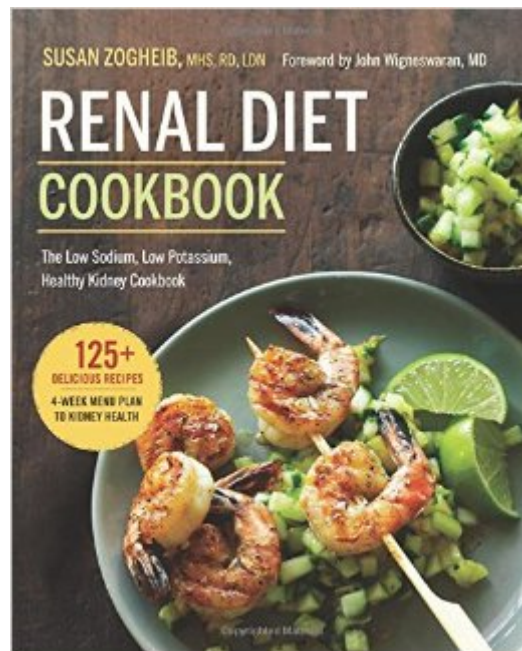


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# Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook



## Synopsis

**More Than a Kidney Cookbook: Your 28-Day Action Plan to Kick-Start a Kidney-Healthy Diet**

âœSusan has done a masterful job in educating patients about their disease, explaining why watching your diet is important, and offering meal plans and recipes that encourage compliance and fun. - John Wigneswaran, MD, VP Clinical Affairs DaVita Healthcare Partners

While a kidney disease diagnosis can be overwhelming, youâ™re not alone. Nearly 26 million adults are affected by chronic kidney disease. But there is hope. Your diet. In the Renal Diet Cookbook, renal dietitian Susan Zogheib, MHS, RD, LDN provides a 28-day plan to establish long-term dietary changes to slow the progression of kidney disease. She knows it can be confusing to figure out which foods to eat and which to avoid. In her comprehensive renal diet cookbook, she details weekly meal plans featuring recipes that keep your potassium, sodium, and phosphorous levels in check. This kidney cookbook removes the mystery and stress of figuring out what foods to eat, with: Targeted weekly meal plans to preserve your kidney health. Recipe modifications for dialysis patients. Helpful FAQs about managing chronic kidney disease. Arm yourself with all the knowledge you need with the Renal Diet Cookbook.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (117 customer reviews)

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## Customer Reviews

**Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook**Very informative book with a weekly meal plans for a healthier kidney. It start with some diet tips, understanding Kidney disease, meal plan action and recipes. Includes more than 125 recipes. List all the

macronutrients, vitamins and minerals you can find in the food. Gives you a grocery list for the pantry. The 28 meal plan is excellent, providing you all you need for every week meal plan with a shopping list. Shows you strategies for dining out. The recipes includes breakfast, snacks, vegetarian, soups, stews, salads, seafood, meat and desserts. This book is very easy to read and understand. Helps you in many ways starting having a healthy life and change your bad eating habits. Is not only for people with kidney disease is for everyone who wants be healthy and eat better. Recommended. If you think this review helps you in any way please click Yes if you want to but if you think doesn't help you at all or need more information please before hit No you can comment below and I will be more than happy to help you. I received this product at a discounted rate in exchange for my honest review. Thanks & Happy Shopping! :)

My husband is on dialysis and with the restrictions, it sometimes feels like you can't indulge in yummy foods. This book changes that! It's full of recipes, tips, and guidance to help you understand your diet, and keep it full of flavor. I personally fell in love with a cucumber salsa that was actually more like a ceviche - we look forward to making it in the summer for parties as it's delicious, something unexpected, and great for his health! I really recommend this book to anyone with ESRD who is struggling with their diet; the recipes aren't challenging or over the top, but the taste of the few we have tried so far have been great and I think have really shown my husband that a renal diet can be full of easy, flavorful meals.

Maintaining a proper diet is a very important part in staying healthy. This Renal Diet Cookbook can help you with just that! This book helps give a better understanding to kidney disease and how to live on a kidney-healthy diet. A proper renal diet controls the amount of protein, sodium, potassium and phosphorus that you consume. It can get frustrating trying to get thru your weekly meals, so that is where this book comes in. There are a ton of recipes that are really simple, delicious and fun to make. Even if you are a vegetarian, there are recipes for you as well! In this book, you will learn about meal plans and how and what to shop for. The author, Susan, who just happens to be a renal dietitian, starts with a 28 day meal plan. There are shopping lists included that name all the ingredients that you will need for a weeks worth of meals, including breakfast lunch and dinner. Susan makes it very easy to get started with your new eating habits. She even has tips on what to order when going out to a restaurant. There are so many different recipes and varieties, meal time will never be bland or boring. Overall this is an excellent cookbook that is very easy to follow and understand. I recommend it to anyone and everyone looking to totally change their diet and stay on

track to a happy healthy lifestyle!\*\*I was fortunate to have received this product free in exchange for my honest unbiased review!

I purchased this book when my a family member was diagnosed with kidney failure and began dialysis. We knew nothing about a renal diet and this book is a must-have. The recipes are super easy and short with few ingredients and no complicated directions. Our family member had not done much cooking so it was very much appreciated. Each recipe includes number of calories and amounts of potassium, phosphorous, protein, sodium, fat, etc. The book starts out with clear and concise information regarding what bodily function each nutrient is needed for and the approximate range a person on dialysis should stay within which was extremely helpful. The book also includes a 28 day menu plan for breakfast, lunch, and dinner, as well as snacks. The menus use the recipes in the book and include shopping lists for each week. For each day if you use the recipes and/or menus you just have to add the amounts listed at the end of the recipes to calculate the levels for each nutrient. There are even a number of seasoning mixes you can put together and have available for delicious and gourmet tasting culinary delights. So simple, yet very inexpensive!

There are not a lot of renal diet cookbooks on the market, and the ones that are available, are not as efficient as this one. This book rocks!The recipes are not your typical recipes. The author was clearly creative, but still had her audience in mind because these recipes are easy-to-prepare and don't require a lot of time.Kudos to the grocery list, probably the first I've seen in a cookbook. I think this book can be an excellent guide for anyone struggling with kidney disease, high blood pressure or diabetes.Awesome awesome renal diet cookbook.

The book provides valuable information on what foods are high in potassium with the list of low, medium and high. The recipes are intriguing and I have found several tasty options. My only issue is the incomplete menus, only the primary dish, not what to eat with it.

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