

Cookbooks for People with Kidney Disease

The following list contains cookbooks currently available that are suitable for people with kidney disease. Some cookbooks and some recipes within these cookbooks may not be suitable for your individual needs.

Please note that, except for Kidney Friendly Cooking, the accuracy of the nutrient information provided in these cookbooks has not been confirmed.

Ask your dietitian if you have questions about the suitability of a recipe or cookbook.

Title	Author	Cost (2018) USD – US \$ CAD – Canadian \$ s/h – shipping & handling	Ordering Information	Comments
Calabash Cookbook for Kidney Health	NKF Hawaii	\$15.00 USD + \$5.00 s/h	Order online from https://kidneyhi.org/cookbook	Recipes reflect diverse cultures and foods of Hawaii. Nutrition analysis and dining out hints. Suitable for patients with stages 4 and 5 CKD.
Cookbook: A Guide for Renal Nutrition	NKF Arizona, Edited by Nancee Vander Pluym, RD Revised edition, 2014	Free	Free online resource www.azkidney.org/cookbook	160 pages, includes variety of recipes, slow cooker recipes, tips on care and use of spices, etc. Available in English and Spanish.
Cooking Well: Delicious Everyday Recipes for the PKD Family	Jacob Taylor, RD	\$15 USD + about \$20 USD s/h and duty	PKD Foundation https://pkdcure.org/wp-content/uploads/2019/06/cooking_well_final_full-copy.pdf	Features PKD-friendly recipes to help patients and families make healthy choices without sacrificing taste.
Everyday Eating Cookbook	Illinois Council on Renal Nutrition, 2 nd printing	\$10 USD + s/h	NKF of Illinois Print out an order form at: https://de85b544-d3e9-499c-83a0-a2a47e31d51c.filesusr.com/ugd/fe94e7_b80db43c62eb489082a0df36d703f5f1.pdf	94 renal-friendly recipes with nutrient analysis and food exchanges. Includes children's section.

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Healthy Eating for Life Cookbook	In collaboration with the Kidney Foundation of Canada, Canadian Diabetes Association, Heart and Stroke Foundation, and others	Free	Free online resource https://www.kidneycommunitykit.chen.ca/dietinformation/external-resources English and Chinese versions available	Includes tips on grocery shopping and how to read food labels and ingredient lists. Six colour-coded sections with Chinese recipes appropriate for people with specific medical conditions. Blue section (p40-46) from the Kidney Foundation of Canada. Note that recipes in the other five sections of this booklet may not be suitable for kidney patients.
Kidney Cooking	Dialysis Clinic, Inc. 2015	Free	Free online resource www.dciinc.org/recipes See separate listing for “Rock the Crock: Renal Friendly Slow Cooker Recipes” also available on this website.	90 recipes from patients, family and staff of DCI clinics. Recipes were selected to be appropriate for people on dialysis as well as their family and friends. Thanksgiving and Holiday recipe editions also available on this website.
Kidney Cooking: A Family Recipe Book for Kidney Patients	Georgia Council on Renal Nutrition, NKF. 3 rd edition, 2013	Free	Free online resource www.kidney.org/sites/default/files/docs/kidney_cookbook_lr.pdf	Recipes contributed and tested by renal dietitians and patients throughout Georgia. Suitable for all persons with reduced kidney function. Includes a children’s section and nutrient analysis.
Kidney Friendly Cooking for People with Chronic Kidney Disease	Canadian Association of Nephrology Dietitians 2015	\$35 CAD (incl. tax + s/h) for print copy \$15.50 CAD + tax for electronic copy	Print copy (order form): www.renalrd.ca/home electronic copy: www.dietitians.ca/store	Written by a team of renal dietitians, this cookbook is designed to be used by people at all stages of kidney function. Provides a description of a kidney friendly diet and tips to add flavour to meals. Includes nutrient analysis confirmed by CAND.

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Kidney Kitchen Cookbook	The Kidney Foundation of Canada	Free	Free online resource www.kidneycommunitykitchen.ca/kkcookbook/	Online collection of dietitian-approved kidney friendly recipes. Browse by category or by diet type. Includes nutrient analysis.
Kidney Kitchen	American Kidney Fund	Free	Free online resource https://kitchen.kidneyfund.org/	Provides searchable recipes, recipe videos and food guides.
Let's Eat! Kidney Friendly Recipes	Manitoba Renal Program Volume 1, 2 nd edition, 2011 Volume 2, 2018	Free	Free online resource https://www.kidneyhealth.ca/w/p/patients-and-caregivers/nutrition/kidney-friendly-cookbooks/	Two recipe booklets, each with over 100 recipes. Volume 1 provides renal exchanges for each recipe. Volume 2 provides nutrient analysis for each recipe. Offers recipes for ethnic foods and game meats.
Recipes from Davita	Davita renal dietitians	Free	Free online resource www.davita.com/recipes	Hundreds of recipes for CKD non-dialysis, dialysis and diabetic patients; Nutrient analysis, exchanges, and helpful hints. Browse by menu category.
Recipes from Fresenius	Fresenius Medical Care	Free	Free online resource www.freseniuskidneycare.com/eating-well	79 recipes by renal dietitians & Chef Aaron McCargo Jr. Suitable For people with CKD or dialysis.
Renal Diet Cookbook for the Newly Diagnosed: The Complete Guide to Managing Kidney Disease and Avoiding Dialysis	Susan Kogheib, RD 2017	\$23.50 CAD and up	Check with local or online booksellers	Provides weekly menus, shopping lists. Includes 100 recipes with nutritional information although cannot prevent dialysis as title claims. Designed for individuals with CKD 1-4 to help slow or avoid the progression to CKD 5.

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Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook	Susan Kogheib, RD Paperback – 2015	\$21.77 CAD and up	Check with local or online booksellers	Includes over 125 low sodium and potassium recipes. 28-day meal plan and grocery lists to help slow progression of kidney disease. Nutrition analysis including protein, energy, sodium, potassium and phosphorus. Answers to common questions about managing chronic kidney disease.
Rock the Crock: Renal Friendly Slow Cooker Recipes	Dialysis Clinic, Inc. Children’s Dialysis of Central Texas 2013	Free	Free online resource www.dciinc.org/recipes	The recipes in this book are prepared using a slow cooker and have been modified to meet the needs of those on dialysis.
Spice It Up! Giving Zest to Your Renal Diet First edition, fall 2008.	Elke Henneberg, editor, with input from registered dietitians and chefs.	Free	Free online resource www.myspiceitup.ca Ask your renal Dietitian if print copies are available (varies depending on sponsorship)	A booklet containing recipes and tips suitable for dialysis patients. Published with unrestricted grants from sponsors. Available in English and French.
The Vegetarian Diet for Kidney Disease: Preserving Kidney Function with Plant-Based Eating	Joan Brookhyser Hogan, RD 2 nd edition, 2010	\$13.05 USD or \$18.99 CAD, and up	Check with local or online booksellers.	Nutrition guidelines for different stages of kidney function. Includes a variety of tables with nutrient content of different food groups. 37 recipes designed for patient with CKD or anyone on a vegetarian diet.

Reference: National Kidney Foundation. List of Cookbooks for Kidney Patients (February 2017)

<https://www.kidney.org/atoz/content/list-cookbooks-kidney-patients>, accessed April 2018.