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diet means GIVE US THE MINERAL and other NUTRITIONAL information at the end, or heck, at the beginning, just somewhere IN each recipe. This is pretty useless. The beginning pages that tell how much sodium is "generally" in a half cup of a veg, or what are High, Medium and Low, are no way the tools we need here!!

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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,

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People with kidney disease may need to control several important nutrients. The following information will help you adjust your diet. Please discuss your specific and individual diet needs with your doctor or dietitian. Sodium. Sodium is a mineral found in salt (sodium chloride), and it is widely used in food preparation.

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Renal Diet: Sodium, Potassium, Phosphorus Intake & Foods ...

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flavored recipe ideas to inspire every meal of the day—plus, snacks and dessert. Made with fresh ingredients and focused on flavor, your dishes will be as tasty as they are kidney-friendly.

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