



# National Kidney Foundation™ of Illinois



## *Everyday Eating*

A Cookbook for the Dialysis Patient & Their Family

*Presented by: The Illinois Council on Renal Nutrition (ICRN)*

### This unique cookbook offers:

- Food exchanges for each recipe. May be used in tandem with the *NKFI Renal Diet Booklet*.
- 94 delicious, renal friendly recipes
- Nutrient analysis for renal diets.
- Easy to read and easy to prepare recipes for everyone to enjoy—dialysis patients, family and friends alike.
- Exciting options for breakfast, lunch, “Kids’ Cuisine”, holiday ideas, low calorie beverages and clever ways to “spice it up”!

**PLEASE NOTE:** This cookbook is not appropriate for patients who have not yet started dialysis or transplant recipients. For additional information, please contact Regina White at 312.321.1500 x222 or via email to [rwhite@nkfi.org](mailto:rwhite@nkfi.org).

\$7.50 for dialysis patients residing in Illinois or Lake County, Indiana.

\$10 for non-dialysis patients and all other out-of-state or international orders



### *Everyday Eating Cookbook Order Form*

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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Number of cookbooks: \_\_\_\_\_ Total Amount Enclosed: \_\_\_\_\_

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