

Eating Out:

A Guide for Chronic Kidney Disease Patients





This publication has been supported by an educational grant from Amgen

Eating Out: A Guide for Chronic Kidney Disease Patients

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Introduction

Dining out is a lot of fun even if you are on a special diet.

If the diet is well understood, it is possible to choose from most menus or buffet tables. This booklet is designed to give general guidelines about food choices when eating out on a low potassium diet.

The general principles of the diet still apply. Your diet should be:-

1. Low in potassium
2. Low in salt

It is rarely necessary to contact a restaurant or hotel beforehand to order special foods. (However, if eating at a friend's home, you could make contact beforehand to avoid any difficulties).

General guidelines that always apply

Beware of temptation!

- > When eating out, beware of the temptation to eat more than usual, especially at smorgasbords and "all-you-can-eat" venues.
- > To prevent over-eating, avoid choosing multiple courses. Choose either an entrée or a main course for the main meal of the day.



Soups – avoid!

- > Soups are generally high in potassium and salt and should be avoided.

Drinks

- > If on a fluid restriction, take extra care to allow for drinks when eating out.

Meat serves

- > Keep to the usual serve size. Often, meat serves are excessive and contribute large amounts of potassium and phosphate.

Salads and vegetables

- > Keep to the usual serve size and choose the types of salads and vegetables normally allowed.

Note: Some of the recommended choices may not be suitable if you also require a low phosphate diet. Your dietitian can advise on appropriate individual choices.

Hotel and Counter Meals

Foods offered as hotel and counter meals may incorporate many different cuisines. Therefore, many main course meals may be covered in other sections of this book.

Main Meals

Suitable dishes include;

- **Meat dishes** steak, lamb, chicken, veal, kangaroo, beef, duck, roast, schnitzel
- **Seafood dishes** grilled, battered or crumbed fish, calamari or prawns, tuna, salmon
- **Sauces and gravies** - request to be served separately on the side
- **Pasta** - cream based sauces
- **Risotto** - cream based sauces
- **Pizza** - choose small pizza (see pizza section for suitable toppings)
- **Beef or chicken burgers**
- **Steak sandwiches**
- **Stir-fries** - noodle or rice based without nuts
- **Salads** - warm chicken salad, Thai beef salad
- **Curries** - choose mild varieties with boiled rice

Side Dishes

- **Potato options**
 - choose boiled or mashed potato
 - avoid chips, wedges, roast or baked potato
- **Rice** - boiled rice
- **Salad bar**- limit serve to bread and butter plate or small bowl (see salad section for suitable choices)
- **Vegetables** - choose low potassium varieties
- **Bread** - choose white varieties



Café Style Dining

Cafe style dining offers a huge selection of foods including pasta dishes, pizza, stir fries, grills as well as foccacias and baguettes. Some prepared dishes can be high in salt, particularly seasoned dishes or those served with a sauce.

The following recommendations will help guide you with your meal selection.

Foccacias, Rolls & Baguettes

- Lean meats such as chicken, turkey, salmon, tuna, beef or ham
- Cheese or cream cheese
- Salads such as lettuce, tomato, cucumber, grated carrot, capsicum, pineapple, alfalfa sprouts, onion, beetroot, coleslaw

Light Meals

- Steak sandwiches and burgers
- Warm chicken salad
- Plain omelette or scrambled eggs on toast
- Ham and cheese croissants
- Toasted bagels

Pasta

- Plain or meat filled pasta e.g. spaghetti, fettuccini, tortellini, ravioli, penne.
- Cream-based pasta sauces e.g. Alla Panna.
- Sauces containing meat, chicken, lamb, mince or fish
- One tablespoon of grated parmesan cheese may be used for added flavour.



