

Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook

By Susan Zogheib, John Wigneswaran

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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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Editorial Review

Review

*My patients need information, education, meal plans, ample options, simple recipes, flavor, fun, and the reassurance that what they eat is good for them. This book addresses these needs in a way that provides hope, wellness, and accessibility. It is hard to balance this and still create a book that is not intimidating and appealing to the taste buds. I was excited to see the meal plan option and also the chapter on vegetarian options. I also was delighted by the chapter on desserts. Now when my patients ask me for ideas and start to look at food like medicine I can just give them this reference and off they go! No more handouts. No more missing delights like desserts. No more dead ends for vegetarians. It's all there in wonderful, colorful pictures. I'm excited this book exists.***?Dr. Jean Robey, Nephrologist, Arizona Kidney Disease & Hypertension Centers**

*I often get asked by kidney patients if there is a renal cookbook I can recommend to them. I am very pleased to now have this one available. It's not just a book of recipes; it starts with solid, easy-to-understand information about aspects of the renal diet and why they are important. In order to make a change, we all need to understand the reason for it. The recipes are not complicated and are explained simply so that even a novice in the kitchen can follow them. This is a very well thought-out book by an expert in the field of renal nutrition. I have already recommended this book and will continue to. With 26 million Americans diagnosed with kidney disease, a book like this was much needed.***?Paul Garney, MS RD LD CHC, Vice President of Compliance for DIALYSPA**

*There was a need for an attractive book which is easy to understand and which presented the materials in a manner that encouraged success and kept the reader motivated. The Renal Diet Cookbook supplies a great deal of valuable information and motivation, including excellent advice on getting started in a way that will ease you into the plan. My wife and I enjoyed the variety of recipes that were uniformly easy to prepare and delicious. This book was much more user friendly than several others I have read.***?Dr. John Sarbacker, retired Dermatologist and CDK4 patient**

About the Author

Susan Zogheib, MHS, RD, LDN, is a food-and nutrition-communications consultant with over ten years' experience working as a clinical dietitian. As a renal dietitian with DaVita Healthcare Partners, she enjoys helping patients live a healthier lifestyle while battling kidney disease. In her spare time, she enjoys running, cooking, and spending time with family and friends. She currently lives in Philadelphia.

Users Review

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Anthony Lucas:

What do you regarding book? It is not important along? Or just adding material when you want something to explain what the one you have problem? How about your free time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is make one feel bored faster. And you have spare time? What did you do? Every individual has many questions above. They have to answer that question

mainly because just their can do in which. It said that about publication. Book is familiar in each person. Yes, it is appropriate. Because start from on kindergarten until university need this Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook to read.

Meredith Bailey:

Often the book Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook has a lot info on it. So when you make sure to read this book you can get a lot of profit. The book was compiled by the very famous author. This articles author makes some research just before write this book. This kind of book very easy to read you can obtain the point easily after reading this article book.

Jacquelynn Laverty:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook, it is possible to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't understand it, oh come on its identified as reading friends.

Pat Thomas:

Are you kind of busy person, only have 10 as well as 15 minute in your morning to upgrading your mind proficiency or thinking skill even analytical thinking? Then you have problem with the book than can satisfy your limited time to read it because all this time you only find guide that need more time to be read. Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook can be your answer as it can be read by you who have those short free time problems.

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