



Watermelon Summer Cooler

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 52g, Protein 0g, Carbohydrates 13g
Fat 0g, Cholesterol 0mg, Sodium 1mg, Potassium 96mg,
Phosphorus 9mg, Calcium 6mg, Fiber 0.3g

Renal and Renal Diabetic Food choices: 1 starch, 1 vegetable,
medium potassium, 1 fat.

PREPARATION

1. Place all the ingredients except for the garnish wedges in a blender and blend for 30 seconds.
2. Pour into two small glasses, garnish with wedges and enjoy!

Portions: 2

Serving size: 3/4 cup

Carbohydrate Choices: 1

INGREDIENTS

- | | |
|---------|-------------------------------|
| 1 cup | Crushed ice |
| 1 cup | Seedless watermelon cubes |
| 2 tsp | Lime juice |
| 1 tsp | Sugar |
| 2 small | Watermelon wedges for garnish |

Find more kidney-friendly recipes, visit [davita.in/recipes](https://www.davita.in/recipes) today.

Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.