



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
Madison, WI 53719
www.lifeoptions.org

Q: Where can I find recipes and menus to fit my meal plan?

A: Your dietitian can help you with a diet plan, sample meals, and recipes. He or she may have a list of cookbooks for people with kidney disease—there are dozens available.

What I can do to follow my meal plan:

- Ask my dietitian to help me find recipes to make eating enjoyable.
- Look for renal cookbooks at a bookstore, library, or on-line at www.amazon.com.
- The National Kidney Foundation (NKF) has a list of cookbooks on-line at www.kidney.org. If you don't have Internet access, call NKF at (800) 622-9010 to get a copy of this list.
- Ask other patients about their favorite recipes and meal plans.
- Visit module 9 of Kidney School™: *Nutrition and Fluids* at www.kidneyschool.org to download a week of menu plans and recipes.
- Consider doing peritoneal dialysis or home hemodialysis. You will have a much more normal diet and fewer fluid limits. Learn more at www.homedialysis.org.