dolma	Stuffed bell pepper	Bell pepper, rice, onion, tomato, parsley, dill, currants, pine nuts, olive oil	75g (1 medium)	125	165
Kabak mücver	Fried zucchini patty	Fresh zucchini, parsley, onion, feta cheese, egg, wheat flour, sunflower oil, yogurt	80g (3 pieces)	160	200
Zeytinyağlı pırasa	Leek dish	Leek, carrot, onion, rice, olive oil, lemon	90g (2 Tbs)	70	80
Domates soslu karışık kızartma	Fried mix vegetables with tomato sauce	Eggplant, potato, capia pepper, green pepper, tomato, olive oil, garlic	120g (3 Tbs)	145	120
Zeytinyağlı barbunya	Shellbean dish	Kidney beans, potatoes, carrots, onions, garlic, parsley, lemon, olive oil, tomato paste	60g (2 Tbs)	70	120

Energy content of desserts

Turkish name for dish	Dish	Ingredients	Portion size	Energy (kcal per portion)	Energy (kcal per 100g)
Sütlaç	Dessert with milk and rice	Milk, rice, starch, sugar	125g (½ bowl)	180	145
Fıstıklı baklava	Baklava	Eggs, milk, starch, wheat flour, butter, sunflower oil, sugar, lemon juice, pistachios	50g (2 pieces)	210	420
Elmalı kurabiye	Apple cookie	Green apple, sugar, walnut kernel, wheat flour, sunflower oil, yogurt, powdered sugar, baking powder, vinegar	70g (2 pieces)	300	425
İrmik helvası	Semolina halva	Semolina, sugar, sunflower oil, pine nuts	100g (3 Tbs)	300	300
Fıstıklı Kadayıf	Kadayıf with pistachio	Kadayıf (shredded wheat dessert), sugar, sunflower oil, pistachio, lemon	100g (size of 2 matchboxes)	250	250
Lokma tatlısı	Yeast fritters in thick syrup	Wheat flour, dry yeast, sunflower oil, syrup: sugar, water, lemon juice	66g (4 walnut-sized pieces)	300	450
Kabak tatlısı	Pumpkin dessert	Pumpkin, sugar, walnuts	65g (size of 2 matchboxes)	90	135
Un helvası	Flour halva	Wheat flour, butter, sugar	90g (3 Tbs)	330	370
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)	200	200

Energy content of snack foods/side dishes

Turkish name for dish	Dish	Ingredients	Portion size	Energy (kcal per portion)	Energy (kcal per 100g)
Çoban salata	Salad with tomato, cucumber, onion, green pepper	Tomato, cucumber, green pepper, spring onion, parsley, lemon, olive oil	80g (1 bowl)	50	60
Cacık	Yogurt and cucumber	Yogurt, cucumber, dill, olive oil	80g (1 bowl)	50	60
Mevsim salata	Season salad	Curly red cabbage, carrot, lemon, olive oil	80g (1 bowl)	50	65
Yoğurtlu havuç salata	Carrot salad with yogurt	Carrot, sunflower oil, yogurt, garlic	66g (3 Tbs)	115	170
Patates salatası	Potato salad	Potato, lemon, parsley, spring onion, olive oil	65g (2 Tbs)	75	115
Kısır	Bulgur salad	Fine bulgur, tomato, lettuce, green pepper, green onion, parsley, tomato paste, pepper paste, olive oil, lemon juice	90g (3 Tbs)	160	175
Lavaş	Thin bread	Wheat flour, sunflower oil	60g (1 piece)	155	260
Bazlama	Flatbread	Wheat flour, fresh yeast, olive oil, granulated sugar, water	100g (1 piece)	225	225
Simit	Turkish bagel	Wheat flour, milk, sunflower oil, dry yeast, sugar, molasses, sesame	50g (½ piece)	185	370
Peynirli poğaça	Bun with cheese filling	Wheat flour, eggs, vinegar, sunflower oil, yogurt, baking powder, sunflower oil, cheddar cheese, sesame	45g (½ piece)	200	445
Sade omlet	Omelet	Egg, sunflower oil	65g (1 medium egg)	170	260
Menemen	Egg scrambled with tomato, pepper, and onion	Tomato, red pepper, onion, egg, sunflower oil	105g (1 medium egg)	115	110
Pankek	Pancake	Wheat flour, eggs, sugar, baking powder, vanilla, sunflower oil	60g (3 pieces)	210	350
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)	145	360
Sade kek	Cake	Wheat flour, milk, eggs, sugar, sunflower oil, vanilla, baking powder	40g (1 finger thickness slice)	145	360
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)	155	170

