

## Cookbooks for Renal Patients 2006 Update

Liz Kirk, RD, CDN

**D**IALYSIS ALTERS LIFESTYLE in a multitude of ways, but eating imaginative and appetizing meals does not need to be one of them. How often have you heard your patients say “There is nothing for me to eat!” when faced with the advice to limit intake of certain foods?

Being on dialysis does not need to mean a life sentence of dull, bland, and repetitive foods. There are many good food choices that are wholesome and appealing. As we know, there are also foods that need to be eaten in a more limited approach. However, our patients often become trapped in the same eating patterns, and when that happens, a disinterest in eating and decline in appetite frequently develop.

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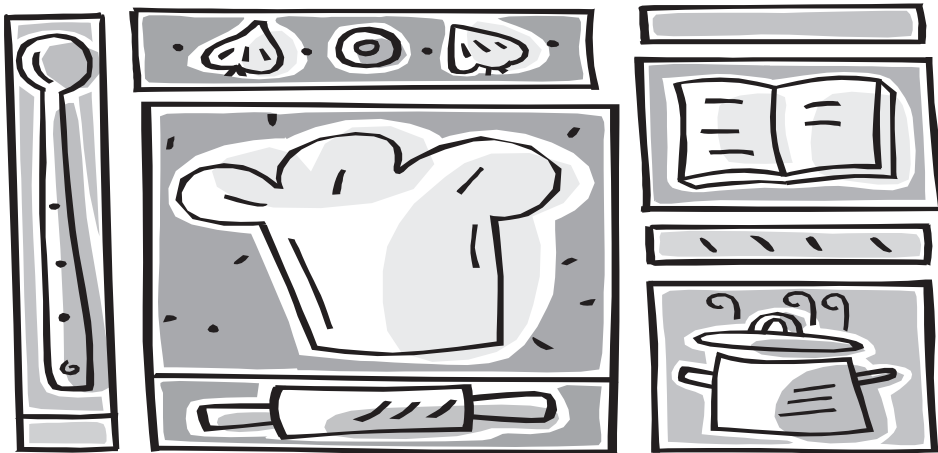
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Good-tasting foods are the basis of health and well-being for all individuals. Sometimes our patients simply need a little bit of inspiration. If you think living on a renal diet means limiting yourself to boring, bland foods—think again! The revised Cookbooks for Renal Patients 2006 Update (Figure 1) lists 19 cookbook titles and 5 web-based resources full of recipes sure to please anyone minding their potassium, phosphorus, sodium, and fluid intake. This update makes available to patients, family members, and renal professionals a wealth of resources full of practical food preparation information and renal dietary guidelines. A brief description of each cookbook is provided to help make a selection that best suits individual needs.

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TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
Carbohydrate and Sodium Controlled Recipes	Council on Renal Nutrition of Northern California/Northern Nevada, 1983	\$10.00 (Includes shipping and handling)	UCSF Medical Center Mount Zion Dialysis Unit c/o Suzanne Gibson, RD 1675 Scott Street San Francisco, CA 94115 (415) 353-7725 Fax: (415) 885-7396	Recipes are low in saturated fat; nutrient analysis; large print Target: Adult hemodialysis and peritoneal dialysis patients; diabetic inclusive
Chinese Renal Kitchen, Cookbook for People Living With a Special Diet for Kidneys	British Columbia Chinese Nutrition Consultants, 1999 (2nd Edition)	\$45.00 US (Includes shipping and handling)	Nutrition Assistant c/o Clinical Nutrition St. Paul's Hospital Providence Building Room 4000 1081 Burrard Street Vancouver, BC V6Z1Y6 Canada (604) 806-8141 Fax: (604) 806-8076	120 recipes in Chinese and English; nutrient analysis; large print Target: Kidney patients who want Chinese recipes adapted to renal recommendations

