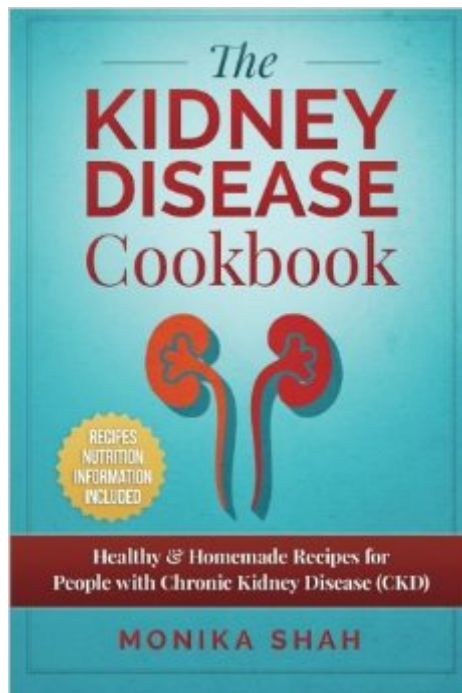


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# Kidney Disease Cookbook: 85 Healthy & Homemade Recipes For People With Chronic Kidney Disease (CKD)



## 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 • Amounts per serving • 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

Paperback: 206 pages

Publisher: CreateSpace Independent Publishing Platform (December 29, 2015)

Language: English

ISBN-10: 1522719555

ISBN-13: 978-1522719557

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviewsÂ (28 customer reviews)

Best Sellers Rank: #56,924 in Books (See Top 100 in Books) #10 inÂ Books > Medical Books > Medicine > Internal Medicine > Nephrology

## Customer Reviews

My sister may be developing kidney disease so I got this book hoping to find nutritional information and recipes that can help her. This was a good purchase. In the beginning it covers adjusting to the dietary changes, and then it delves into the recipes. I was surprised at how simply the recipes were. This is a good thing as I'm not a fan of cookbooks that have a bunch of ingredients in each recipe. The recipes include nutrition data; from micro nutrients to macro nutrients.

The famous saying 'Health is Wealth' must be everyone's motto. Every organ of our body must be taken care 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.

This is a helpful guide to eating right if you have a chronic kidney disorder and accompanying recipes to make the most of your condition. At the present time, I don't know anyone who suffers from chronic kidney disease, but I did have one aunt who passed away a few years ago from kidney failure (she had Type 2 diabetes and had been on the dialysis treatments). I also had a friend once who had recurring kidney stones and was always having to monitor his potassium intake to the letter. Kidneys are important and sometimes other health conditions can lead to their lesser functioning. A well-researched blueprint of a diet and lifestyle helps patients out in the area of selecting the right cooking ingredients. You will see that the included recipes feature many familiar

favorites, including a comfort foods • and yes, some desserts, as well. Not having to sacrifice taste for health reasons is a real boon here. Each recipe also includes nutrition details thoroughly point by point. Very much a great resource for those affected by renal disease.

I don't have CKD but I want to protect my kidney from any serious damage that I might have if I'm not being careful of my health so I grabbed this book. I also have a friend with CKD so I also shared it with her, too. Anyway, the recipes tasted delicious although I haven't tried all 85 yet. I try 1 recipe daily and so far, I'm satisfied with the taste. I got the same feedback from my friend.

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.

This book is packed full of information. I have a cousin with kidney disease who is on the transplant list and until now, I really didn't understand what that meant. I am grateful to Monika for writing this book in a way that I could understand easily. I had no idea how much diet could impact kidney disease and limiting things like protein and potassium make a big difference. I also found it interesting and kind of frightening that most people don't recognize kidney disease until they are in stage 4. The recipes are amazing. I will be using them when Patrick comes for dinner. I will also be sharing this book with his wife and the rest of the family. I am so grateful to have found this book and be able to help with my cousin's disease. Thank you so much.

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.

My grandmother has been recently diagnosed with chronic kidney disease. While the doctors are doing what they can, we are interested in as much of a holistic approach as possible! It is amazing to learn the impact of diet on kidney disease. The book described kidney disease and helped me understand her needs, giving me ease of mind. It particularly delved into necessary dietary changes, like limiting potassium and protein, and provided easy recipes that fit these needs. While

my grandmother is a somewhat picky eater, the recipes so far have been a hit! I can already tell that this book will be a big help for our family.

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