

## **Kidney Disease: Eating Out on a Renal Diet**

This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice, or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian

With a little forward planning it is possible to enjoy yourself when eating out on your renal diet.

This advice sheet will help you to choose sensibly when eating out whilst keeping your potassium, phosphate and fluid intakes at safe levels. Remember, a little serving of something not usually suitable is acceptable on special occasions if you are careful with your diet the rest of the time.



### **Plan ahead**

- Don't be shy about giving advice on your diet to friends or restaurants beforehand so that they may prepare suitable meals for you.
  - Try saving some of your fluid allowance or reducing your intake of potassium and phosphate before eating out.
  - If your blood levels of potassium and phosphate are well controlled, you may be able to indulge in higher potassium and phosphate foods as a treat.
  - Fill up on low potassium foods such as pasta, rice, noodles, pizza dough or bread. You can then include some high potassium foods e.g. mushroom/tomatoes if required.
  - Remember portion sizes may be larger than normal.
  - Don't forget your phosphate binders if prescribed. Keep them handy in your glove box or carry a pill pot.
  - A small portion or sharing with a friend (i.e. chips/dessert) can help to reduce your intake of high potassium, phosphate and fluid containing foods.
- Why not order a 'lite bite' or a children's size meal.



### **Thirst Quenching Tips:**

If you follow a fluid allowance remember to:

- Include all drinks, wet foods and sauces
- Ask for sauces on the side or just enough to coat the food
- Avoid adding salt or soy sauce at the table
- Avoid salty dishes and dishes with mono-sodium glutamate (MSG) usually associated with Chinese food (ask for dishes without this added)
- Remember hot/spicy foods may increase your thirst
- Sip drinks slowly to make them last.






### **If you fancy a dessert....**

Choose fruit pie or crumble, cheesecake, gateaux or a small fruit salad rather than desserts containing nuts, dried fruit, chocolate or coffee.





Remember to include ice cream/sorbet/custard/cream/sauce within your fluid allowance if you have them.



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	CHOOSE	AVOID
<b>Indian</b> 	<ul style="list-style-type: none"> <li>• Dishes with less sauce such as biryani, bhuna or tandoori</li> <li>Mild or medium curries such as tikka</li> <li>• Rice or plain breads such as chapattis, nanns, parathas, puris</li> <li>• Vegetable/meat samosa</li> </ul>	<ul style="list-style-type: none"> <li>• Dishes with prawns, dried fruit, nuts or coconut</li> <li>• Side dishes containing high potassium vegetables such as potato, okra, spinach, mushrooms or lentil based such as dhansak or dhal</li> <li>• Spicy curries such as chilli masala, jalfrezi or vindaloo</li> <li>• Pickles, yogurt dips</li> <li>• Bombay duck, Bombay mix, pakora, onion bhaji</li> </ul>
<b>Italian</b> 	<ul style="list-style-type: none"> <li>• Pizza with suitable toppings such as: margherita, Hawaiian, chicken or pepperoni</li> <li>Pasta in a small serving of sauce</li> <li>• Dough balls, garlic bread, ciabatta, bread sticks, plain foccacia</li> <li>• Lasagne/spaghetti bolognese</li> <li>• Macaroni cheese</li> <li>• Tortellini</li> </ul>	<ul style="list-style-type: none"> <li>• Soup</li> <li>• Dishes containing large portions of olives, anchovies or mushrooms</li> <li>• Gnocchi or brushetta</li> <li>• Stuffed crust pizza</li> <li>• Excessive amounts of tomato sauce</li> <li>• Extra parmesan cheese</li> </ul>
<b>Chinese/Thai</b> 	<ul style="list-style-type: none"> <li>• Sweet and sour, ginger, garlic and spring onion dishes</li> <li>Foo yung</li> <li>• Spring rolls/spare ribs/squid/fishcakes</li> <li>• Plain rice or noodles (boiled or fried)</li> <li>• Chow mein</li> <li>• Prawn crackers</li> <li>• Bean sprouts and water chestnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Dishes containing nuts or coconut, such as satay and green or red thai curries</li> <li>• Soups</li> <li>• Bamboo shoots</li> <li>• Dishes containing mono-sodium glutamate (MSG)</li> <li>• Bombay duck</li> </ul>

<b>Pub meals</b>	<ul style="list-style-type: none"> <li>• Sandwiches or toasted panini</li> <li>• Meat/fish curry with rice</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms (i.e. breaded or garlic)</li> <li>• Large portions of jacket potatoes,</li> </ul>
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	<ul style="list-style-type: none"> <li>• Meat, cottage or Shepherd's pie</li> <li>• Small steak</li> <li>• Omelette</li> <li>• Chicken dishes e.g. Cajun, barbeque, marinated</li> <li>• Sausages, burgers</li> <li>• Plain, fried or breaded fish</li> <li>• Ploughman's lunch</li> </ul>	<ul style="list-style-type: none"> <li>• potato wedges and chips</li> <li>• Mixed grill</li> <li>• Liver and onions, kidney</li> <li>• Oily fish</li> </ul>
<p><b>Fast Food</b></p> 	<ul style="list-style-type: none"> <li>• Fish or chicken burger, fried fish</li> <li>• Ham or cheese burger</li> <li>• ½ small corn on the cob</li> <li>• Chicken pieces</li> </ul>	<ul style="list-style-type: none"> <li>• Large portions of fries, potato wedges or chips</li> <li>• Thick milkshakes, coffee and fruit juices</li> <li>• Coca-cola or Pepsi</li> <li>• Beans, mushy peas, coleslaw, curry sauces</li> </ul>
<p><b>Greek</b></p> 	<ul style="list-style-type: none"> <li>• Grilled meat or fish e.g. kebabs</li> <li>• Pitta bread and rice</li> </ul>	<ul style="list-style-type: none"> <li>• Moussaka</li> <li>• Houmous and taramasalata</li> </ul>
<p><b>Mexican</b></p> 	<ul style="list-style-type: none"> <li>• Mild chilli with rice</li> <li>• Fajitas, tacos, burritos, chimichanga</li> <li>• Barbeque ribs</li> <li>• Nachos</li> </ul>	<ul style="list-style-type: none"> <li>• Guacamole</li> <li>• Re-fried beans</li> <li>• Hot and spicy dishes</li> <li>• Spanish rice</li> </ul>