

# EATING OUT ON A RENAL DIET

Enjoying a meal out with family and friends can be a fun occasion. With careful planning, it is possible to eat out when following a diet for those with kidney disease.

Consider the below tips when eating out and following a restricted potassium, phosphorus and sodium diet.

## GENERAL TIPS

Many restaurants display menus on their website. Look at the menu before you go to see which meals are suitable for you.

Choose restaurants that serve fresh food to order.

Salt is often used in cooking in restaurants. Ask for meals to be prepared without added salt.

If you have been prescribed phosphate binders with meals, remember to bring them with you and take them with your meal.

Always check with your dietitian regarding which options are suitable for you when eating out as everybody's dietary needs will be different.



Name: .....

My Dietitian's name: .....

My Dietitian's contact details: .....

# GENERAL TIPS

	INSTEAD OF:	TRY (CHOOSING):
<p>MEAT/FISH/POULTRY</p> 	<p>Breaded or coated meat, fish or poultry</p> <p>Processed meats such as bacon, sausage and ham</p>	<p>Roasted, grilled or baked meat, fish or poultry</p>
<p>STARCHY CARBOHYDRATE BASED FOODS</p> 	<p>French fries, roasted potatoes or mashed potatoes</p>	<p>Rice, pasta, noodles, bread, tortillas</p>
<p>VEGETABLES</p> 	<p>Stir-fried, deep-fried, breaded or steamed vegetables</p>	<p>Vegetable options such as beansprouts, onions, frozen mixed vegetables, carrots, spring greens, leeks, bell peppers</p>
<p>SAUCES</p> 	<p>Gravy or tomato-based pasta sauce</p>	<p>Cream, olive oil, garlic or pesto based sauce</p> <p>You could ask for your sauce to be served on the side so you can control the amount that you have</p>
<p>SALT AND SEASONING</p> 	<p>Salt</p>	<p>Ask for meals to be prepared without added salt</p> <p>Herbs, spices, lemon and chilies can be used to season and flavor foods</p>
<p>CHEESE</p> 	<p>Hard cheese such as cheddar and processed cheese slices</p>	<p>Softer cheese such as mozzarella, ricotta, cottage cheese or cream cheese</p>
<p>DESSERTS</p> 	<p>Chocolate, nuts, dried fruit or milk-based desserts and snacks</p>	<p>Angel food cake, pound cake, sherbet, fruit pie, cobbler, lemon meringue pie, key lime pie. Desserts you may want to avoid include pudding, cheesecake and anything chocolate. Jelly-filled or plain donut, crepes, waffles, danish pastry, plain cookie, shortbread or sugar cookies, plain popcorn, plain muffin, or bagel with cream cheese</p>

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TRADITIONAL

Here are some meal ideas...

## BREAKFAST

Oatmeal without nuts or dried fruit  
Breakfast cereals such as cornflakes and puffed rice  
Toast  
Croissant

Waffles or Pancakes — served with jam or jelly, honey or syrup  
English Muffin  
Bagel  
Drained canned fruit

**Hot food:** Scrambled, fried or boiled eggs with toast

## LUNCH

White bread sandwich  
Bread roll or Pita  
**Filling options:**  
Grilled or roasted meat  
Tuna mayonnaise salad  
Chicken/Turkey  
Cottage cheese

## SALADS / SIDES

**Low potassium salad ingredients:**  
Lettuce, carrot, celery, apple, cucumber, beets, onion, noodle salad, pasta or rice salad, cottage cheese or mozzarella cheese

**Low potassium vegetables:**  
Bell pepper, beansprouts, onions, frozen mixed vegetables, spring greens or leeks

**Dressings based on** olive oil, lemon, balsamic vinegar or vinegar

Garlic bread, bread roll or pita

## MAIN MEAL

Grilled or roasted meat, chicken or fish  
Meat, vegetable or bean burger with bun  
Chicken wings  
Small omelette  
Vegetable quiche