Main Meals

- Grilled, pan-fried or marinated meats, chicken, fish or seafood
- Cream or white wine sauces
- Dishes served with rice e.g. stir fries, curries (mild)
- Kebabs, shashlicks or skewers containing lean meats
- Risotto

Pizza

Half a medium pizza with a tomato base represents a main meal.
Choose from the following toppings:

- Ham, chicken, pineapple, capsicum, onion, mushroom, seafood, chilli, jalapeno peppers, roasted pumpkin and cheese

Desserts & Cakes

- Crème caramel
- Apple pie or crumble
- Pancakes or crepes with berries, syrup and/or cream
- Small muffin e.g. apple & cinnamon, blueberry
- Shortbread
- Plain scones with jam and cream
- Cream puffs
- Danish pastries
- Donuts
- Tiramisu
- Gelati
- Pavlova or meringue
- Cheesecake



Asian Cuisine

Asian cuisine such as Chinese, Thai, Malay, Japanese and Vietnamese usually consists of meat, chicken, fish or seafood along with a selection of vegetables. Steaming, deep-frying and stir-fry are common cooking methods and the vegetables are usually lightly cooked to retain their texture.

Nuts and green leafy vegetables such as Bok Choy, Chinese spinach and Chinese cabbage should be avoided.

Many dishes are high in salt because of the addition of monosodium glutamate (MSG) or sauces such as soy, fish, oyster, black bean and hoi sin. Watch fluid intake, as salty foods will increase thirst.

Rice and noodles are served as accompaniments to most dishes.

Steamed rice or plain noodles are lower fat choices than the fried varieties.

Take care not to over eat at banquets!

Entrées

- Omelettes
- Prawn toast and crackers
- Spring rolls
- Dim Sims
- Prawn cocktail
- San Chow Bow
- Sushi and Sashimi
- Tempura



Rice and Noodle Dishes

- Fried Rice, Nasi Goreng (without nuts), Hokkien Noodles, Kway Teow, Pad Thai, Drunken noodles, soft or fried noodle dishes

Main Meals

- Chop Suey & Chow Mien
- Honey or garlic prawns
- Fish (steamed or fried) with sauce
- Lemon or honey chicken
- Sweet & Sour dishes
- Braised meats e.g. steak/pork
- Sizzling steak/lamb
- Chicken, beef, lamb, kangaroo or seafood with basil, coriander, lemongrass, garlic, ginger, chilli or curry

Desserts

- Fried ice-cream
- Pineapple or apple fritter
- Lychees
- Julab Juman
- Jalebi



Indian Cuisine

- Pappadams
- Naan bread – plain or garlic
- Pakoras
- Chicken kebabs
- Samosa
- Beef, lamb, chicken or seafood curries
- Tandoori Chicken
- Chicken Tikka
- Saffron and plain rice

Mexican Cuisine

- Tacos, burritos, fajitas and enchiladas, filled with minced meat, beef or chicken – avoid beans and guacamole.
- Grilled meat, chicken or seafood



Barbecues

Barbecues are an Aussie tradition, especially during the summer months.

Choose suitable cuts of lean meat, chicken, fish or seafood. If desired, marinade prior to cooking to improve flavour and tenderise. Suitable marinade ingredients include wine, lemon juice, oil, vinegar, garlic, honey, soy sauce, herbs and spices.

Salads are a nice accompaniment to barbecues. Choose suitable salads from those suggested in the salad section.

Crusty white bread, garlic bread or herb bread will complete the meal.

Main Meals

- Steak, chops, chicken pieces, kebabs, shaslicks or skewers - limit sausages and chevapchicis as they are high in salt
- Rissoles, patties, burgers, meatballs - homemade with minimal added salt
- Fish fillets or cutlets
- Seafood such as prawns, calamari, scallops etc

Condiments

- Tomato sauce, barbecue sauce, steak sauce, chilli sauce or mustard - small amounts can be used to add flavour to meat or chicken
- Tartare sauce or seafood sauce - serve with fish or seafood

Nibbles and Finger Food

- Rice crackers, cracker - look for lower salt varieties
- Celery and carrot sticks
- Pita breads
- Dips e.g. French onion, hummus, tzatziki
- Corn chips, Twisties - limit to small serves as high in salt





SALADS

Salads are a healthy accompaniment to any meal. They should be served on a bread and butter plate.

