

# Download Kidney Disease Cookbook Collection

## Kidney Friendly

Kidney Friendly Comfort Foods, New Updated Version: A Collection of Recipes for Eating Well with Chronic Kidney Disease on Amazon.com. \*FREE\* shipping on qualifying offers. This book follows the dietary guidelines of chronic kidney disease people- eat protein but not too much; restrict fluids; limit phosphorous intake...As a current patient with kidney disease, I know the frustration of trying to maintain diet restrictions. I wish I had this book years ago. It takes the work out of meal planning with a 7 day sample menu of 3 meals plus a snack, and a complete shopping list for items needed to prepare these meals.1361 comments (Add your own)

1. Carla Listenfelt wrote: I too have hemochromatosis and I eat everything and anything I want as long as I have a glass of milk or some kind of dairy.