

My Kidney Diet

Resources for Eating Well

Videos

- **Grocery Shopping for Your Kidney Diet:** Grocery Shopping for Your Kidney Diet Part 1: Label Reading Basics. A 9 part video series.
- **Cooking and Learning Videos by NephU, The NephChef:** [https://youtu.be/ tt6tDbwXIA](https://youtu.be/tt6tDbwXIA): <https://youtu.be/OuNumkdsuus>

Cookbooks (Costs vary)

- **Renal Diet Cookbook for the Newly Diagnosed**, by Vanessa Creed (2021)
- **Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook**, by Susan Zogheib, MHS, RD, LDN (2015)
- **The Renal Diet Cookbook for Beginners 2019: Only Low Sodium, Low Potassium and Easy-to-follow Recipes to Control Your Kidney Disease (CKD) and Avoid Dialysis**, by Katherine Sanders (2019)

- **AAKP Delicious! Cookbook 2nd Edition**

Cookbooks & Recipes (Free)

- **Diabetes Food Hub**[®], American Diabetes Association: Recipes to Help Manage Kidney Disease by DaVita and the American Diabetes Association
- **Keeping it Renal: Global Cuisine for Kids, Children's National Hospital:** 73644 Childrens National Cookbook Proof 13.indd
- **Kidney Kitchen**[®], American Kidney Fund: Find Recipes – Kidney Kitchen

- **Kidney Cooking: A Family Recipe Book for Kidney Patients, Third Edition, Georgia Council on Renal Nutrition**, National Kidney Foundation: https://www.kidney.org/sites/default/files/docs/kidney_cookbook_lr.pdf
- **Let's Eat! Kidney Friendly Recipes**, Manitoba Renal Program: Kidney Friendly Recipes
- **National Kidney Foundation of Arizona: COOKBOOK A Guide for Renal Nutrition**
- **NKF Cookbook List (Reviewed June 2019):** Kidney Disease Cookbooks
- Many dialysis companies offer free recipes on their websites, such as DaVita.com, DClinc.org and FreseniusKidneyCare.com





Delivered Meal Programs

- **Mom's Meals:** [Renal Friendly Meal Delivery](#)
- **Martha's Senior Gourmet for Renal:** [Renal Diet](#)
- **Magic Kitchen:** [Renal Diet Meals Delivered To Your Door](#)
- **Top Chef Meals:** [Renal and Kidney Disease Prepared Meal Delivery](#)

Kidney Disease & Diet Websites

(Comprehensive Information)

- **American Association of Kidney Patients:** [Educational Brochures and Resources – AAKP](#)
- **American Kidney Fund:** [Kidney diet and foods for chronic kidney disease \(CKD\)](#)
- **American Renal:** [Nutrition & Wellness – American Renal Associates](#)
- **National Institute of Diabetes, Digestive, and Kidney Diseases:** [Diet & Nutrition | NIDDK](#)
- **National Kidney Foundation:** <https://www.kidney.org/nutrition>
- **Renal Support Network:** [Kidney Disease Resources](#)
- **UNOS Kidney Transplant Learning Center:** [What are kidneys?](#)

Mobile Device Apps

- **H2Overload Fluid Control:** NKF, iOS
- **Foodvisor, Nutrition and Diet:** Android
- **Phosphorus Foods Diet Guide:** Android
- **Foodkeeper:** USDA, Android and iOS
- **MediSafe Medication Management and Pill reminders:** Android and iOS

Food Analyzers

- **FoodData Central, U.S. Department of Agriculture:** [FoodData Central](#)
- **DaVita:** [Nutrient Data – Food Analyzer](#)

Phosphorus & Potassium Resources

- [Phosphorus and Your CKD Diet](#)
- [Top Low Phosphorus Foods for a Healthy Kidney Diet](#)
- [Phosphorus Food Guide – Kidney Kitchen](#)
- [Potassium and Chronic Kidney Disease](#)
- [7 Things to Know About Potassium in Your Diet](#)