

**COOKBOOKS FOR RENAL PATIENTS (Revised 10/99 – Compliments of NEOCRN)**

Title	Author	Cost	Available From:	Comments
Carbohydrate and Sodium-Controlled Recipes	Nevada CRN 1983	\$5.00 + \$2.00 postage	Helen Christensen, 1542 Queenstown Ct., Sunnyvale, CA 94087	Recipes are low in saturated fat; large print; nutrient analysis.
The Renal Family Cookbook	Renal Family, Inc 1983	\$15 – includes shipping & handling	Multimed Publications, 66 Martin St., Milton, Ontario CANADA L9T 2R2	Individualized for special needs, nutrient analysis.
Creative Cooking for Renal Diets	Cleveland Clinic Foundation 1985	\$17.95 + \$3 shipping & handling	Senay Publishing, PO Box 397, Chesterland, OH 44026	Includes calorie boosters, servings guide, fluid calculations, nutrient analysis.
Creative Cooking for Renal Diabetic Diets	Cleveland Clinic Foundation	\$17.95 + \$3 shipping & handling	Senay Publishing, PO Box 397, Chesterland, OH 44026	Exchanges, calorie boosters, fluid calculations, servings guide, nutrient analysis.
Cooking the Renal Way	Oregon CRN, revised 1993	\$10.00	Oregon CRN, PO Box 29133, Portland, OR 97210-9133	Nutrient analysis, holiday menus & diabetic desserts. Corresponds with “Eating the Renal Way” from OCRN.
Renal Cookbook	Memorial Medical Center	\$12.00	Gambro Healthcare, 932 N. Rutledge, Springfield, IL 62702	Recipes are grouped
Now You’re Cooking	CRN of New England 1999	\$18.00	NKF Massachusetts, 105 Eastern Ave. Suite 211, PO Box 9103, Deedham, MA 02027-9103	Large print, exchanges, nutrient analysis. 129 pages.
Sodium-Controlled Recipes	CRN of N. California / N. Nevada, 1983	\$7 + \$2.50 postage	Helen Christensen, 1542 Queenstown Court, Sunnyvale, CA 94087	Recipes are low saturated fat; good for people with cardiac concerns. Diet instructions throughout. Nutrient analysis; 56 pages.

A Search for Answers: A guide for Dialysis Patients & Transplant Recipients	Arizona Kidney Foundation	Free to area patients, \$10 to others.	Arizona Kidney Foundation, 4019 N. 44th St. #201, Phoenix, AZ 85018	Includes major section titled "Cookbook: A Guide for Renal Nutrition". English & Spanish.
Everyday Eating Cookbook, A cookbook for the dialysis patient and family	Illinois Council on Renal Nutrition	\$5 for IL & Lake City residents - \$7.50 others	NKF of Illinois, 215 W. Illinois Street, Suite 1-C, Chicago, IL 60610	94 recipes with exchanges and use of National Renal Diet. Nutrient analysis. Kids Cuisine, holiday ideas, high-calorie beverages & spice information.
Living Well on Dialysis: A Cookbook for Patients and Their Families	NKF CRN 1996	free	On disc from local Amgen representative	85 pages. Large print. Sample menus, seasonings & spice list. Renal exchanges using National Renal Diet
The Renal Gourmet	Mardy Peters – kidney patient	\$17.80 + \$4.50 shipping	Emenar Inc., 320 Charmille Lane, Woodale, IL 60191	200 delicious recipes incorporating herbs, spices & vinegars – without using salt. Nutrient analysis.
The Gourmet Renal Cookbook	Sharon Stall, RD, MPH editor	\$14.95 – pay to Lenox Hill Hospital	Sharon Stall, RD, Sol Goldman Renal Therapy Center, Lenox Hill Hospital, 100 E. 77th St., New York, NY 10021	Updated edition includes gourmet recipes, nutrient analysis in food label format, menu suggestions and the National Renal Diet.
Kind Cooking for the Kidneys	NKF of Mississippi	\$10.00	NKF of Mississippi, PO Box 55802, Jackson, MS 39296-5802	100 pages of recipes. Includes nutrient analysis.
The Renal Patient's Guide to Good Eating	Judith Curtis – dialysis patient	\$40.94 cloth; \$27.95 paper; + \$5.50 ship & handling	Charles C. Thomas, Publisher, 2600 S. First Street, PO Box 19265, Springfield, IL 62794-9265	Delicious recipes from a kidney patient who is an avid cook. All endorsed by a renal dietitian. Family meals, dining out and practical ideas included.

Magic Menus	CRN – Dallas/Fort Worth, Texas	\$12.50 + \$2.50 ship & handling	CRN DFW NKF Texas, 13500 Midway Road – Ste. 101, Dallas, TX 75244	Over 100 recipes + 3 weeks of meals (simple to fancy). Includes nutrient analysis of recipes and menus.
“What Can I Eat?” A Nutrition Guide for Persons with Kidney Disease	Cynthia De Motte, MPH, RD 1992	\$6.90 + \$2.75 ship & handling. CA add 8.25% sales tax	California Dietetic Association, Los Angeles District, PO Box 3506, Santa Monica, CA 90408	Comprehensive guide to renal diets. Info on convenience foods, label reading & dining out. In English & Spanish. Foods divided into lists: Avoid, Limit & Enjoy
A Taste of Asia	Elizabeth D. Gabisch – patient Edited by Kelly Ackert, RD	\$10.00	NKF of N. California, 553 Pilgrim Drive – Ste. C, Foster City, CA 94404	Asian recipes with nutrient analysis and glossary of ingredients.
Food Power – A Nutrition Book for Kids with Kidney Disease	Charlotte Stall, MA, RD	\$22.50	Charlotte Stall, MA, RD , The Children’s Hospital, Box B328, 1056 E. 19th, Denver, Colorado 80218	Comprehensive information for feeding the picky eater, the overweight child, and those on modified diets. Includes dining out guidelines, fast food analysis & 29 recipes for kids. Includes nutrient analysis.
Recipes from Around the Kitchen	Pat Franco, MBA, RD, CS	\$5.00	10 Nida Drive, Northford, CT 06472	Recipes for patients who need to gain weight or boost calorie/protein intake; high calorie/high protein desserts and beverages.