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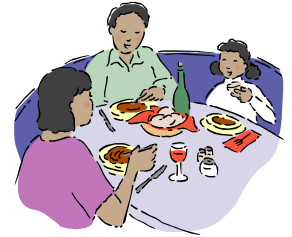
## Kidney Disease – Tips on Eating Out

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Most people enjoy eating out or buying take-out food for many reasons. However, it can be a challenge when you have to follow a diet controlled in salt, potassium, phosphorus and fluid.

### Here are some helpful hints.

- Plan ahead. Know the food you can and cannot eat. This helps you make better choices.
- Choose the restaurant carefully. Some restaurants are happy to follow special diet requests while others are not.



### Watch your portion sizes:

- Restaurants tend to serve large portions.
- Ask for 1/2 of a portion.
- Leave any extra portions on the plate, share them or bring them home as a leftover for another day.
- Avoid dishes with dried beans, chickpeas, nuts and seeds.
- Avoid ordering casserole type foods that are already mixed and cooked.

### Meat and other protein foods:

- Order plain food that can be cooked to order such as pork chop, steak, fish and chicken.
- Ask for the inner cut of a slice of meat to avoid sauces and marinades.
- Remove breaded layers from chicken, meat or fish before eating.
- Avoid ham, sausages and bacon.
- Use cheese and cheese containing dishes within your weekly cheese allowance.

### Dressing, seasonings and sauces:

- Order sauces and salad dressings on the side so you can use a smaller amount.
- Ask for a lemon slice for fish.



**Pizza:**

- Use cheese, onions, green pepper and ground meat.
- Avoid pepperoni, anchovies, olives, bacon, sausage and double cheese.

**Chinese and Asian food:**

- Ask if you can order without soy sauce or monosodium glutamate (MSG).

**Fast Food:**

- Avoid pickles, relish, ketchup and sauces.

**Salads:**

- Avoid potato salad, salads with feta cheese and olives, bean salads.
- Choose coleslaw, pasta salad or gelatin salads.

**Side dishes:**

- Try pasta or plain rice instead of baked potato, hash browns and French fries.

**Beverages, Drinks and Fluids:**

- If you are restricted in fluid, figure out how much of your fluid allowance you can use when out.
- Avoid milkshakes, high potassium juices, and colas. Choose clear pop, cranberry juice or lemonade. Order small size drinks.
- Avoid mixed drinks with tomato juice, orange juice and colas.
- Drink wine or beer in moderation.
- Avoid soups.

**Dessert:**

- Choose fruit, cake, sorbet, jello, fruit pies.
- Avoid desserts with chocolate, nuts and dried fruit.

**Fruit:**

- Avoid high potassium fruit such as melons, bananas and kiwis.

**The next few pages contain samples of food you can eat and food to avoid. Follow these guidelines and enjoy eating out.**

Restaurant Type	Good Choice	Poor Choice
<p><b>Breakfast or Family Restaurant</b></p>	<ul style="list-style-type: none"> <li>• eggs (no salt)</li> <li>• omelet made with low potassium vegetables (green pepper, red pepper or onion)</li> <li>• French toast made with white bread</li> <li>• muffin: plain or with fruit (no blueberry)</li> <li>• low potassium fruit such as pineapple, apple, pear, grapes</li> <li>• apple or cranberry juice</li> <li>• grilled, broiled or baked steak or burger (chicken, pork, fish or seafood) 3 to 4 ounces</li> <li>• kabobs, fajitas</li> <li>• steamed white rice, buttered noodles, pasta</li> <li>• green salad with low sodium dressing</li> <li>• low potassium vegetables such as green beans, carrots, zucchini, corn and cauliflower</li> <li>• sherbet, small fruit pie, cobbler, lemon meringue pie, angel food cake, pound cake</li> <li>• coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>• omelet with fillings such as cheese, avocado, salted meat, sausage or ham</li> <li>• bacon (1 to 2 strips once in a while is okay)</li> <li>• adding extra butter and/or soy sauce in preparation</li> <li>• capers, pickles, onion or garlic salt</li> <li>• mixed dishes or casseroles</li> <li>• pudding</li> <li>• cheesecake</li> <li>• anything chocolate</li> </ul>

