

# Paula Mee

## Practical Nutrition



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## Truly Tasty Cookbook

### Congrats to you Valerie Twomey!

Adults with kidney disease often struggle to find interesting recipes on their very strict renal diets. This cookbook is unique in that all recipes have been created by Ireland's top chefs for adults with Chronic Kidney Disease (CKD) and compiled by Valerie Twomey (founder of Truly Tasty and a renal transplant recipient).

As a dietitian and a frequent contributor on the Afternoon show, I was also delighted to be asked for some recipe suggestions too by Valerie. I have never seen anyone work so tirelessly and endlessly on a project and the outcome is a credit to Valerie's determination, grit and perseverance.

Nutritional analysis of recipes included all the renal nutrients and also a review of the fat content within recipes. Recipes that are low in fat have been coded accordingly and therefore can be used more often.

For patients the book includes a guide to using the book which includes an explanation of the coding system. This cookery book is best suited for entertaining or for planning that special meal for adults with CKD or those on dialysis.

For many of the patients choosing a starter, main and dessert from a particular chef will not be possible as they will not have enough within their daily allowances to do so. They can instead mix and match recipes to suit their allowances and their own dietary intake.

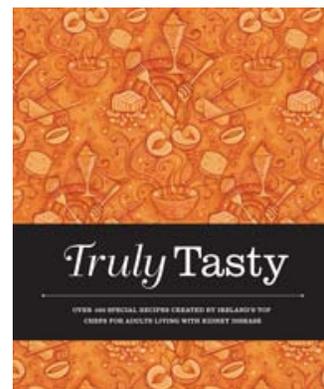
This book is available to purchase in all leading bookstores and retails at €19.99. All royalties from the book will go to the Irish Kidney Association.

Two key goals for founder Val Twomey are:

"It is hoped that this book will be a guide and reference for family members, carers and friends who wish to prepare delicious meals in the confidence that they are cooking the correct food."

"That the book will increase and strengthen organ donor awareness."

Well done again Valerie!



Buy this book!

