



The Cleveland Clinic Foundation Creative Cooking for Renal Diets

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Written by a nationally recognized renal dietician, this book contains 288 recipes for holidays and entertaining as well as for everyday use. Many recipes were submitted by renal patients, and all recipes have been tested in the Cleveland Clinic Foundation Department of Nutrition Services test kitchen. Directions are easy to follow and printed in large type. Recipes are modified for sodium, potassium, protein, and fluid control. High-calorie recipes help increase calories without going off the diet. Forbidden foods or extras that many instructions do not allow are worked in recipes safely. Most recipes use ingredients already at hand; only a few dietetic foods are required. An index and nutrient analysis are included for individual servings and total recipes.

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