



Kidney- Friendly Cooking Class

BOSTON
MEDICAL
CENTER

Teaching Kitchen



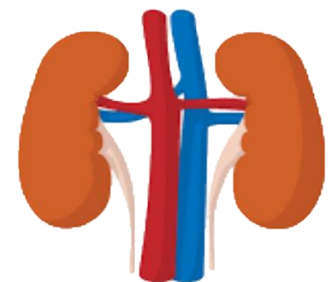
Enjoy fun, interactive cooking classes taught by a Registered Dietitian!

**Classes are FREE
for BMC patients and staff.**



Learn to Follow a Healthy Renal Diet

- Learn about what a renal diet consists of and why it is important to follow
- Make a sample meal plan and menu
- Limit *Sodium, Potassium, Phosphorus, and Fluids* while still making recipes you will enjoy!
- Monitor *protein* intake and recognize high quality protein sources
- Learn about *vitamins and minerals* that are important for a renal diet and where to find them in foods
- Ask questions and get answers from a Registered Dietitian
- Make healthy recipes you and your whole family will enjoy!



Check demonstration kitchen schedule for class dates/times

BMC Teaching Kitchen

850 Harrison Ave, Boston, MA

Yawkey Building 2nd Floor

617- 414-3840

For complete class schedules and recipes, visit

<https://www.bmc.org/nourishing-our-community/teaching-kitchen>