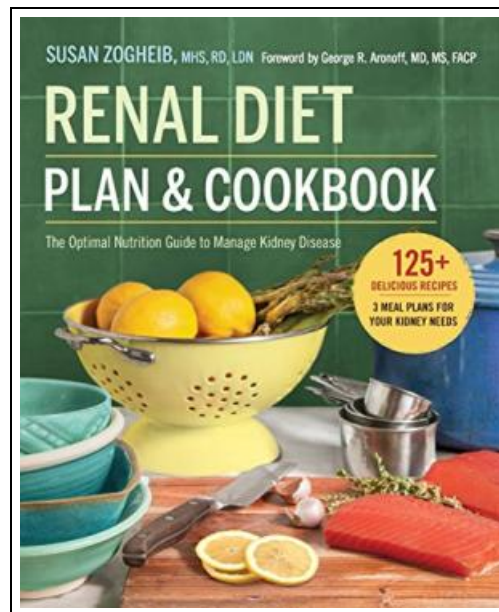


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Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Patients are tired of having doctors tell them what they can't do and what they can't eat. Susan Zogheib has written a patient-centered renal diet cookbook with diet 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, LLC With 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 customization More than 125 delicious recipes to meet your nutritional needs based on which stage you're currently facing Helpful nutritional facts for tracking calories, protein, sugar, fat, sodium, potassium, and phosphorus The 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.



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