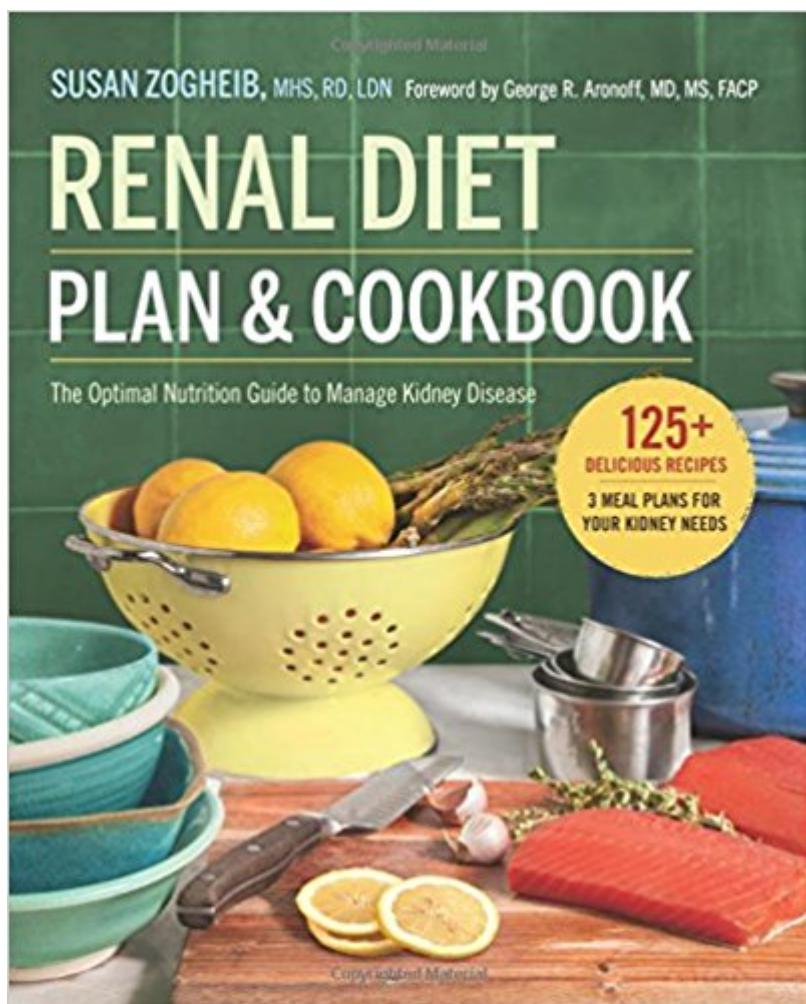


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# Renal Diet Plan And Cookbook: The Optimal Nutrition Guide To Manage Kidney Disease



## Synopsis

“Patients are tired of having doctors tell them what they can’t do and what they can’t eat. Susan Zogheib has written a patient-centered renal diet cookbook with diet plans and recipes patients will want to use, not just because they are kidney- and heart-healthy, but because they taste so good.” Dr. George R. Aronoff, MD, MS, FACP, Chief Medical Officer at Renal Ventures Management, LLCWith all the talk of dialysis, transplants, and treatments for comorbidities, living with chronic kidney disease can be overwhelming. When it comes to your diet, it takes more than a few substitutions to produce real change—and most people need help getting there.Following her bestselling Renal Diet Cookbook, Susan Zogheib takes renal health repair to the next level in the Renal Diet Plan & Cookbook: The Optimal Nutrition Guide to Manage Kidney Disease. With practical guidance that goes beyond kidney disease management, Zogheib offers an empowering, results-oriented renal diet cookbook with diet plans and recipes that help your kidneys work more effectively, allowing you to avoid more invasive options like dialysis or transplants. This renal diet cookbook delivers simple, effective nutritional solutions to get started right away.Easy-to-follow meal plans for low-sodium, low-protein, or low-fat customizationMore than 125 delicious recipes to meet your nutritional needs based on which stage you’re currently facingHelpful nutritional facts for tracking calories, protein, sugar, fat, sodium, potassium, and phosphorusThe Renal Diet Plan & Cookbook is your ultimate, all-in-one renal diet cookbook offering everything you need to take your kidney health into your own hands.

## Book Information

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## Customer Reviews

"Loaded with exciting and tasty kidney-friendly recipes, it provides recipes for multiple renal diets and classifies foods by their content of no-no's. It's written in language patients will embrace. A 'must have' dietary resource for patients at any stage of kidney disease." • Jay Wish, MD, Professor of Clinical Medicine, Division of Nephrology, Indiana University

"This is a fantastic book! Susan reminds patients that they can still enjoy foods that are delicious and easy to make. This is absolutely indispensable for every patient with kidney disease." • Chris Gisler, MD, Pittsburgh Kidney Center

"We truly love Susan Zogheib's renal diet cookbooks and our patients have given us great feedback after using them. The recipes offer variety, creativity, and a great deal of flavor." • Dani Renouf, RD, MSc, St. Paul Hospital

"Susan Zogheib's Renal Diet Plan and Cookbook is a must for those who enjoy cooking. Beautifully photographed and organized, it contains plenty of information on healthy eating and includes menus that are full of flavor. While people who have kidney disease will particularly benefit from this book, those who want to reduce sodium in their diets will also find it useful." • Beth Piraino, MD, Professor of Medicine, University of Pittsburgh School of Medicine

"The Renal Diet Plan and Cookbook includes recipes that take into account the dietary needs of patients with renal disease. Susan empowers them to eat well and enjoy their food while staying cognizant of their kidney needs. I highly recommend this book for anyone with modest to advanced levels of the disease." • Randy Zelen, MD, Northwest Physicians Associates

SUSAN ZOGHEIB, MHS, RD, LDN, is a renal dietitian and the author of the bestselling Renal Diet Cookbook and The Mediterranean Diet Plan: Heart-Healthy Recipes & Meal Plans for Every Type of Eater. With over ten years' experience working as a clinical dietitian and food- and nutrition-communications consultant, Susan enjoys helping patients live a healthier lifestyle while battling kidney disease.

