



Eating Well with **Kidney Failure** (Class Health)

Helena Jackson, Annie Cassidy, Gavin James

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If you have kidney failure, you need to adapt and change what you eat. But, as this practical and exciting book shows, you don't need to go on a crash diet, or to deny yourself the foods you love – you just need to adapt your favourite recipes with kidney-friendly foods. You can eat well, enjoy your food, and give your body the nutrition it needs. This brilliant book provides a clear guide to eating well with kidney failure, as well as a collection of more than fifty delicious recipes to show you how it all works in practice. The recipes have been analysed for their nutritional content and are coded to help you choose most appropriate dishes for your individual requirements. The authors, all dietitians specialising in kidney failure, have more than 20 years experience and are passionate about helping you to enjoy your mealtimes, giving you: Plenty of hints and tips to help you eat in a healthy and enjoyable way. Advice on choosing meals, showing you step-by-step what to look for in takeaways and pre-packaged foods Over 50 delicious and attractive recipes, from quick snacks to special occasion meals Practical advice to help you to adapt your favourite dishes in a kidney-friendly way

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