



# Food - Fuel - Fitness

*Wendy Lou Jones*

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## **Food - Fuel - Fitness** Wendy Lou Jones

*\*From Research to Kitchen Application\** Food, Fuel, Fitness, Healthy Living with Food Demineralization, 2nd Edition, was updated with a larger selection of foods, especially designed to fit a broader global audience of individuals who must, for the sake of their health, control the amounts of sodium, potassium, and phosphorus in their diets. Today, more than 20 million Americans and over 200 million worldwide, are afflicted with Chronic Kidney Disease (CKD), at least 40% of whom are diabetics. In many, CKD will progress to End Stage Renal Disease (ESRD) and the need for dialysis. More than 350,000 in the U.S. and one million globally have already been forced into an endless cycle of dialysis just to stay alive. Traditionally, those with failing kidneys are told to severely restrict the numbers and the amounts of foods containing substantial amounts of sodium, potassium and/or phosphorus in attempts to avert potentially life-threatening mineral imbalances. Such restrictions often lead to a chronic state of malnutrition, anemia, and weight loss. Food, Fuel, Fitness offers the reader a genuine opportunity to positively impact their nutritional profile and health, with user-friendly instructions and exciting recipe "starter" ideas. The first edition of Food, Fuel, Fitness, was evaluate in a small cross-country study with ESRD patients. The study, funded in part through an American Dietetic Association, Renal Practice Group grant, looked at the acceptance and success of practicing at-home food mineral reduction. Study results showed that 92% of participants were able to achieved measurable mineral reduction through the use of these self-help instructions.

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