

# Renal Dining Out Guide

Dining out can be enjoyable even if you follow a renal diet. Use the following tips to choose foods wisely when eating away from home. If you also have diabetes, limit your carbohydrate intake.

## Tips for dining out:

- **Plan ahead:** Look at the restaurant's menu and find which choices are the best for your diet. Remember that restaurant food is often higher in sodium. You may want to cut back on foods high in sodium and potassium earlier in the day to allow for a meal out.
  - Many restaurants have web sites that include menus, ingredients, and nutrition facts.
  - Call ahead to ask how the dishes are prepared and what ingredients are used.
  - Restaurants that make food to order are the best choice. Ask if substitutions can be made to fit your renal diet.
- **Fluid restriction:** Monitor your fluid intake during the day and stay within your fluid limit. When at the restaurant, request a small glass and no refills for your beverage.
- **Remember your phosphorus binders:** When dining out, remember to take your phosphorus binders with you. Do not wait until you return home to take your phosphorus binders.
- **Protein:** If your renal diet requires a protein restriction, request a half portion of the entrée if it contains protein. Another option is to take half of the entrée home.
  - Good protein choices: meat, poultry, fish, eggs



## Fast Food/Deli

### Choose:

- Small plain sandwich (hamburger, grilled chicken, roast beef, turkey, tuna salad) with lettuce, onion, mayonnaise, or cream cheese
- White and sourdough breads
- Unsalted onion rings
- Lemon-lime or orange soda, root beer, iced tea
- Coleslaw or small salad with Romaine lettuce
- Low potassium fruit (such as apple or grapes)
- Sugar cookie



### Avoid:

- Cheese, bacon, ketchup, mustard, avocado
- Whole wheat and dark rye breads
- Hot dogs
- French fries, baked potatoes, chips
- Pickles, tomatoes, olives
- Cola (such as Pepsi®), Dr. Pepper®, milkshakes

## Mexican Food

### Choose:

- Taco with meat and lettuce
- Fajitas with sour cream
- Flour tortillas
- Burrito without beans
- Churro
- Salsa verde (green salsa made without avocado)



### Avoid:

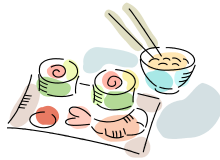
- Corn tortillas
- Guacamole, avocado
- Cheese
- Beans
- Chips
- Tomato
- Red salsa



## Japanese

### Choose:

- Sashimi, nigiri, sushi rolls
- Tempura (no sweet potato or dipping sauce)
- Grilled fish and chicken dishes (no sauce)



### Avoid:

- Sushi rolls with avocado or cream sauces
- Soy sauce, teriyaki sauce, tempura sauce
- Miso soup
- Edamame
- Tempura ice cream

## Chinese

### Choose:

- Egg rolls, Dim Sum, pot-stickers
- Steamed white rice
- Stir-fry dishes with: chicken, pork, beef, tofu, carrots, celery, bean sprouts, snow peas, eggplant, green pepper, onion, cabbage, bamboo shoots, pineapple, water chestnuts
- Fortune cookies



### Avoid:

- MSG, soy sauce, teriyaki sauce, fish sauce
- Bok choy, mushrooms, mung beans
- Soups (such as wonton or sweet and sour)
- Nuts

## Thai

### Choose:

- Spring rolls
- Pad Thai (without peanuts)
- Beef, chicken, or shrimp kabobs (sauce on side)
- Steamed white or jasmine rice

### Avoid:

- Curry
- Dishes with peanuts or cashews
- Peanut sauce, satay sauce, fish sauce
- Coconut
- Desserts with mango or banana



## Italian

### Choose:

- Pasta with white sauce, olive oil, garlic, or pesto (½ portion)
- Fettuccine alfredo (½ portion)
- Pasta primavera without tomato (½ portion)
- Unsalted bread
- Salad with oil and vinegar dressing
- Grilled seafood, chicken, pork, beef

### Avoid:

- Tomato sauce, clam sauce
- Sausage, pepperoni, olives, prosciutto, anchovies
- Chicken, veal, and eggplant parmigiana
- Cheese
- Desserts with chocolate, nuts, cream, or cheese (such as Tiramisu or gelato)

## American

### Choose:

- Steak, grilled or broiled chicken, fish, pork chops, seafood, plain hamburger, beef or pork roast
- Plain white rice or pasta
- Green beans, cabbage, carrots, asparagus, zucchini, cauliflower, small salad with Romaine lettuce
- Plain breadstick or bread
- Apple pie, strawberry shortcake



### Avoid:

- Soups
- Casseroles and mixed dishes with cheese
- Breaded and battered foods (such as fried fish)
- Ham, corned beef, bacon, sausage
- Spinach, sauerkraut, potatoes, broccoli, Caesar salad
- Beans
- Desserts with chocolate, nuts, or coconut

## For more information:

- National Kidney Foundation: [www.kidney.org](http://www.kidney.org)
- DaVita: [www.davita.com](http://www.davita.com)