Protein

Protein content of starters

Turkish name for dish	Dish	Ingredients	Portion size	Protein (gram per portion)	Protein (gram per 100g)
Yayla çorba	Rice and yogurt soup	Yogurt, rice, wheat flour, egg, butter	135g (1 medium scoop)	4.6	3.4
Mercimek çorba	Lentil soup	Lentil, onion, sunflower oil, wheat flour	150g (1 medium scoop)	5.8	3.9
Yeşil mercimekli erişte çorba	Green lentil and noodle soup	Green lentils, egg noodles, onions, tomato paste, sunflower oil, butter	175g (1 medium scoop)	3.2	1.8
Ezogelin çorba	Lentil and bulgur soup	Red lentils, bulgur, onion, butter, wheat flour, tomato paste, lemon juice	175g (1 medium scoop)	3.6	2.1
Toyga çorba	Chickpea, cracked wheat and yogurt soup	Chickpeas, cracked wheat, yogurt, wheat flour, butter	175g (1 medium scoop)	4.4	2.5
Şehriye çorbası	Vermicelli soup	Sunflower oil, vermicelli, tomato paste, lemon, parsley	150g (1 medium scoop)	1.7	1.1
Un çorba	Flour soup	Butter, wheat flour	150g (1 medium scoop)	1.7	1.2
Tarhana çorba	Tarhana soup	Dry tarhana (fermented dough prepared with yogurt, wheat flour, red pepper, tomato, spices), butter	150g (1 medium scoop)	1.9	1.3

Protein content of main meals

Turkish name for dish	Dish	Ingredients	Portion size	Protein (gram per portion)	Protein (gram per portion)
Etli nohut	Chickpea dish with meat	Chickpeas, onion, sunflower oil, beef, tomato paste	125g (4 Tbs)	10.1	8.0
Etsiz nohut	Chickpea dish	Chickpeas, onion, sunflower oil, tomato paste	110g (3 Tbs)	5.7	5.2
Etli kuru fasulye	Dry bean dish with meat	Dry beans, onions, sunflower oil, beef, tomato paste	150g (3 Tbs)	12.5	8.4
Etsiz kuru fasulye	Dry bean dish	Dry beans, onions, sunflower oil, tomato paste	110g (3 Tbs)	6.1	5.6
Ev köftesi (Izgara köfte)	Grilled meatball	Ground beef, breadcrumbs, onion, egg, sunflower oil	60g (2 egg size, cooked)	11.2	18.6
Etli türlü	Mixed vegetable dish with meat	Green beans, zucchini, potatoes, eggplant, onion, tomato, sunflower oil, ground beef, tomato paste	120g (3 Tbs)	5.4	4.5
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)	15.8	12.6
Tas kebabı	Beef stew with vegetables	Beef, onion, potato, sunflower oil, tomato paste	160g (4 Tbs)	13.2	8.3
Tavuk döner	Chicken doner	Chicken breast (skinless), sunflower oil, onion, pepper paste, tomato paste, yogurt	60g	16.7	27.8
Saç kavurma	Diced mutton fried on iron plate	Mutton, onion, tomato, green pepper	70g (3 Tbs)	17.5	24.9
Tavuk/hindi sote	Chicken/turkey saute	Chicken/turkey thigh (skinless, boneless), capia pepper, green pepper, onion, tomato, sunflower oil	140g (4 Tbs)	12.7	9.1
Terbiyeli köfte (pirinçli)	Meatball with rice and sauce	Ground beef, edible rice, onion, parsley, sunflower oil, sauce: lemon, egg	115g (2 medium scoops)	4.4	3.8
Fırın tavuk	Roasted chicken	Chicken wings (with bone, skin), sunflower oil, tomato paste, pepper paste, garlic, yogurt	190g (2 mini thighs, 2 wings)	37.2	19.8
Kıymalı ıspanak	Spinach dish with ground beef	Spinach, onion, sunflower oil, ground beef, rice, tomato paste	170g (3 Tbs)	6.9	4.0
Karniyarık	Eggplant dish with ground beef	Eggplant, sunflower oil, onion, tomato, parsley, green pepper, sunflower oil, ground beef, tomato paste	140g (1 small eggplant)	8.0	5.7
Kabak dolma	Stuffed zucchini	Fresh zucchini, onion, tomato, parsley, dill, ground beef, rice, sunflower oil, tomato paste, yogurt	135g (1 medium zucchini)	6.3	4.7
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)	8.5	8.1
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)	6.2	6.2
Adana kebabı	Adana kebab	Mutton, tail fat, capia pepper	70g (½ portion)	12.3	17.6
Karışık pizza	Mixed pizza	Wheat flour, dry yeast, olive oil, tomato paste, cheddar cheese, green pepper, boiled corn, green olives, sausage	35g (⅓ slice pizza, 35 cm large size)	3.7	10.7

