

[PDF] Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook

Susan Zogheib, John Wigneswaran - pdf download free book



Books Details:

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Description:

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 dietician 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*.

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