

Kidney Resources

Check out these websites to find out more about kidney disease, diet and lifestyle. Find kidney-friendly recipes, too. Ask your dietitian if you have any questions.

Abbott – Nepro Nutritional Supplement
<https://nepro.com/> or www.abbottstore.com
Nutritional information on supplements and how to purchase.

American Association of Kidney Patients
www.aakp.org
Click on *Center for Patient Research and Education* then *Kidney Friendly Recipes*.

American Kidney Fund
<https://www.kidneyfund.org/>
General information on kidney disease.

DaVita
www.davita.com
General information on kidney disease. Click on *Diet & Nutrition* to find recipes and cookbooks.

Dialysis Patient Citizens Education Center
www.DPCEdCenter.org
General information on kidney disease. Click on *Staying Healthy* to find nutrition information.

Fresenius
<https://www.freseniuskidneycare.com/eating-well>
Find information on dialysis and diet including recipes.

Kidney Buzz
www.kidneybuzz.com
General information on kidney disease.

Kidney Grub
<https://kidneyrd.com/kidneygrub/>
Kidney friendly recipes and handouts.

Kidney Patient Guide
www.kidneypatientguide.org.uk/
Click on *Diet* to find info on fluid and cookbooks and appetite.

Life Options
<http://lifeoptions.org/>
General information on kidney disease. Click on *Learn About Kidney Disease* for information on nutrition.

Medical Education Institute
www.kidneyschool.com
Provides tools and information which help you manage your health.

National Institute of Diabetes & Digestive & Kidney Diseases
www.niddk.nih.gov
Find diet and nutrition information under *Health Information*. Information in Spanish also available.

National Kidney Foundation
www.kidney.org
Search for Cookbooks. Living Well on Dialysis is a cookbook available.

Nutritional Composition of Foods
<https://www.nutritionvalue.org/>
www.nutritiondata.com
<https://ndb.nal.usda.gov/ndb/foods/list>
www.caloricking.com/foods/
www.kidneydiet.com (app)
www.sparkpeople.com/mobile-apps.asp (app)
www.myfitnesspal.com
References to check your favorite foods.

Satellite Healthcare

www.KidneysDoThat.org

A variety of information on kidney disease including recipes.

The Nephron Information Center

<http://links.nephron.com/nephsites/adp/index.htm>

A variety of information on kidney disease.

Renal Support Network Kidney Times

www.rsnhope.org/recipes

Place to find many renal-friendly recipes.

Who to Call

If you have more questions, please contact UW Health at one of the phone number listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#333