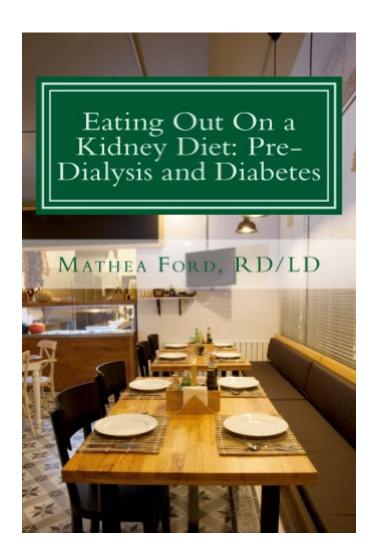
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# Eating Out On A Kidney Diet: Pre-dialysis And Diabetes (Renal Diet HQ IQ Pre Dialysis Living Book 3)





# 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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