**Figure 1.** Cookbooks for Renal Patients 2006 Update.

TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
Cooking for David: A Culinary Dialysis Cookbook	Sara Coleman, RD, CDE and Dorothy Gordon, BS, RN, September 2000	\$25.95 plus \$6.95 for shipping and handling (Volume pricing available)	Culinary Kidney Cooks P.O. Box 468, Dept. N Huntington Beach, CA 92648 (714) 842-4684 Fax: (714) 842-4694 www.culinarykidneycooks.com	272 pages; Loose-leaf style with 'e-zel' cookbook stand; 160 recipes; nutrient analysis with meal planning; Web site lists new recipes and tips Target: Dialysis patients; includes diabetic recipes
Cooking the Renal Way	Oregon Council on Renal Nutrition Revised 1993	\$10.00 (Includes shipping and handling)	Oregon Council on Renal Nutrition c/o Susie Becket P.O. Box 29133 Portland, OR 97210 (503) 371-8047	Nutrient analysis; holiday menus and diabetic desserts Target: Hemodialysis and peritoneal patients; includes diabetic recipes
Creative Cooking for Renal Diabetic Diets or Creative Cooking for Renal Diets	Cleveland Clinic Foundation 1985	\$17.95 plus \$4.95 shipping and handling	BookMasters 30 Amberwood Parkway Ashland, OH 44805 (800) 247-6553 www.patientsupport.net	Exchanges; calorie boosters, fluid calculations; serving guide; nutrient analysis; 280 pages Target: Renal patients; diabetics
Everyday Eating Cookbook	Council on Renal Nutrition of Illinois	\$5.00 for Illinois residents \$7.50 for all other states	NKF of Illinois 215 West Illinois Suite 1C Chicago, IL 60610 (312) 321-1500 E-mail: kidney@nkfi.org www.nkfi.org	A complete cookbook for the dialysis patient. Target: Renal patients
Food Power-A Nutrition Book for Kids with Kidney Disease	Charlotte Stall, RD, MA	\$22.50	The Renal Dietitian The Children's Hospital Box B 328 1056 E. 19th Avenue Denver, CO 80218 (303) 861-6263 Fax: (303) 764-8156	Comprehensive information for feeding the picky eater, the overweight child, and those on modified diets; dining out tips; 29 recipes for kids; nutrient analysis Target: Pediatric renal patients

Figure 1. Cookbooks for Renal Patients 2006 Update (continued).

TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
The Gourmet Renal Cookbook	Edited by Sharon Stall, RD (2nd edition)	\$14.95 (Includes shipping and handling)	Sol Goldman Renal Therapy Center Lenox Hill Hospital 100 East 77th Street New York, NY 10021 Contact: Linda Pino (212) 434-3266 Fax: (212) 434-4528	Nutrient analysis and exchanges; outlines general nutrition guidelines Target: Dialysis and pre-dialysis patients
The Kidney Helper Cookbook	Bob Lutfy & Natalie Luffy with Mary Pinto, RD	\$24.95 plus \$4.00 for shipping and handling	(877) 248-2331 <a href="http://www.consumermedhelp.com">www.consumermedhelp.com</a>	Nutrient analysis; large print; includes tips and renal resources; Middle-Eastern recipes
Kidney Kids' Cookbook	Four Donor Moms: Kay Anderson, Frances Buchanan, Linda Tyler, Betsy Watson (editor)	\$10.00 (Includes shipping and handling)	NKF of Arkansas 1818 North Taylor Street #186 Little Rock, AR 72207 (501) 664-4343 Fax: (816) 221-7984 Email: <a href="mailto:nkfa@aristotle.net">nkfa@aristotle.net</a>	Tempting recipes, includes menus and grocery shopping lists; "One Mother's Story"; spiral bound; provides encouragement to families Target: Pediatric renal patients
Magic Menu-Menu Style Cookbook for Renal Patients	Council on Renal Nutrition - National Kidney Foundation of North Texas	\$15.50 (Plus shipping and handling)	Council on Renal Nutrition- NKF of North Texas 5429 Lyndon B. Johnson Freeway Suite 250 Dallas, TX 75240-2617 (877) 543-6397 Fax: (214) 351-3797 <a href="http://www.nkft.org">www.nkft.org</a>	Nutrient analysis; 3 weeks of sample menus Target: Renal patients
Now You're Cooking- A Resource for People with Kidney Disease	Council on Renal Nutrition of New England	\$18.00 plus \$3.00 for shipping and handling	NKF of MA/RI/NH/VT 85 Astor Avenue Norwood, MA 02062 (800) 542-4001 <a href="http://www.kidneyhealth.org">www.kidneyhealth.org</a>	Includes a discussion of nutrients and a set of menus with pictures of the New England countryside; nutrient analysis and renal and diabetic exchanges Target: Renal patients

