

Information on cookbooks to help you follow a renal diet

For kidney (renal) patients



Information for patients
Sheffield Dietetics



PROUD TO MAKE A DIFFERENCE

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Introduction

This leaflet contains advice about cookbooks designed for people following a renal diet. Your renal dietitian will be able to guide you in choosing which cookbook(s) are best suited to your dietary needs.

Contact number for the renal dietitians: **0114 271 4162**

Cookbooks

The costs and addresses were correct at the time of printing. Please tell the renal dietitians if you notice that any of the information is out of date.

Eating well with kidney failure - a practical guide and cookbook

By: Helena Jackson, Annie Cassidy, Gavin James

- Published by: Class Publishing
- ISBN: 1-85959-116-7
- Cost: £19.99

This book was written by three renal dietitians. The book is in two parts.

Part 1 provides information about potassium, protein, energy, phosphate, salt, fluid and healthy living with kidney failure. It includes lots of handy hints and practical tips about food.

Part 2 contains recipes that are coded to show if they are high in energy, high in protein, low in potassium, low in phosphate, low in salt and if suitable for people with diabetes. The recipes are split into the following sections: snacks & starters, sandwich ideas, fish dishes, meat and poultry, vegetarian main dishes, side dishes, desserts and easy baking.

Truly Tasty

By: Valerie Twomey

- Published by: Atrium
- ISBN: 978-1-85594-214-1
- Cost: £17.95

This cookbook was written by a renal patient. It contains recipes from a variety of Irish chefs and has been analysed by the Irish Nutrition and Dietetic Institute. The cookbook has recipes for entertaining as well as everyday meals. The recipes are all coded to help you follow an appropriate renal diet but you will need to discuss with your dietitian which codes you need to follow. It has a selection of starters, main courses and desserts.

Everyday Eating: Tasty Recipes and Helpful Hints for Kidney Patients by Kidney Patients

- Published by: Guys and St Thomas
- Available to download: enter the above title into a search engine.

This book was put together using patients' favourite recipes that have been adapted by renal dietitians at Guys and St Thomas's Hospital London. The recipes are low in salt, phosphate and potassium. There is a good range of recipes including some great British classics along with Asian and African inspired meals. There is also a section containing some helpful hints on following a fluid restriction and what to order when eating out.

Food with Thought

By: UK renal units

Supported by: Amgen & National Kidney Federation

- A paper copy can be bought for £2.50 from;
National Kidney Federation
The Point
Coach Road
Shireoaks
Worksop
Nottinghamshire
S81 8BW

An everyday 'Kind to Kidneys' recipe collection. The recipes have come from different renal units and have been checked by a renal dietitian. The cookbook contains a selection of light bites, main courses and dessert recipes. Each recipe shows the energy, protein, fat, phosphorous, sodium and potassium content.



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