



National **Kidney** Foundation®

of Illinois



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: Before making major dietary changes, please consult with your doctor and/or renal dietitian. For additional information, please contact Regina White at (312) 321-1500 x222 or via email to rwhite@nkfi.org.



Everyday Eating Cookbook Order Form

Name: _____

Organization: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

**Return this form
via email to rwhite@nkfi.org
or by mail to:**

National Kidney Foundation of Illinois
215 West Illinois Street, Suite 1C • Chicago, IL 60654
T: (312) 321-1500 • F: (312) 321-1505
www.nkfi.org