

KidneyDiet Aims to Simplify Dietary Restrictions for Kidney Patients



11.02.10 Jennifer Beam Score: 8/10 Price: \$4.99



As a health and nutritional reference, **KidneyDiet** provides an excellent portable guide option specifically designed for kidney disease patients. For those suffering from chronic kidney disease or end stage renal failure, diet plays a very important role in maintaining health. **KidneyDiet** provides a comprehensive list of thousands of foods with nutritional information specific to the restricted diets of kidney patients. Potassium, phosphorus, and protein amounts are listed, along with sodium and caloric content. Food items containing a particularly high amount of any value are denoted in red to help identify bad food choices.

The restricted diet of kidney patients can be difficult to monitor, especially when you don't know the amounts of potassium, phosphorus, and protein in any given food. Most patients are told to be watchful of certain food categories, but being able to compare foods from restaurants and

grocery items quickly and conveniently can be of great help when dining out or shopping. **KidneyDiet** provides a way for kidney patients to search and identify foods that fall into their specific dietary guidelines.

KidneyDiet is simple to use and like other food database apps, contains an alphabetized list of foods as well as a search function for quicker locating. Most of the foods are listed simply by what the food is, but some foods are listed by name brand such as Kraft or Stouffers, while others are the actual product name itself (Pop Tarts, SpaghettiOs, SunChips). Several restaurants are also included like Applebees, TGIFridays, and Wendys. It takes a few times browsing through the list to get the full notion of how foods are organized, but the overall database is quite comprehensive.

The one drawback to **KidneyDiet** as a go-to reference of nutritional and dietary guidelines for kidney patients is the absence of carbohydrate contents. While not every kidney patient is diabetic, many are and monitoring carbs is essential to managing diabetes. Though **KidneyDiet** is an excellent resource for kidney patients, if the carbohydrate content was also displayed along with the potassium, phosphorus, and protein amounts, **KidneyDiet** could easily claim to be the best portable dietary reference guide for anyone assigned a kidney diet.

As comprehensive as any pocket-sized book, **KidneyDiet** is a great way for kidney patients or those who care for a kidney patient to manage the specific dietary needs associated with chronic kidney disease and end stage renal failure. By following the recommendations provided by your doctor or nutritionist, **KidneyDiet** can help you make the best food choices for every meal.

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