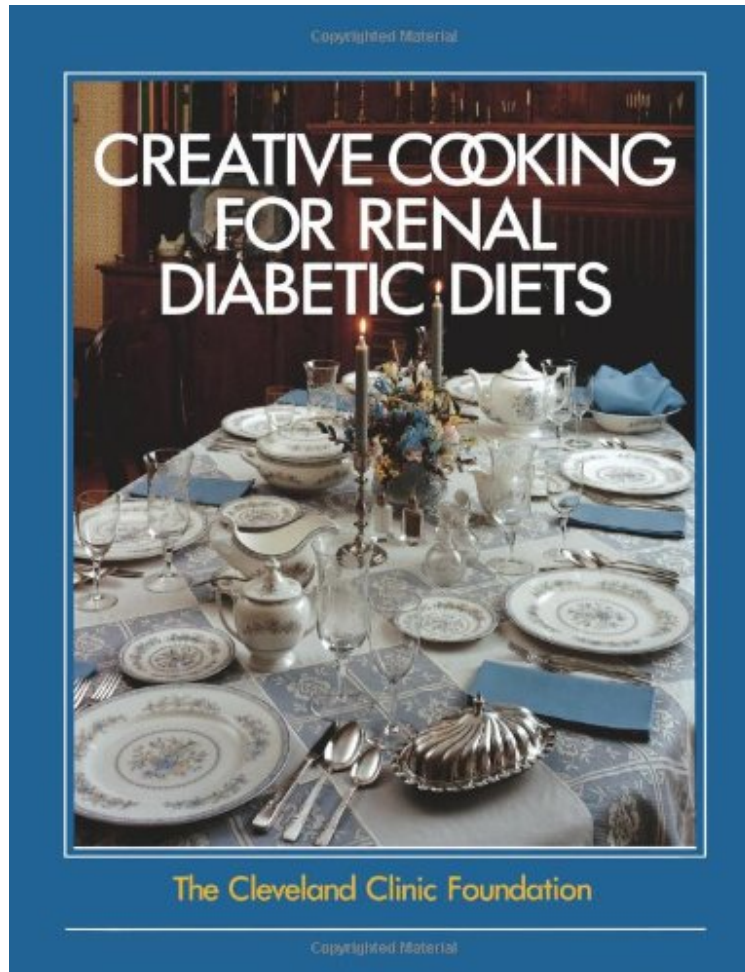


(Free read ebook) The Cleveland Clinic Foundation Creative Cooking for Renal Diabetic Diets

The Cleveland Clinic Foundation Creative Cooking for Renal Diabetic Diets

The Cleveland Clinic Foundation
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Written by a nationally recognized renal dietician, this book contains 187 recipes for holidays and entertaining as well as for everyday use. Many recipes were submitted by renal patients, and all recipes have been tested in the Cleveland Clinic Foundation Department of Nutrition Services test kitchen. Directions are easy to follow and printed in large type. Recipes are modified for sodium, potassium, protein, carbohydrate and fluid control. High-calorie recipes help increase calories without "going off the diet." "Forbidden" foods or extras many instructions do not allow are worked into recipes safely for your enjoyment. Most recipes use ingredients already at hand; only a few dietetic foods are required. An index and nutrient analysis are included for individual servings and total recipes.

About the AuthorThe Cleveland Clinic Foundation has been recognized by US News World Report as one of the best hospitals in the United States.