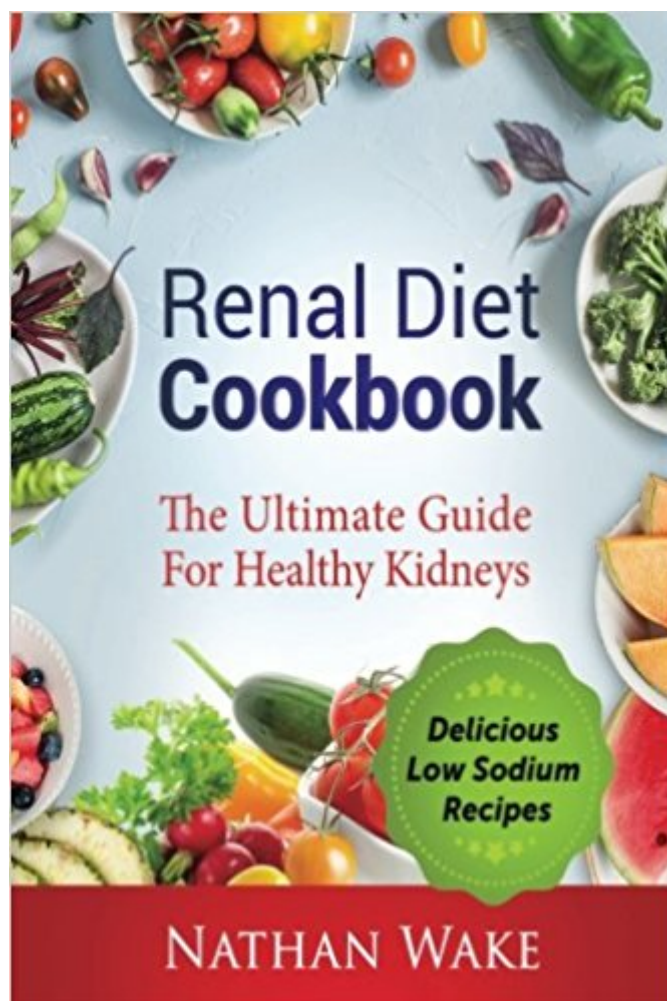


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# Renal Diet Cookbook: The Ultimate Guide For Healthy Kidneys - Delicious Low Sodium Recipes



## Synopsis

This book contains recipes for people who have compromised kidney function that should strictly adhere to a Renal diet. When the kidney is compromised, it means that it no longer functions in filtering and removing wastes the way it should. Waste in the blood can negatively affect a patient's electrolytes. Following a Renal diet could help in the slow development of kidney failure and promote the proper functioning of the kidney. A Renal Diet is a diet that is low in protein, potassium, and sodium. It is a diet that only accepts high-quality protein with limited fluid intake. Other patients are also asked to limit their potassium and calcium intake. As each person has a different body type, it is important that you consult a renal dietician who can come up with the right diet that is tailor made for your needs. This book will serve as your Renal Diet guide because it contains a lot of recipes for Breakfast, Lunch, and Dinner. Remember, following this kind of diet would be less taxing on your kidneys and improve their overall functioning.

## Book Information

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## Customer Reviews

Very informative

I find this book quite helpful. This book helped me assess my kidneys by providing specific information regarding blood test results. I reviewed my lab results and consulted this book to generate an understanding of my situation. At my doctor's appointment I was able to have an intelligent conversation with my doctor. We developed a comprehensive plan to manage my situation.

This is a pretty good book that gives you a better understanding of kidney disease. The more you know about your condition, the better you could cope and move on. It is also filled with amazing recipes that will help you take care of your Kidney. It is very delicious.

I highly recommend this book to those who follow a Renal Diet or are just looking to implement some healthy recipes into their meal plan. The book contains a large variety of healthy, yet tasty recipes designed for breakfast, lunch, and dinner, that are quite easy to prepare.

This book has been very useful. The majority of the recipes I've attempted have been great. The recipes are great and give essential nourishment data to those with kidney disease to use good choices. Hoping to find some tasty stuff in here to help with her diet.

This book does a good job of explaining the issues of kidney failure in plain english. Of all the books I have purchased on this topic, it was the most informative and easy to understand. I also love the recipes, they are delicious and satisfying.

My first time reading a book about renal diet and I have learned a lot from this book. In this book I have learned a bunch of easy to prepare recipes that is low in sodium and the instructions on how to prepare these recipes are so easy to follow and understand.

I had been looking for a book like this to help monitor my parents everyday meals. My parents have been recommended to be on renal diets and this book has been exactly what we needed. Easy to read with simple directions. Thanks!

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