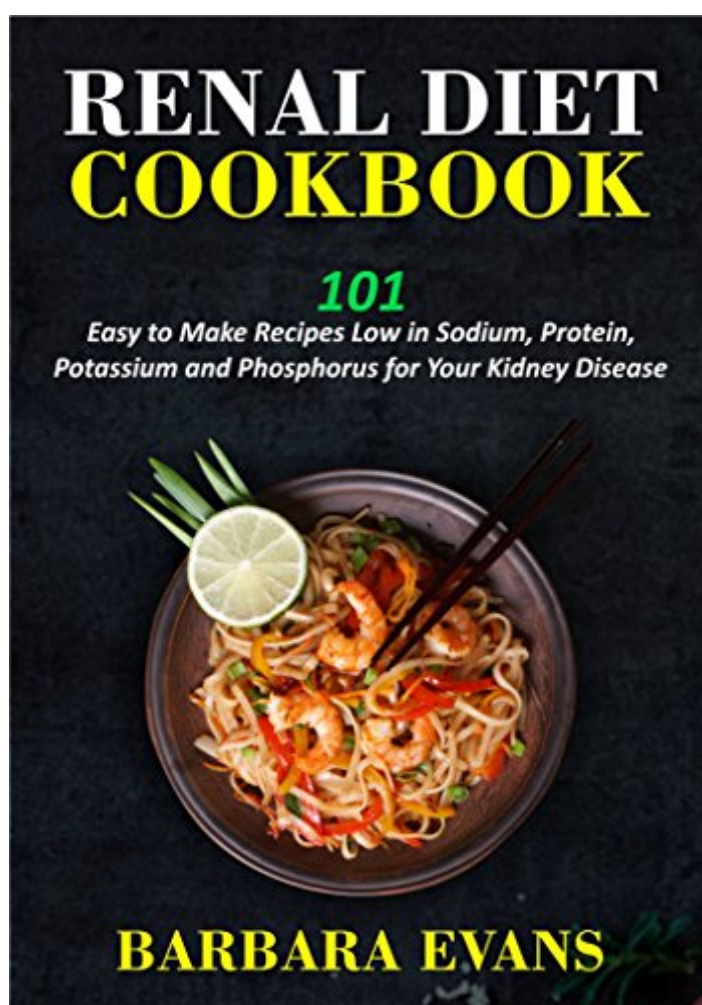


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Renal Diet Cookbook: 101 Easy To Make Recipes Low In Sodium, Protein, Potassium And Phosphorus For Your Kidney Disease



Synopsis

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Customer Reviews

The author spoke very clearly about the kidney disease and the diet care we should take. This book is also a valuable resource for those of us who need to watch our intake of specific foods or minerals, such as sugar, potassium, sodium and phosphorus. It can also help readers lose weight, which is always a good thing. I love that I can make these recipes without feeling guilty about going

against my dietitian's wishes for me to be careful with what I eat.

Helpful recipes for all! I just went through this book and I could not help but imagine just how much one has to do to stay healthy. You cannot really do everything, in the end there is cancer, heart disease, kidney disease and so much more to worry about. Am not very much into the diet thing, am simply in for the delicious recipes. Really worth recommending!

My health required a specifically low amount of PHOSPHORUS grams per day. These recipes NEVER listed phosphorus, but instead listed other micro-nutrients. WASTE OF MY TIME AND MONEY! I returned the book. The cover lists "Sodium, Protein, Potassium and Phosphorus" as the micro-nutrients measured. Recipes indicate gr/mg of Sodium, Protein, Potassium but NEVER phosphorus. My time is valuable! I wasted it in repackaging and returning to get my full amount back to my payment method.

I read the reviews on this book before ordering it and was super excited. When I received it, it was quite the opposite. The recipes were tasteless and trivial. Most were bland and without any creativity. You will do better looking things up on line. Don't waste your money!

Nothing that helps.

Renal Diet helpful to maintain blood pressure, so i get this book for specially for uncle and also my whole family. This book has awesome delicious recipes which are delicious along with a perfect treatment of sugar and blood pressure control thanks.

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.

This book gave me some good ideas for my daughter in law who is on dialysis. Helped us loose weight.

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