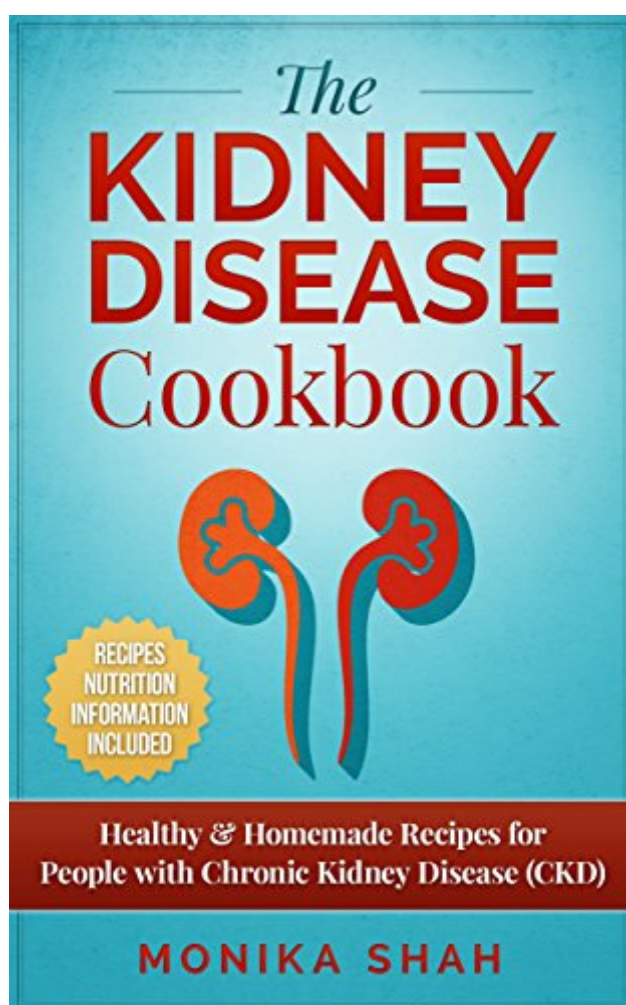


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# Kidney Disease Cookbook: 85 Healthy & Homemade Recipes For People With Chronic Kidney Disease (CKD)



## Synopsis

85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD) This book has been specifically designed and written for people who have been diagnosed with a kidney disease and seriously strive to heal and cure it with the help of a healthy and effective homemade diet. Apart from taking medications prescribed by the doctor, it is extremely important to eat the right diet to maintain the right levels of nutrients in the body to help kidneys function efficiently. Let's take a closer look on what this book has to offer:

**The Kidney Disease Cookbook:** The cookbook has 85 healthy and homemade recipes which are designed especially for people with Chronic Kidney Disease (CKD). The recipes in the book have been designed using very simple ingredients that people use in their kitchen every day or can find in the grocery stores very easily. These recipes are further categorized into Main Dishes, Sides Dishes, Beverages and Desserts.

**Healthy & Delicious Recipes:** The whole purpose of these recipes is to make sure that the person with CKD enjoys life without compromising the taste of the real food. Each recipe in this book has easy to find ingredients and steps with accurate serving sizes and detailed nutritional values. You will find recipes which can be eaten daily or on occasions without even compromising with health a bit.

**Accurate Nutritional Information:** Each recipe comes with an accurate Nutritional Information Table to help people with CKD know what nutrition they are getting and in what quantities. The nutritional table of each recipe provides • details for Calories, Trans Fat, Sodium, Protein, Cholesterol, Potassium, Total Fat, Carbohydrates, Phosphorus, Saturated Fat, Fiber and Calcium. The right nutrition in your diet will not only help reduce further damages to your kidneys but eventually heal and cure them. The right diet will also help in minimizing the symptoms and prevent you from malnutrition and weight loss. People with CKD may need to limit some nutrients in their diet such as sodium, phosphorus and potassium. They also should limit their intake of Saturated and Trans fat too. The book will help you in achieving these goals by providing accurate nutritional values for each recipe.

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---Tags: Kidney Disease Cookbook, Kidney Disease Diet, Kidney Disease, Chronic Kidney Disease, Kidney Disease Cooking, renal diet, renal cookbook

## Book Information

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## Customer Reviews

While I wouldn't buy it again, I didn't send it back. No photos (so recipes have to be 'imagined').

Nutritional info is included.

Having a kidney disease can be mind-bogglingly difficult to change your diet. Glad I found this book. It had some good info, not just on the individual recipes, but also on kidney disease itself and how diet needs to change with it. I would recommend this to someone who is doing a body cleanse as well as people who do have kidney issues.

I am sending this book back. It is JUST a cookbook and not with good recipes for a person who had kidney damage. It makes me mad that someone is prospering at the risk someones else's health.

The famous saying 'Health is Wealth' must be everyone's motto. Every organ of our body must be taken cared of, and our kidney among others must not be taken for granted. We should give our kidney the proper care possible so that it will be away from the known kidney diseases. I believe we have read several books or magazines or any informative newspapers about these kidney diseases and how dangerous they are for our health. Personally this is the reason why I am reading this book. I want to get all the ideas on how to prevent kidney diseases, to know the symptoms and

signs, the precautionary measures and most especially what are the foods to eat and should be prepared for people with or without the disease. This book gives out everything one must learn. Everything is discussed very well by the author. This is so useful and I treasured it so much.

Lots of good ideas, good quality

Did not like the recipes.

The Kidney Disease Cookbook has the exact same recipes in it as the Low Potassium Diet Cookbook. I purchased both books in anticipation of more variety of recipes.

I happen to have a sick relative that has a troubling kidney so I thought that it was in our best interest to go through this book and see if I can help in a way. Luckily, it proved quite useful because it contains a lot of recipes that will ease the process through as well as offer him some comfort on the dinner table.

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