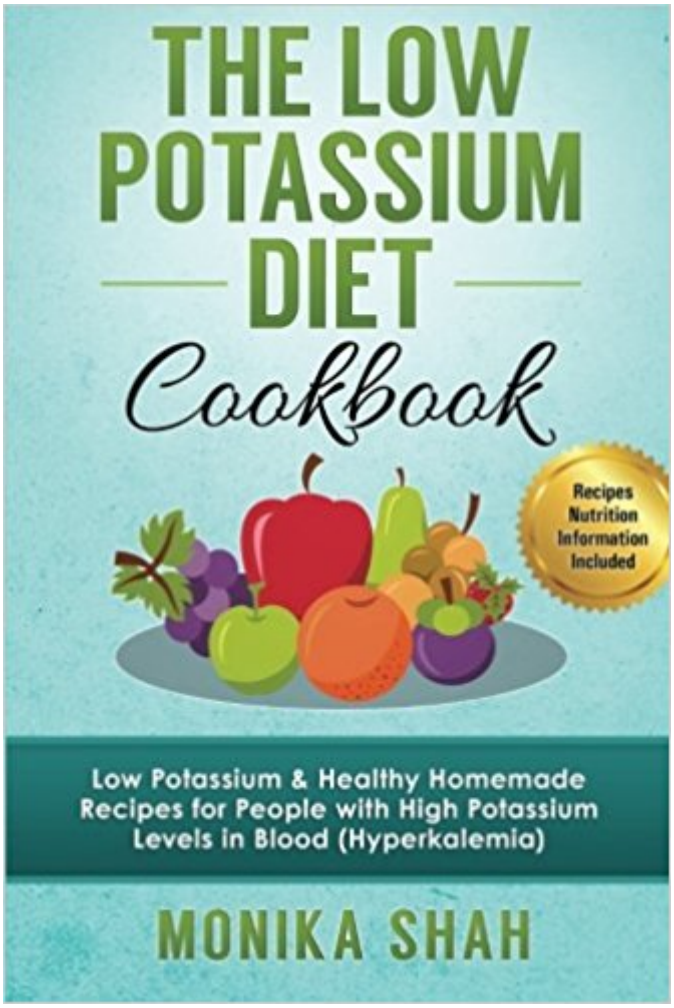
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Low Potassium Diet Cookbook: 85 Low Potassium & Healthy Homemade Recipes For People With High Potassium Levels In Blood (Hyperkalemia)




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Synopsis

85 Low Potassium & Healthy Homemade Recipes for People with High Potassium Levels in Blood (Hyperkalemia) This book has been specifically designed and written for people who have been diagnosed with high potassium levels in the blood (Hyperkalemia) or other similar medical conditions where they need to limit their intake of potassium. LetÃ¢â ¬â„¢s take a closer look on what this book has to offer: The Low Potassium Diet Cookbook: The cookbook has 85 Low potassium and healthy homemade recipes which are designed especially for people with high potassium levels in the blood or other similar medical conditions. The recipes in the book have been designed using very simple ingredients that people use in their kitchen every day or can find in the grocery stores very easily. These recipes are further categorized into Main Dishes, Sides Dishes, Beverages and Desserts. Healthy & Delicious Recipes: The whole purpose of these recipes is to make sure that the person with high potassium levels enjoys life without compromising the taste of the real food. Each recipe in this book has easy to find ingredients and steps with accurate serving sizes and detailed nutritional values. You will find recipes which can be eaten daily or on occasions without even compromising with health a bit. Accurate Nutritional Information: Each recipe comes with an accurate Nutritional Information Table to help people with high potassium levels know what nutrition they are getting and in what quantities. The nutritional table of each recipe provides Ã¢â ¬Å“Amounts per servingÃ¢â ¬Â• details for Calories, Trans Fat, Sodium, Protein, Cholesterol, Potassium, Total Fat, Carbohydrates, Phosphorus, Saturated Fat, Fiber and Calcium. The right nutrition in your diet will not only help reduce further damages to your health but eventually heal and cure you. The right diet will also help in minimizing the symptoms and prevent you from malnutrition and weight loss. People with high potassium levels in blood (Hyperkalemia) may need to limit some other nutrients in their diet too such as sodium and phosphorus. They also should limit their intake of Saturated and Trans fat too. The book will help you in achieving these goals by providing accurate nutritional values for each recipe.

Tags: Low Potassium Diet Cookbook, Low Potassium Cookbook, Hyperkalemia, Hyperkalemia Cookbook, Hyperkalemia Diet

Book Information

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Customer Reviews

Hi, my name is Monika Shah, "A Nutritionist and Curious Food Lover". I am a mom of 2 years old charming son and wife of the most loving husband who always supports me. I love food and write about it! Especially diet books, recipes, cookbooks and many more that relates to health, diet and staying healthy. I have helped a lot of people in changing their diets and achieving a healthier self by sharing my recipes with them and by eating healthy. Hope you will enjoy my books and create a new healthier you!

A very interesting book. Potassium is a difficult diet to be on. Very informative. I would recommend this book to anyone who has the problem Good purchase

What is potassium and what does it do in the body? - the book highlighted these and gave recommended ways on how to control and lower high potassium levels. Apparently, most of us are on critical to dangerous levels on the recommended potassium intake which takes a toll on our kidneys. For convenience, food groups with high and low potassium levels were shown in a table and this is a really good point for me. I don’t like going through a whole paragraph to get one key point. The alternative foods are notable as well and this is the first time I have heard about the leaching method to reduce potassium in vegetables. Overall, the recipes included in the cookbook are scrumptious. If you are on low potassium diet or not, you just have to try them. Great book!

It is a good book but many of the recipes are high in sodium which my husband has to avoid. However, there are lots of good recipes, you just have to read each one.

Thanks to the author for the book. I have found what looked for.The book is well written and

grouped.Perfect for someone wanting to make positive changes in their lives.

Low potassium diet is something that is required by people who need to keep their blood pressure under control and this book has simple recipes to go about it. there are 85 recipes in here that are easy to prepare, low in potassium yet super delicious and healthy that the whole family can enjoy. the best part is the book also explains why such a diet is necessary,, its benefits along with a good set of recipes.

very helpful and well worth the money

Excellent

I was caught by the idea of having a low potassium diet that's why I took this book. well, Monika has a lot of choices to choose from which I love the most and these recipes are very well unique to my taste. I am glad I bought the book and I really want to try some of it soon.

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