

APP HELPS KIDNEY PATIENTS WITH DIET CHOICES

November 16, 2010

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BOULDER, Colo.—Pain Free Living Inc. has released a healthcare application for the iPhone designed for people with kidney disease following a renal diet whether they are on dialysis or have not yet begun dialysis.

KidneyDiet addresses renal dietary concerns by providing the vital nutrient counts all kidney patients and their healthcare providers monitor: potassium, phosphorus, protein, and sodium.

KidneyDiet presents an array of food and meal choices in an alphabetical list. Each food item can be expanded to view portion sizes and relative nutrient counts.

Because renal diets focus on reducing consumption of foods with too high a concentration of certain nutrients,

KidneyDiet further highlights, in red, those above the recommended allowance of potassium, phosphorus, or sodium per serving.

"As a health and nutritional reference, KidneyDiet provides an excellent portable guide option specifically designed for kidney disease patients," said Jennifer Beam, on AppCraver, a blog devoted to iPhone App News and Reviews.