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:
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215 West Illinois Street, Suite 1C • Chicago, IL 60654
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www.nkfi.org