Protein content of main meals

Turkish name for dish	Dish	Ingredients	Portion size	Protein (gram per portion)	Protein (gram per portion)
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)	22.4	12.1
Bulgur pilavı	Bulgur pilaf	Bulgur, onion, sunflower oil	100g (4 Tbs)	2.7	2.7
Pirinç pilavı	Rice pilaf	Rice, sunflower oil	100g (4 Tbs)	2.5	2.5
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)	12.6	4.3
Peynirli yufka böreği	Patty with cheese	Ready-made phyllo, feta cheese, parsley, egg, sunflower oil, milk	70g (1 slice the size of 2 matchboxes 5 x 7 cm)	6.9	9.8
Sade erişte	Noodle (contains egg)	Wheat flour, egg, sunflower oil, curd cheese, butter	120g (4 Tbs)	8.9	7.4
Kıymalı börek	Patty with ground beef	Ready-made phyllo, ground beef, onion, parsley, sunflower oil, milk, egg	85g (2 slices of 5 x 5 cm)	8.3	9.8
İspanaklı el açması gözleme	Turkish pancake with spinach	Wheat flour, dry yeast, sugar, spinach, onion, sunflower oil, tomato paste, parsley, sunflower oil	75g (Half a burrito)	4.3	5.7
Sade gözleme	Turkish pancake	Wheat flour, eggs, milk, oil	100g (1 slice of 6 x 6 cm)	7.8	7.8
Mercimekli bulgur pilavı	Bulgur pilaf with green lentil	Bulgur, green lentils, onion, olive oil, tomato paste	150g (4 Tbs)	5.8	3.9
Şehriyeli bulgur pilavı	Bulgur pilaf with vermicelli	Bulgur, vermicelli, sunflower oil	100g (4 Tbs)	2.7	2.7
Zeytinyağlı taze fasulye	Green bean dish	Green beans, onions, tomatoes, olive oil, tomato paste	120g (3 Tbs)	2.3	2.0
Zeytinyağlı yaprak sarma	Stuffed vine leaves	Vine leaves, rice, onions, parsley, dill, currants, pine nuts, olive oil, lemon	75g (3 medium size)	3.5	4.6
Zeytinyağlı biber dolma	Stuffed bell pepper	Bell pepper, rice, onion, tomato, parsley, dill, currants, pine nuts, olive oil	75g (1 medium size)	2.2	2.9
Kabak mücver	Fried zucchini patty	Fresh zucchini, parsley, onion, feta cheese, egg, wheat flour, sunflower oil, yogurt	80g (3 pieces)	4.6	5.7
Zeytinyağlı pırasa	Leek dish	Leek, carrot, onion, rice, olive oil, lemon	90g (2 Tbs)	1.5	1.7
Domates soslu karışık kızartma	Fried mix vegetables with tomato sauce	Eggplant, potato, capia pepper, green pepper, tomato, olive oil, garlic	120g (3 Tbs)	1.4	1.2
Zeytinyağlı barbunya	Shellbean dish	Kidney beans, potatoes, carrots, onions, garlic, parsley, lemon, olive oil, tomato paste	60g (2 Tbs)	4.0	6.6