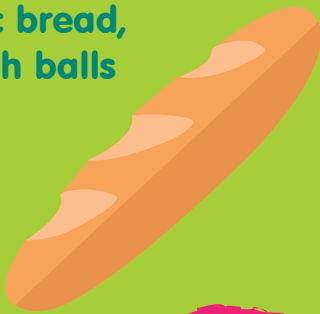
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## ITALIAN

INSTEAD OF:	TRY (CHOOSING):
Tomato based sauces such as marinara	Cream based sauce, olive oil, garlic or pesto sauce. Ask for sauce to be served on the side
Mushroom risotto	Risotto with low potassium vegetables such as bell pepper, onion, carrot, frozen mixed vegetables
Pizzas with high potassium vegetable toppings and / or processed meat toppings	Pizzas with lower potassium toppings such as onions, bell peppers, leek, pineapple, fresh meat or fish such as chicken, beef or tuna

### IDEAS FOR APPETIZERS

Garlic bread, dough balls



### IDEAS FOR MAIN COURSES

Pasta carbonara, pizza, risotto



You can choose herbs, black pepper, chillies, olive oil or balsamic vinegar to add extra flavor

### IDEAS FOR DESSERTS

Pound or angel food cake with whip cream and berries, apple pie



# EATING OUT ON A RENAL DIET

## ASIAN

INSTEAD OF:	TRY (HOOSING):
Soy, hoisin, black bean, oyster or fish sauce	Sweet and sour sauce, plum sauce, orange or lemon sauce. Extra ginger, chilli, lemongrass, garlic. A small portion of sauce on the side
Soups	Prawn crackers, spring rolls, wonton
Leafy green vegetables such as bok choy, spinach and seaweed	Bean sprouts, onions, bell pepper, carrots
Fried rice or noodles	Boiled or steamed rice

### IDEAS FOR APPETIZERS

Prawn crackers, spring rolls, crispy duck pancakes, crispy wontons



### IDEAS FOR MAIN COURSES

Chow mein, lemon chicken, sweet and sour dishes, duck in plum sauce



### IDEAS FOR DESSERTS

Pineapple fritters, toffee apples, sorbet



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## FAST FOOD

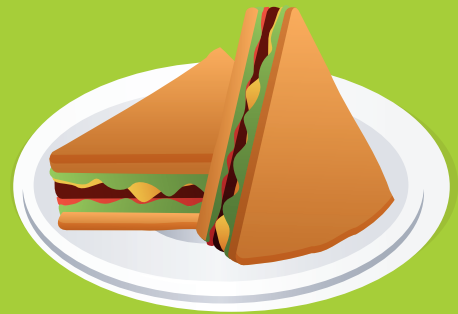
INSTEAD OF:	TRY (CHOOSING):
Breaded or coated meat, burgers or sausages	Plain beef burger, chicken breast sandwich or plain chicken pieces
Potato wedges, French fries, fried potato	Bun, bread or rice option or limit to a small portion
Large amount of tomato ketchup	Limit to one packet
Milkshakes or ice cream based drinks	Sorbet, slushies
Carbonated dark colored soft-drinks	Fruit punch, carbonated light-colored soft-drinks



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INSTEAD OF:	TRY (CHOOSING):
Quiche, savory snacks with hard cheese, shrimp or sausage rolls	Sandwich with fillings such as chicken breast, tuna, beef, turkey breast, cottage cheese or egg mayonnaise Chicken skewers with herbs/spices Low potassium vegetable sticks such as peppers, cucumber and celery
Potato chips	Tortilla chips or popcorn
Chocolate desserts	Plain birthday cake, trifle, gelatin and whip cream, apple pie, vanilla cupcakes, sugar cookies
Nuts, dried fruit	Small portion of fresh berries such as strawberries or raspberries Drained canned fruit



**This information is for general purposes only and does not constitute medical advice provided by a licensed and qualified healthcare professional.**