

Nutrition Resources for Kidney Health

Websites with recipes

- Kidney Cooking – A Family Recipe Book for Kidney Patients (Third Edition)
https://www.kidney.org/sites/default/files/docs/kidney_cookbook_lr.pdf
- Davita: www.davita.com
- Spice It Up: www.myspiceitup.ca
- Kidney Community kitchen: www.kidneycommunitykitchen.ca
- American Kidney Fund, Kidney Kitchen: www.kitchen.kidneyfund.org
- The Kidney Dietitian: www.thekidneydietitian.org
- Manitoba Renal Program, Let's Eat! Volume 2: www.kidneyhealth.ca/wp-content/uploads/2018/12/Lets-Eat-Kidney-Friendly-Recipes-V2.pdf

Cookbooks

- Kidney Nutrition, Emily Campbell RD - Kidney Nutrition Recipe Book:
www.emilykidneynutrition.com/product/summerrecipebook/
- CKD Nutrition, Kellsey Reed RD: www.ckdnutrition.com/shop
- Kidney Friendly Cooking, Canadian Association of Nephrology Dietitians:
www.renalrd.ca/shop
- Susan Zogheib RD: www.susueats.com/cookbooks
 - The Renal Diet Cookbook for the Newly Diagnosed
 - Renal Diet Plan and Cookbook
 - Renal Diet Cookbook

Other

- National Kidney Foundation: www.nkfi.org/diet
- Ontario Renal Network: www.ontariorenalnetwork.ca
- Plant Powered Kidneys: www.plantpoweredkidneys.com
- BC Renal Agency – Diet Resources: www.bcrenal.ca/health-info/managing-my-care/diet
- The Kidney Foundation of Canada: www.kidney.ca
- Drink Water Reminder N Tracker – App that can be downloaded on your phone to help monitor fluid intake
- My Fitness Pal – App that can be used to help track food intake

Registered Dietitian: _____

905-378-4647 ext. _____