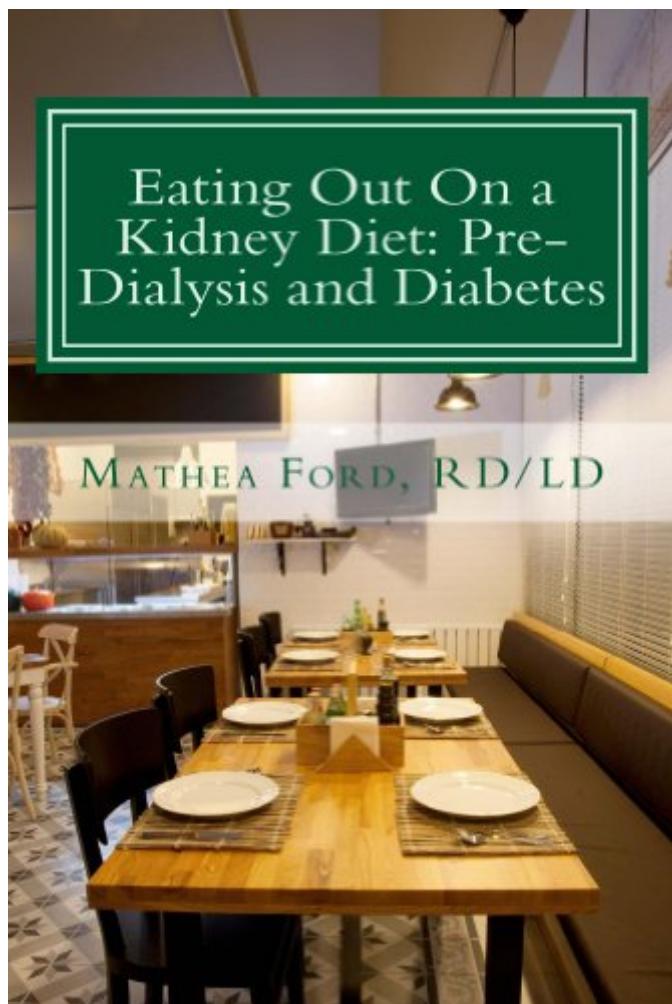


The book was found

Eating Out On A Kidney Diet: Pre-dialysis And Diabetes (Renal Diet HQ IQ Pre Dialysis Living Book 3)



Synopsis

One of the most difficult times a chronic renal failure patient faces is when they go out to eat. Eating out at restaurants you love can be really an emotional time as you know that many foods are not good for you or you are embarrassed to ask the cook to make special changes for your diet. In this book, I explore many areas of eating out including planning your trip, packing sack lunches and general nutritional items that could be safer choices. Kidney failure and diabetes in combination require both attention to kidney disease limitations and diabetic exchanges. Dining out with both these limits often causes stress and avoidance of dinner invitations. Use this book to enjoy your life and make better choices when eating out with renal failure and/or renal failure and diabetes.

Book Information

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Customer Reviews

Pretty basic stuff, which is great if you're totally new to healthy eating. But if you are already scanning for sodium content, staying away from fried, avoiding hi-fat salad dressings, eating vegetarian, etc., there's not much new here. I gave it a score based on my best guess of what a complete newbie would say.

I found it did not have a lot of info for me to plan menus for my husband. I am doing the best I can and do a lot of researching on my own. Everyone has the particular help they are looking for and this did not answer a lot of my questions. I was hoping for the book that would show a variety of menus that I could put together. We are limiting sodium, animal protein, and potassium. I find my choices few.

Would have liked more information on a larger list of restaurants and not just fast food places, also would have been nice to have potassium amounts. Overall, gave some helpful information.

These tips are just common sense. And any information is very basic stuff you can find for free online. Not worth it

totally worthless

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Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) The Renal Drug Handbook: The Ultimate Prescribing Guide for Renal Practitioners, 4th Edition (Ashley, the Renal Drug Handbook) The Kidney Disease Solution, The Ultimate Kidney Disease Diet Cookbook: The Only Renal Diet Cookbook You Will Ever Need Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic)

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