



Kidney Disease Cookbook: 85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD)

Monika Shah

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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.

Tags: Kidney Disease Cookbook, Kidney Disease Diet, Kidney Disease, Chronic Kidney Disease, Kidney Disease Cooking, renal Diet, renal cookbook

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The actual book Kidney Disease Cookbook: 85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD) has a lot of knowledge on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research before write this book. This specific book very easy to read you can get the point easily after scanning this book.

Daniel Johnson:

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People with Chronic Kidney Disease (CKD) however doesn't forget the main point, giving the reader the hottest in addition to based confirm resource info that maybe you can be considered one of it. This great information can certainly drawn you into new stage of crucial considering.

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