Very helpful with meal planning and recipes. AAAAA++++

Very helpful to make good meals for anyone with Renal failure

Very helpful and practical

## Great books!

Great book - it is packed with easy to understand information and a lot of delicious recipes that are easy to make. Well - I've only tried a couple so far but what I've tried I have liked and will make again. The first chapter talks about your kidneys, what they do (or should do), causes, treatments, symptoms, and stages of chronic kidney disease. The 2nd chapter titled "Empowered Eating for Healthier Living" talks about nutritional concerns you need to watch - it breaks each one down and gives great charts listing common foods showing which are okay to eat and which are not and shows how high or low they are in some areas so you can plan your meals accordingly. It covers Phosphorus, Protein, Fats, Sodium, Carbohydrates & Fiber, and Potassium. It also goes over nutrition labels so you know what to look for, healthy cooking techniques and tips so you can be successful in your renal diet. Chapter 3 lays out 3 different type of meal plans each plan is for 4 weeks. The plans are Low Sodium, Low Protein and Low Fat with a meal for Breakfast, Lunch and Dinner and suggestions for snacks. All meals have recipes and some meals are from leftovers. The snacks have some recipes but also just suggestions for items you can just grab and eat. Part 2 of the book is recipes with sections for Seasonings, Sauces, & Condiments - 11 recipes, Smoothies & Drinks - 10 recipes, Breakfast - 10 recipes, Snacks and Sides - 12 recipes, Soups & Stews - 14 recipes, Salads - 14 recipes, Vegetarian Dishes - 14 recipes, Seafood Dishes - 14 recipes, Poultry & Meat Dishes - 17 recipes, and Desserts - 10 recipes. Next is a conversion chart, a list of the Dirty Dozen and the Clean Fifteen foods according to the Environmental Working Group, a list of references which list websites - great for finding out more information and of course a Recipe Index and also a general index. In regards to the recipes - each seem to be for 4 servings, they list the Prep time and cooking time. Each start with a paragraph about the recipe and may make suggestions on preparing it and may have possible suggestions to add to or alter the recipe. Each of the ones I've looked at seem to have easy to find ingredients that do not seem to be expensive, they are clearly written and easy to follow. After the recipe is a tip of some sort, cooking tip, low sodium, ingredient tip, etc. And after the tip is the nutritional information per serving: Calories, Total Fat, Saturated fat, Cholesterol, Sodium, Carbohydrates, Fiber, Phosphorus, Potassium and Protein. What's really great about this book is they take the scary idea of changing your diet and break it down so it does not seem so overwhelming. Once you learn what to watch and how to cook healthier you can apply this information and revamp some of your own recipes too. And for those in your family who do not have any problems with their kidneys - I think they will enjoy these recipes too plus it will be great for them to be eating healthier! I hope you find this book helpful!

I have been searching for a renal diet cookbook which had ORDINARY food in it. I want the recipes to contain ingredients which I normally have in my cabinets, not stuff I have to go buy special, pay big bucks for, and maybe never use again. This cookbook was right on target. I understand the food and the ingredients. Great recipes! It is hard enough to balance all the needs of a renal diet without understanding the ingredients. Thanks!

This is both a cookbook, and quick guide about maintaining kidney health without getting too technical or wordy. Part I starts with an overview of kidney functions and what to look out for symptoms of kidney disease. Part II covers nutritional aspects on how to manage a restricted renal diet, and calculate daily nutritional needs. Each recipe contains critical nutritional information per serving. As I went through the recipes I've almost forgotten this is a cookbook about renal diet. Most recipes look enticing and are easy enough to prepare for a novice, mostly 3 to 5 steps, using common grocery ingredients. There are many interesting recipes such as Homemade Rice Milk, Mango Cheesecake Smoothie, Blueberry Bread Pudding, Spiced Apple Cake, Toasted Pear Chips, Edamame Guacamole, Breakfast Tacos, Shepherd's Pie, Tandoori Chicken, Meatball Soup, Greek Couscous Salad, Apple Cranberry Salad, Sweet Potato Curry, Spicy Sesame Tofu, etc. The main problem with the meal plans, is that the suggested servings provide insufficient calories to satisfy daily requirements. For example, the Week 1 Tuesday meal plan consists of only 594 total calories for the entire day. I cannot imagine one eats like this and has enough energy to get through the day. If you double or triple the servings each meal you most likely will go over the minerals and protein intake limits. As listed, Breakfast - Baked Egg Casserole 128 calories (Carb: 2g, Phosphorous: 120mg, Potassium: 140mg, Protein: 9g) Lunch - Simple Cabbage Soup 62 calories (Carb: 6g, Phosphorous: 32mg, Potassium: 200mg, Protein: 2g) Dinner - Stuffed Bell Peppers 152 calories (Carb: 11g, Phosphorous: 174mg, Potassium: 373mg, Protein: 15g) Snack - Blueberry Citrus Muffins 252 calories (Carb: 38g, Phosphorous: 79mg, Potassium: 107mg, Protein: 4g)

Susan did it again! This book is absolutely wonderful. She makes it so easy to read, and understand. Susan brings forward so many wonderful recipes that I know my patients will very much enjoy. They loved the first edition of the renal diet cookbook. The patients are no longer struggling to find what they can or can't eat; I highly recommend this book again to my patients with CKD.

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Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney

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