Choose salads with oil, vinegar or mayonnaise based dressings.

Add flavour with garlic, chilli, mustard, onion, pepper or herbs such as chives, parsley, coriander, mint. White wine vinegar or balsamic vinegar can also provide an interesting flavour.

Suitable salad dressings include French dressing, Italian dressing, coleslaw dressing, mayonnaise and sour cream.

Egg, cheese, tuna and Caesar salads are high in protein. They are suitable if eaten as a meal, but should be limited if consumed as an accompaniment to other protein sources such as meat, chicken or fish.

Tabouli, three bean mix, avocado and salads containing nuts, such as Waldorf salad, are high in potassium and should be avoided.

Suitable Salads / Vegetables

- Tossed green salad
- Coleslaw
- Beetroot
- Asparagus
- Pasta salad
- Rice salad
- Asian noodle salad (no nuts)
- Celery & apple salad
- Cucumber salad
- Green bean salad
- Zucchini & corn salad
- Carrot salad
- Greek salad (no Feta cheese)
- Broad bean salad



TAKE - AWAY FOODS

Many take-away foods are high in salt and fat. Limit to no more than once a week or try to choose healthy options such as sandwiches and rolls more often.

Keep the protein serve (meat, tuna, chicken, egg and cheese) to the usual serve size.

Suitable Choices

- Foccacia, rolls and baguette - see Café Style Dining section
- Subway - Deli subs, Caesar Chicken Sub and South West chicken select
- McDonalds healthy choice - Deli Choice
- Pizza - ½ medium (3-4 slices) - see Café Style Dining section
- Steak sandwich and burgers
- Rotisserie chicken (no chips or baked potato)
- Yiros (no tabouli or falafel)
- Hot dog
- Regular or junior size hamburger (no cheese)
- Onion rings
- Fried fish with rice or pasta salad (in oil dressing)
- Fajitas and tacos - meat or chicken (no guacamole or refried beans)
- Tostadas - chicken, pork, steak
- Seafood and meat kebabs
- Chicken nuggets
- Tuna or chicken salad, Caesar salad (no anchovies), green salad with meat/ chicken
- Wok in a box - see Asian Cuisine section
- Sushi
- Fasta Pasta - see Italian Cuisine section and Café Style Dining section
- Limit pies, pasties, sausage rolls and chико rolls as they are very high in salt

Avoid the following as they are high in potassium:-

- Hot chips, French fries & wedges
- Baked potatoes
- Potato scallops
- Spinach filled filo pastries





Drinks

Best Choices

- Bottled or tap water
- Tea, weak coffee
- Cordial
- Soft drinks
- Mineral water
- Soda water
- Lucozade

Occasional Choices

- Sports drinks e.g. Gatorade, Powerade (limit to 250ml/day)
- Fruit juice drinks e.g. Fruit Box
- Milk - plain or flavoured (include in milk allowance)
- Soy milk - fortified varieties e.g. So Good (include in milk allowance)
- Chocolate drinking powders e.g. Milo, Aktavite, Ovaltine, cocoa and drinking chocolate (1 heaped teaspoon per day only)

Alcoholic drinks

Alcoholic drinks do contain a small amount of potassium therefore treat yourself only for that special occasion.

Always check with your doctor before consuming any alcohol.

- Beer
- Dry white wine
- Champagne
- Dry sherry
- Vermouth
- Spirits (with low potassium mixer if desired)

Avoid the following:-

- Fruit juices, smoothies
- Tomato juice, vegetable juice
- Bonox, Bovril
- Milk shakes, thick shakes, Sustagen
- Red wine, port, sweet sherry, stout, cider

Acknowledgements

The following renal dietitians contributed to the development of this resource:

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Amanda Wray BSc(hons) MND APD
Emma Putrus BHSc MND APD
Emma-Louise Smith BSc BND APD
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