



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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Q: Where can I find recipes/meal plans that are okay for me?

A: Sometimes it's fun to try something new to eat. Cookbooks and meal plans can help you do this. There are many cookbooks for people on kidney diets. Your dietitian can help you with a meal plan and may have a list of cookbooks.

Here are a few cookbooks you can find or order through a bookstore or library, or buy on-line at www.amazon.com:

- *Creative Cooking for Renal Diets* by the Cleveland Clinic Foundation (288 recipes)
- *Creative Cooking for Renal Diabetic Diets*, by the Cleveland Clinic Foundation (187 recipes)
- *The Renal Gourmet* by Mardi Peters (200 recipes)

A book that can help you look up the sodium, potassium, and phosphorus content of foods is *Bowes & Church's Food Values of Portions Commonly Used* by Jean A. T. Pennington, PhD, et al.

What I can do to learn more about what to cook:

- Ask my dietitian to help me find recipes to make eating fun.
- Look at renal diet cookbooks for ideas of what to make.
- Look on the Internet for renal cookbooks and recipes.
- Ask other patients about their favorite recipes and meal plans.
- Visit module 9 of Kidney School™: *Nutrition and Fluids* at www.kidneyschool.org to learn more.