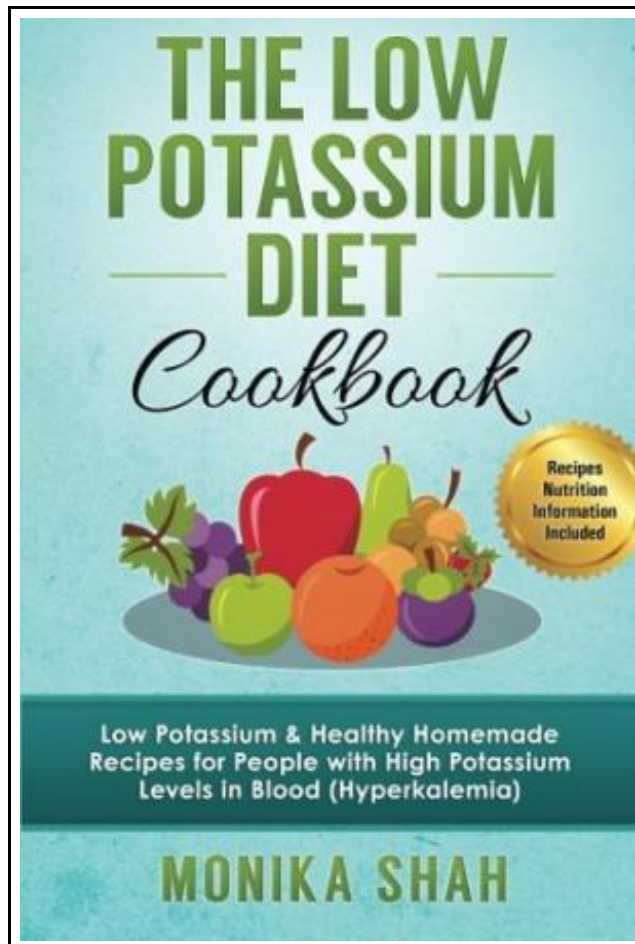


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.85 Low Potassium Healthy Homemade Recipes for People with High Potassium 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. Let 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 Amounts per serving 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...



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