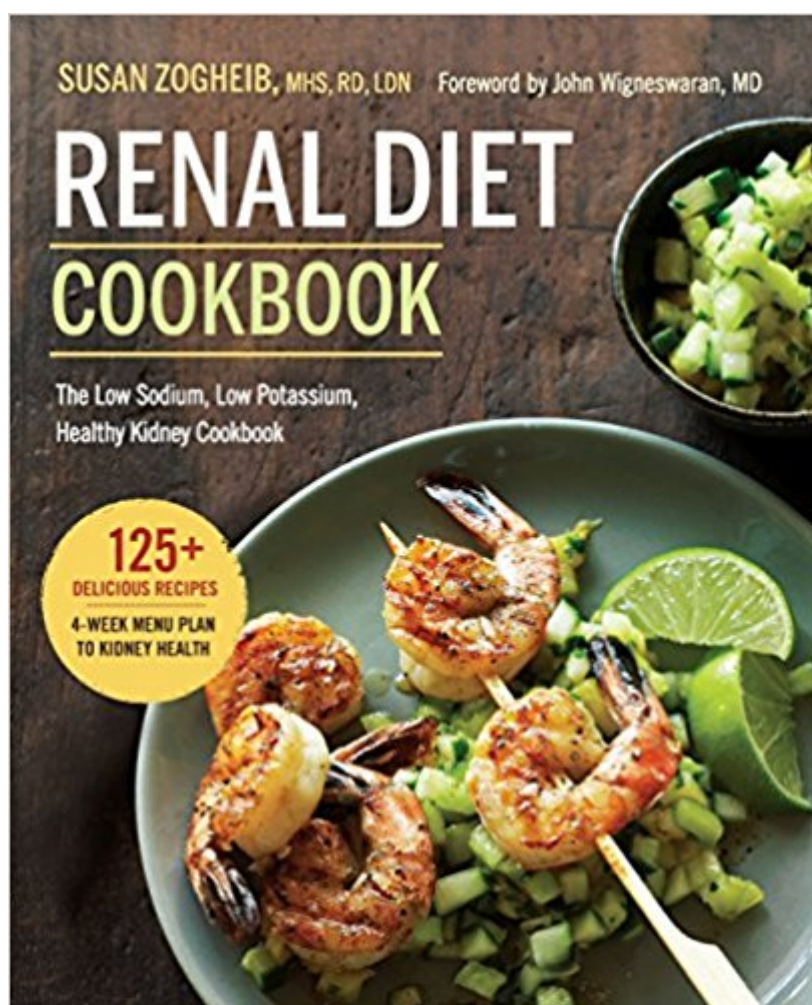




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# Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook



## Synopsis

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

“Susan 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, you’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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## Customer Reviews

My patients need information, education, meal plans, ample options, simple recipes, flavor, fun, and the reassurance that what they eat is good for them. This book addresses these needs in a way that provides hope, wellness, and accessibility. It is hard to balance this and still create a book that is not

intimidating and appealing to the taste buds. I was excited to see the meal plan option and also the chapter on vegetarian options. I also was delighted by the chapter on desserts. Now when my patients ask me for ideas and start to look at food like medicine I can just give them this reference and off they go! No more handouts. No more missing delights like desserts. No more dead ends for vegetarians. It's all there in wonderful, colorful pictures. I'm excited this book exists.

— Dr. Jean Robey, Nephrologist, Arizona Kidney Disease & Hypertension Centers I often get asked by kidney patients if there is a renal cookbook I can recommend to them. I am very pleased to now have this one available. It's not just a book of recipes; it starts with solid, easy-to-understand information about aspects of the renal diet and why they are important. In order to make a change, we all need to understand the reason for it. The recipes are not complicated and are explained simply so that even a novice in the kitchen can follow them. This is a very well thought-out book by an expert in the field of renal nutrition. I have already recommended this book and will continue to. With 26 million Americans diagnosed with kidney disease, a book like this was much needed.

— Paul Garney, MS RD LD CHC, Vice President of Compliance for DIALYSPA There was a need for an attractive book which is easy to understand and which presented the materials in a manner that encouraged success and kept the reader motivated. The Renal Diet Cookbook supplies a great deal of valuable information and motivation, including excellent advice on getting started in a way that will ease you into the plan. My wife and I enjoyed the variety of recipes that were uniformly easy to prepare and delicious. This book was much more user friendly than several others I have read.

— Dr. John Sarbacker, retired Dermatologist and CDK4 patient

Susan Zogheib, MHS, RD, LDN, is a food-and nutrition-communications consultant with over ten years' experience working as a clinical dietitian. As a renal dietitian with DaVita Healthcare Partners, she enjoys helping patients live a healthier lifestyle while battling kidney disease. In her spare time, she enjoys running, cooking, and spending time with family and friends. She currently lives in Philadelphia.

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!

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.

Bought this for my mother who is having some renal issues, she was struggling to find diet information posted online to help with quantities and combinations of food. This suited the bill. She's very pleased with the recipes and shopping lists...makes it easy.

The recipes are very simple, which is good for a start, but as I make them I note little additions (kidney friendly) that help with flavor. My husband is now on a dialysis diet, which is a little different than a renal diet. And every kidney patient has different nutritional needs, so it is a guideline, not a prescription.

Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney CookbookVery 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 informatidon 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! :)

It is a complete cookbook but I wish it would have more dinner options. But it is good for diabetic also so that is a plus. It was worth the price.

The cover is the pic of the book. The recipes are very simple and you probably know them already. As for "Renal" it doesn't have any information that is actually useful and some of the recipes are loaded with sodium. When I think about a Diabetic or Renal cookbook I am thinking lots of colorful pictures with information on healthy ingredients that substitute other less healthy ingredients with the "what" and "why" we are substituting them. This book has some basic info on calories and a few other things but that's it! Very disappointing!

The first part of the book is understanding the diet connection. Fortunately, if you like corn pudding, muffins or french toast for breakfast, this is the book for you. We were not, so as we were looking for healthy foods, this is the reason for three stars.

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Kidney Disease 101) Kidney Diet Cookbook for Two: 68 Simple & Delicious Kidney-Friendly Recipes For Two (The Kidney Diet & Kidney Disease Cookbook Series) The Kidney Health and Renal Diet Cookbook for Beginners: 50 Hand Picked Meals for Patients With Kidney Disease (Andrea Silver Kidney Health) (Volume 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) RENAL DIET COOKBOOK: Complete Guide to Having a Healthy Kidney: Medicinal Recipes for Healthy Kidney LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Renal Diet and Cookbook: Your Complete Guide to the Renal Diet with Over 30 Easy and Delicious Kidney Friendly Recipes (30-Day Meal Plan Included) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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