Protein content of desserts

Turkish name for dish	Dish	Ingredients	Portion size	Protein (gram per portion)	Protein (gram per portion)
Sütlaç	Dessert with milk and rice	Milk, rice, starch, sugar	125g (½ portion)	4.1	3.3
Fıstıklı baklava	Baklava	Eggs, milk, starch, wheat flour, butter, sunflower oil, sugar, lemon juice, pistachios	50g (2 pieces)	2.6	5.1
Elmalı kurabiye	Apple cookie	Green apple, sugar, walnut kernel, wheat flour, sunflower oil, yogurt, powdered sugar, baking powder, vinegar	70g (2 pieces)	4.1	5.8
İrmik helvası	Semolina halva	Semolina, sugar, sunflower oil, pine nuts	100g (3 Tbs)	3.3	3.3
Fıstıklı Kadayıf	Kadayıf with pistachio	Kadayıf (shredded wheat dessert), sugar, sunflower oil, pistachio, lemon	100g (size of 2 matchboxes)	3.1	3.1
Lokma tatlısı	Yeast fritters in thick syrup	Wheat flour, dry yeast, sunflower oil, syrup: sugar, water, lemon juice	66g (4 walnut-sized pieces)	2.4	3.6
Kabak tatlısı	Pumpkin dessert	Pumpkin, sugar, walnuts	65g (size of 2 matchboxes)	1.3	2.1
Un helvası	Flour halva	Wheat flour, butter, sugar	90g (3 Tbs)	3.1	3.4
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 (1/24 of 28 cm cake tin, 2 finger thickness)	4.4	4.4

Protein content of snack foods/side dishes

Turkish name for dish	Dish	Ingredients	Portion size	Protein (gram per portion)	Protein (gram per portion)
Çoban salata	Salad with tomato, cucumber, onion, green pepper	Tomato, cucumber, green pepper, spring onion, parsley, lemon, olive oil	80g (1 bowl)	0.8	1.0
Cacık	Yogurt and cucumber	Yogurt, cucumber, dill, olive oil	80g (1 bowl)	1.9	2.4
Mevsim salata	Season salad	Curly, red cabbage, carrot, lemon, olive oil	80g (1 bowl)	1.0	1.2
Yoğurtlu havuç salata	Carrot salad with yogurt	Carrot, sunflower oil, yogurt, garlic	66g (3 Tbs)	1.8	2.8
Patates salatası	Potato salad	Potato, lemon, parsley, spring onion, olive oil	65g (2 Tbs)	1.0	1.6
Kısır	Bulgur salad	Fine bulgur, tomato, lettuce, green pepper, green onion, parsley, tomato paste, pepper paste, olive oil, lemon juice	90g (3 Tbs)	3.4	3.8
Lavaş	Thin bread	Wheat flour, sunflower oil	60g (1 piece)	4.3	7.1
Bazlama	Flatbread	Wheat flour, fresh yeast, olive oil, granulated sugar, water	100g (1 piece)	5.8	5.8
Simit	Turkish bagel	Wheat flour, milk, sunflower oil, dry yeast, sugar, molasses, sesame	50g (½ piece)	6.1	12.1
Peynirli poğaça	Bun with cheese filling	Wheat flour, eggs, vinegar, sunflower oil, yogurt, baking powder, cheddar cheese, sesame	45g (½ piece)	4.2	9.3
Sade omlet	Omelet	Egg, sunflower oil	65g (1 medium egg)	6.9	10.6
Menemen	Egg scrambled with tomato, pepper, and onion	Tomato, red pepper, onion, egg, sunflower oil	105g (with 1 medium tomato, 1 green pepper and 1 medium egg)	5.3	5.0
Pankek	Pancake	Wheat flour, eggs, sugar, baking powder, vanilla, sunflower oil	60g (3 pieces)	7.4	12.4
Kakaolu kek	Cocoa cake	Wheat flour, sugar, milk, eggs, sunflower oil, vanilla, baking powder, cocoa	40g (½ slices 2 fingers thick, 28 cm springform tin)	2.8	6.9
Sade kek	Cake	Wheat flour, milk, eggs, sugar, sunflower oil, vanilla, baking powder	40g (1 finger-wide slice)	2.6	6.5
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)	2.7	3.0



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We would like to thank VitaFlo (International) Ltd who have provided support and funding for the artwork and production of this booklet.

We would like to thank the following dietitians and nephrologists for devising the content of this booklet:

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