



Cooking for David: A Culinary Dialysis Cookbook

Sara Colman, Dorothy Gordon

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Cookbook facts: Published September 2000: the newest, most up-to-date dialysis cookbook available.

272 pages

12 chapters with dividers.

Top-quality padded, laminated linen spill proof cover.

3-Ring loose leaf binder that opens so you can add new upcoming recipes from our website.

Pre-planned daily menus for breakfast, lunch and dinner with nutrient totals and National Renal Diet Food Choice totals. Guidelines for food selection, preparation and portioning for the dialysis diet.

Renal Dialysis Food Pyramid pull-out included with every book.

A handy "E-Zel" cookbook stand included with every book.

160 tested recipes.

A complete nutrient analysis for each recipe includes: Sodium Potassium Phosphorus Protein Fat Calories Carbohydrates Cholesterol National Renal & Renal Diabetic Food Choices

High and low Sodium, Potassium and Phosphorus food lists...not just what you can't eat, but also what you can!

Nutrient comparisons between Cooking for David's recipes and common commercially prepared equivalents.

Quick recipe index of: Easy-to-make recipes Recipes that are good when you're having company Great-for-leftovers recipes Low-budget recipes Lowest Potassium and Phosphorus recipes

Helpful information for locating and using special dialysis-friendly ingredients, such as Vitamite® 100 2% milk substitute.

Explanation of the Renal Diet Prescription.

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Robin Boucher:

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James McNally:

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