

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 |
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| 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 | Free | Request a copy by emailing your name and address to: kidney@nkfi.org | 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/wp/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. |

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| The Complete Renal Diet Cookbook | Emily Campbell RD, CDE, MScFN | \$24.54 | Check with local or online booksellers . | Everything you need to know for managing chronic kidney disease through diet including stage-by-stage meal plans, 95 recipes, and nutritional information |
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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.