

# The Renal Patients Guide to Good Eating



As a patient, the author, Mrs. Curtis, relates her own experience in dealing with the renal diet. Through a positive approach, she demonstrates that sometimes when you make the best of it, the results are better than if the problem had not occurred. Fellow patients will recognize many of the authors feelings and obstacles as their own. The second edition of THE RENAL PATIENTS GUIDE TO GOOD EATING includes many new dishes as well as nutritional information for all recipes. This should make it easier for renal patients and their dietitians to determine how these dishes can best fit into their diet plans. The analyses can be used as a guide to appropriate serving sizes for each patients daily allowances of sodium, potassium and phosphorus. Great care has been taken to include complete nutrition information wherever possible. This cookbook is suitable for anyone. It does not separate the dieters from others. There will be no whispered requests for the salt shaker because the taste is there, in the form of herbs, spices, wine and other allowed flavorings. Especially valuable are the sections where salt is typically relied upon heavily, namely, meat, fish, poultry, sandwiches and vegetables. There are recipes ranging from appetizers to desserts, quick and simple to the more elaborate. The author provides guidelines for adjusting to a healthy heart diet, as well as to renal diets, which require more or less stringency. This book is certain to enlighten and inspire anyone with kidney disease, from the newly diagnosed to the more experienced. With this book, the doctors answer to his patients question 'Could you give me some more ideas for meals?' can be answered with 'I have just the book for you!'

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