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<b>Fast Food</b>	<ul style="list-style-type: none"> <li>• small sandwich (hamburger, grilled chicken, roast beef, turkey, tuna salad, or chicken salad) with mayonnaise, lettuce, onion, and one or two slices of tomato</li> <li>• small onion rings</li> <li>• coleslaw</li> <li>• small tossed salad</li> <li>• non-cola soft drink</li> <li>• sorbet</li> <li>• vanilla cookies</li> <li>• fruit salad with allowed fruit</li> </ul>	<ul style="list-style-type: none"> <li>• sandwich with cheese or bacon</li> <li>• hotdog</li> <li>• sausage</li> <li>• corned beef</li> <li>• salami</li> <li>• bologna</li> <li>• French fries</li> <li>• pickles, olives</li> <li>• potato chips</li> <li>• milkshake</li> <li>• ice cream</li> <li>• cola</li> </ul>
<b>Italian</b>	<ul style="list-style-type: none"> <li>• pasta with olive oil and garlic or pesto</li> <li>• pasta with tomato or cream sauce in limited amounts</li> <li>• plain Italian bread</li> <li>• 1 to 2 slices of medium sized pizza with chicken, hamburger, green peppers, onion, or pineapple</li> <li>• small garden salad with oil and vinegar dressing</li> <li>• Italian ice dessert</li> </ul>	<ul style="list-style-type: none"> <li>• pasta dishes with sausage, olives, prosciutto or extra cheese</li> <li>• clam sauce</li> <li>• anything parmigiana</li> <li>• pizza with sausage, olives, pepperoni, anchovies, feta cheese, or extra cheese</li> </ul>

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<b>Restaurant Type</b>	<b>Good Choice</b>	<b>Poor Choice</b>
<b>Chinese / Asian</b>	<ul style="list-style-type: none"> <li>• chicken, tofu, beef or pork dish with broccoli, carrots, bean sprouts, snow peas, eggplant, green pepper, green onion, pineapple, or water chestnuts</li> <li>• steamed rice</li> <li>• one egg roll</li> <li>• fortune cookies</li> <li>• tea</li> </ul>	<ul style="list-style-type: none"> <li>• soup</li> <li>• fried rice</li> <li>• peanuts, cashews, almonds</li> <li>• MSG</li> <li>• extra soy sauce</li> <li>• fish sauce</li> </ul>
<b>Roadhouse</b>	<ul style="list-style-type: none"> <li>• steak</li> <li>• grilled or broiled chicken, fish, pork chop, burger or seafood</li> <li>• roast beef</li> <li>• plain rice</li> <li>• pasta (see Italian section)</li> <li>• green beans, asparagus, carrots, zucchini, cauliflower, broccoli</li> <li>• white bread or roll</li> <li>• plain breadstick</li> <li>• coleslaw</li> <li>• salad with oil and vinegar dressing</li> <li>• pie with allowed fruit</li> <li>• vanilla cake</li> </ul>	<ul style="list-style-type: none"> <li>• soup</li> <li>• casseroles or mixed dishes with cheese</li> <li>• heavily breaded or battered items</li> <li>• ham</li> <li>• corned beef</li> <li>• sausage</li> <li>• spinach</li> <li>• potatoes</li> <li>• baked beans</li> <li>• sauerkraut</li> </ul>

## Sample Restaurant Menus to Order

### On the Go Menu

Coleslaw  
Grilled Chicken on a Bun  
Onion Rings  
Lemon Lime Drink

### Wild West Steakhouse Menu

Sirloin Steak  
Steamed Rice  
Green Beans  
Roll  
Coffee OR Tea OR Real Ice Tea

### Italian Paradise Menu

Tossed Salad with Oil  
and Vinegar Dressing  
Linguini with Chicken and Pesto  
Fresh Italian Bread  
Sparkling Water  
Italian Ice Dessert

### Chinese Palace Menu

Egg Roll  
Pepper Beef with Broccoli  
and Carrots  
Steamed Rice  
Lemon Tea  
Fortune Cookies

### Breakfast Place

Omelet (with onion and peppers)  
Occasionally 1 to 2 strips bacon OR roast beef or steak OR salmon  
White toast with strawberry jam OR small muffin  
Small apple juice OR coffee OR tea



