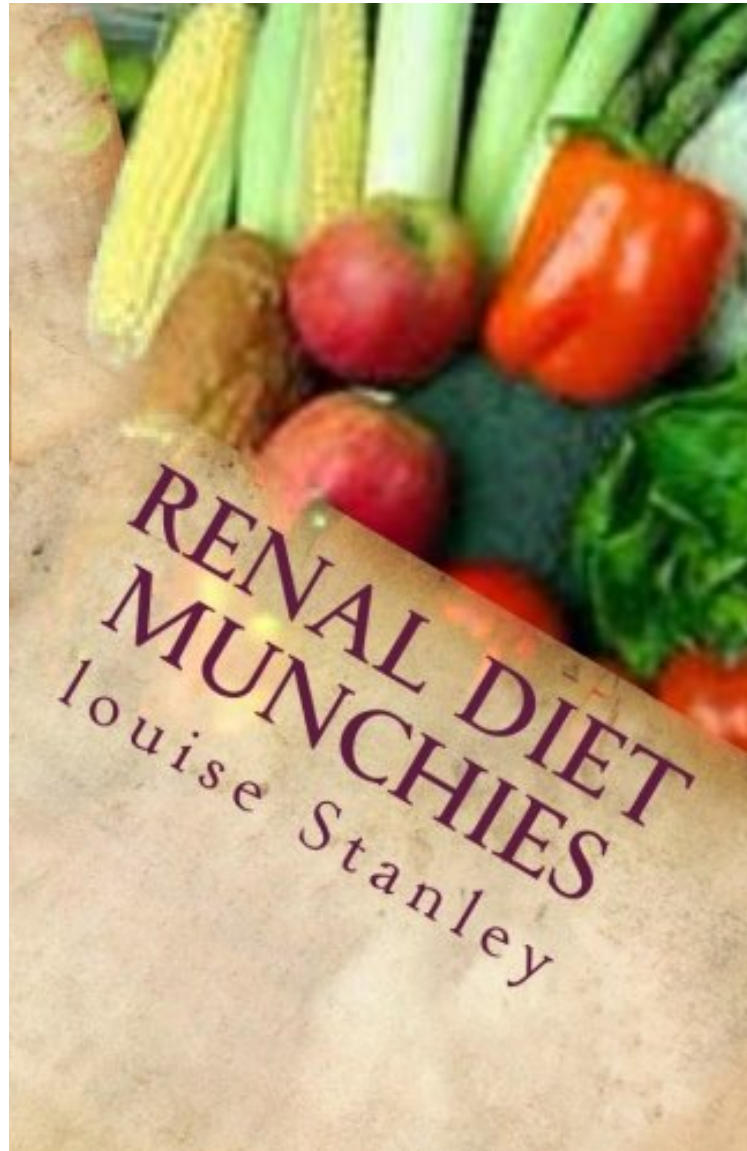


Renal Diet MUNCHIES: Kidney-Friendly Smoothies, Snacks Sandwiches

louise Stanley

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louise Stanley : Renal Diet MUNCHIES: Kidney-Friendly Smoothies, Snacks Sandwiches before purchasing it in order to gauge whether or not it would be worth my time, and all praised Renal Diet MUNCHIES: Kidney-Friendly Smoothies, Snacks Sandwiches:

4 of 4 people found the following review helpful. Lacks nutrition information, pages hard to see
By BB
There are a lot of good ideas here, but without nutrition information calculated for each recipe, this cookbook is very hard to recommend for kidney patients, and not extremely useful for professionals. Also, as a renal dietitian, I know that many of my clients have poor vision. The pages are a dark greenish-grey, which makes the text difficult to read. I hope the author chooses to revise this book, as the content is promising. As it is, I am returning it.
0 of 0 people found the following review helpful. Renal Diet Munchies Cook Book
By Ana Miller
Nice recipes.
0 of 0 people found the following review helpful. Would not be readable by intended recipient.
By Live Mindfully
Very poor idea to print this book this way: the pages are the color of a dark overcast gray sky. Many CKD sufferers are elderly, many will have difficulty reading these pages. There are no color illustrations, the typeset is not enlarged, and the few photos which do appear are merely (gray) decorations. I chose not to buy it simply because the intended gift recipient will not be able to read it.

'Munchies' offers over 100 pages of delicious and nourishing kidney-friendly foods and simple recipes with practical tips to enhance your daily cooking. Enjoy these treats with a focus on foods you can munch while hooked up during your dialysis treatments.

About the Author
Several years ago, Louise was a successful high-tech sales and marketing consultant who had recently gone into remission from successfully fighting lymphoma and overcoming a host of physical ailments. All of a sudden as her 62nd birthday approached, she began to drastically slow down and had trouble breathing; she seemed to lack all energy. She didn't want to deal with a new problem and thought it must be something to just 'get through'. On her birthday though, she ended up being rushed to the emergency room. For Louise, a 'punch to the gut' appeared as kidney disease and it just about knocked her out. She's now on dialysis having been diagnosed with End Stage Renal Disease (ESRD - did you know that almost 1 in 10 Americans have kidney disease?) at a Davita Dialysis clinic in Cameron Park, CA, still learning how to deal with her kidney disease. It hasn't always been easy; she's been so angry because no one has had a reason for the disease coming out of nowhere. As you know, your life is immeasurably changed upon diagnosis and making a successful transition depends on lots of pieces fitting together. Her doctors, dialysis staff and food/diet are three of the important pieces of this puzzle. In order to deal with all the restrictions germane to a renal diet, Louise decided to develop some tasty recipes - because she loves to eat and wanted something positive to look forward to each day. Hoping you find hours of enjoyment and good health through reading 'Munchies'...