

Resources for Eating Well

For Chronic Kidney Disease or Dialysis

Renal Dietitians

a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

Find a Renal Dietitian

www.renalnutrition.org/find-an-expert.php



Videos



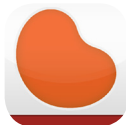
Grocery Shopping for Your Kidney Diet

BC Renal Agency, 9 part series

<https://youtu.be/ZJ6leG8INEI?list=PLgaBYChlaS-3n32OYl6mOMEJiYE6ruEuN>

ZJ6leG8INEI?list=PLgaBYChlaS-3n32OYl6mOMEJiYE6ruEuN

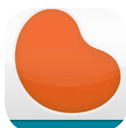
Mobile Device Apps



Care after Kidney Transplant

Cost: free

Device: iOS & Android



H2Overload: Fluid Control for Heart-Kidney Health

Cost: free

Device: iOS



My Food Coach

Cost: free

Device: iOS & Android

Delivered Meals

- **Mom's Meals**

(dialysis meals)

www.momsmeals.com/independent-at-home/renal-menu/

- **Magic Kitchen**

(pre-dialysis and dialysis meals)

www.magickitchen.com

- **Martha's Senior Gourmet**

(check for availability in your area)

www.marthasseniorgourmet.com/renal



Cookbooks

- **AAKP Delicious! Cookbook**

<https://aakp.org/product/aakp-delicious-cookbook/>
(2013)

- **Kidney Friendly Cooking**, by the Canadian Association of Nephrology Dietitians, 2015. Order form:

[http://www.renalrd.ca/file_uploads/Kidney%20Friendly%20Cooking%20order%20form%20\(2\).pdf](http://www.renalrd.ca/file_uploads/Kidney%20Friendly%20Cooking%20order%20form%20(2).pdf)

- **The Kidney Friendly Diet Cookbook: Recipes For A PreDialysis Kidney Disease Lifestyle**, by Mathea Ford (2013)

- **The Renal Survival Cookbook: Easy & Delicious Kidney-Friendly Recipes with Helpful Eating Hints**, by Louise Stanley and Lolo Courtney (2012).

- **Sodium Girl's Limitless Low-Sodium Cookbook**, by Jessica Goldman Fong (2013). For those on a flexible potassium diet.



For additional lists of cookbooks, see the **National Kidney Foundation's cookbook list:**

<https://www.kidney.org/atoz/content/list-cookbooks-kidney-patients>

Choose cookbooks published after 2010.

Meal Planning Services

Renal Diet Headquarters

www.renaldiethq.com/order-a-renal-diet-meal-plan/



Recipes

- **AAKP**

<https://www.aakp.org/kidney-friendly-recipes/>
<https://aakp.org/product/aakp-delicious-recipe-card-series-3rd-edition-complete-set/>

- **DaVita**

<https://www.davita.com/recipes/>

- **Fresenius Kidney Care**

<https://www.freseniuskidneycare.com/eating-well/recipes/>

- **Kidney Community Kitchen**

<http://www.kidneycommunitykitchen.ca/kkcookbook/>

- **Northwest Kidney Centers**

<https://www.nwkidney.org/living-with-kidney-disease/recipes/>

- **NxStage Kidney Care**

www.nxstagekidneycare.com/navigator/recipes

- **Sodium Girl, Adventures In A Low-Sodium Life**

(For flexible potassium diets)
<http://www.sodiumgirl.com/recipe-box/>



Comprehensive Information

- **American Association of Kidney Patients (AAKP)**

Provides renal-specific information on patient education, conventions, and newsletters.
www.aakp.org

- **American Kidney Fund (AKF)**

Source for financial assistance, education, and outreach to kidney patients. www.kidneyfund.org/

- **DaVita**

Information, nutrition, and recipes for all stages of kidney disease. www.davita.com

- **Fresenius**

Information, nutrition, and recipes for all stages of kidney disease. www.freseniuskidneycare.com/

- **Kidney School** – Designed to help people understand kidney disease and its treatments. www.kidneyschool.org



- **Kidney Smart**

Designed to provide a wealth of information on chronic kidney disease. <https://kidneysmart.edmeasures.com/welcome.php>

- **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

Shares science-based information to improve people's health and quality of life. www.niddk.nih.gov/health-information/diet-nutrition

- **National Kidney Disease Education Program (NKDEP)**

Has free materials for diabetes, kidney disease, and offers Spanish translations. www.nkdep.nih.gov/

- **National Kidney Foundation (NKF)**

Seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase transplantation. <https://www.kidney.org/nutrition>

- **Nepro Kidney Club**

Helps members learn about the relationship between nutrition and the ability to do the things they want to do every day. www.nepro.com/kidney-club

- **Northwest Kidney Centers**

To promote optimal health, quality of life and independence for people with kidney disease through patient care, education and research. www.nwkidney.org/

- **NxStage Kidney Care**

Dedicated to helping patients discover, achieve, and maintain freedom and flexibility while on a dialysis therapy that meets their needs. www.nxstagekidneycare.com/

- **Renal Support Network (RSN)**

Strives to educate and empower patients and their family members to take control of the course and management of kidney disease. www.rsnhope.org/

- **Transplant Living**

Information for transplant recipients, family members and healthcare professionals. www.TransplantLiving.org

This is not a comprehensive list and inclusion does not represent endorsement by RPG, the Academy of Nutrition and Dietetics, or its Foundation. Additional kidney-related resources can be found at: www.renalnutrition.org.