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The Cleveland Clinic Foundation Creative Cooking for Renal Diets

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The Cleveland Clinic Foundation Creative Cooking for Renal Diets Cleveland Clinic Foundation Special diets are often difficult to follow because they soon become boring and monotonous. This cookbook was written to add variety and imagination to readers' diets. Favorite everyday and special occasion recipes are given to make meals more pleasurable and the diets easier to follow. This cookbook has been compiled through the efforts of many individuals at the Cleveland Clinic Foundation. Renal patients submitted many recipes, and all recipes have been tested in the Cleveland Clinic Foundation Department of Nutrition Therapy test kitchen. Dialysis and pre-dialysis patients use this book. It contains 288 recipes for holidays and entertaining as well as for everyday use. Directions are easy to follow and printed in extra-large type. Recipes are modified for sodium, potassium, protein and fluid control. Most recipes use ingredients already at hand; only a few dietetic foods are required. Index and nutrient analyses are included for individual servings and total recipes.

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