**Figure 1.** Cookbooks for Renal Patients 2006 Update (continued).

TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
The Renal Family Cookbook	Renal Family Inc., 1983	\$15.00 (Includes shipping and handling)	Multimed Publications 66 Martin Street Milton, Ontario L9T 2R2 Canada (909) 875-2456 Fax: (905) 875-2864 www.multi-med.com/renal	Individualized for special needs; to help "normalize" your food choices; nutrient analysis Target: Adult hemodialysis patients
The Renal Gourmet	Mardelle Peters, Kidney patient	\$21.00 (Includes shipping and handling) \$31.00 (Outside of the US)	Emenar Incorporated 13n625 Coombs Road Elgin, Illinois 60123 Website: www.kidney-cookbook.com (Download order form)	200 delicious recipes incorporating herbs, spices and vinegars, without using salt; nutrient analysis; Visit website for recipe of the month set to music Target: Renal patients; especially helpful for new kidney patients
The Renal Patient's Guide to Good Eating: A Cookbook for Patients by a Patient	Judith Curtis, Dialysis patient	\$36.95 plus \$7.50 for shipping and handling	Charles C. Thomas (800) 258-8980 Fax: (217) 789-1930 ISBN: 0398073996 (2nd edition paperback)	214 pages of delicious recipes written by a kidney patient who is an avid cook; endorsed by a renal dietitian; includes family meals, dining out, and practical ideas Target: Dialysis patients
Southern Comforts of Mississippi	NKF of Mississippi	\$10.00 (Includes shipping and handling) Free to residents of Mississippi	NKF of Mississippi P.O. Box 55802 Jackson, MS 39296 (800) 232-1592 (601) 981-3611 Fax: (601) 981-3612 www.kidneymss.org	Recipes feature game, southern specialties, and soul food
Taking the First Bite	Council on Renal Nutrition - National Kidney Foundation of North Texas	\$6.50 (Plus shipping and handling)	Council on Renal Nutrition-NKF of North Texas 5429 Lyndon B. Johnson Freeway Suite 250 Dallas, TX 75240-2617 (877) 543-6397 Fax: (214) 351-3797 www.nkft.org	Nutrition basics for kidney patients to be used with the guidance of the renal dietitian Target: Helpful for new dialysis patients

**Figure 1.** Cookbooks for Renal Patients 2006 Update (continued).

TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
A Taste of Asia	Elizabeth D. Gubish, Patient Edited by Kelly Ackert, RD	\$10.00	NKF of Northern CA131 Steuart Street Suite 520 San Francisco, CA 94105 (415) 543-3303 www.kidneyca.org	Asian recipes with nutrient analysis and glossary of ingredients Target: Kidney patients

#### Online Books and Resources for Kidney Patients

TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
Kidney Cooking: A Family Recipe Book for Dialysis Patients	National Kidney Foundation of Georgia	Free download	NKF of Georgia 2951 Flowers Road South Suite 211 Atlanta, GA 30341 (800) 633-2339 (770) 452-1539 Fax: (770) 452-7564 www.kidneyga.org (download)	166 pages; incorporates foods most commonly used; provides wholesome and attractive meals
Kidney Friendly Comfort Foods: A Collection of Recipes for Eating Well with Chronic Kidney Disease	Reviewed by Cathi J. Martin, RD, CSR, LDN	Order a free copy	<a href="http://www.Phosphoruscontrol.com">www.Phosphoruscontrol.com</a> <a href="http://www.Fosrenol.com">www.Fosrenol.com</a>	Nutrient analysis; helpful hints
Living Well on Dialysis: A Cookbook for Patients and Their Families	Council on Renal Nutrition - National Kidney Foundation, 2002 (3rd Edition)	Free download	National Kidney Foundation, Inc. 30 East 33rd Street New York, NY 10016 (800) 622-9010 www.kidney.org (download)	103 pages supported by an educational grant from Amgen
Southwest Cookbook for People on Dialysis	El Paso Chapter Council on Renal Nutrition-NKF of Texas, Inc.	Free download	www.epogen.com	54 pages; funded by an educational grant from Amgen Renal Advances: Available in English and Spanish

**Figure 1.** Cookbooks for Renal Patients 2006 Update (continued).

TITLE	AUTHOR	COST	AVAILABLE FROM	COMMENTS
Recipes from Davita	Davita renal dietitians	Free	(800) 244-0680 www.davita.com	Recipes for chronic kidney disease non-dialysis, dialysis and diabetic patients; nutrient analysis, exchanges, and helpful hints

Thank you to the Council on Renal Nutrition of Northern California/Northern Nevada for their efforts in providing this update.

**Figure 1.** Cookbooks for Renal Patients 2006 Update (continued).