



Avoid Dialysis, 10 Step Diet Plan for Healthier Kidneys

Nina M. Kolbe

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Avoid dialysis by following 10 Step Diet Plan by a Board Certified Renal Dietitian. Easy to understand explanation of your protein, potassium, phosphorus and sodium requirements. Charts and graphs provided as visual aids. Learn what your laboratory test mean and how to track your progress. Detailed diet information from which type of lettuce is lowest in potassium to which milk is lower in phosphorus. Eating out guides and 7 days of menus are provided. A-Z of what you need to know about diet for CKD and 10 steps to follow in order to avoid dialysis.

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