



Dialysis Diet

Judy Mitzimberg

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A reference book to assist the dialysis patient in food selection and preparation to comply with the complex renal diet required for most dialysis patients.

The book contains an explanation of how the body uses certain nutrients and how the process changes when the kidneys fail, requiring strict monitoring of these nutrients for the well being of the patient. There is an emergency diet plan in the event the patient cannot get to a dialysis center for a short period of time, then goes on to provide extensive food value charts listing the content of the named nutrients in most all commonly used foods so they can be calculated in planning the daily menu.

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