

Dining Out With Confidence

A Guide for Patients With Kidney Disease



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Foundation®

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KIDNEYS**

National Kidney Foundation's Kidney Disease Outcomes Quality Initiative

Did you know that the National Kidney Foundation's Kidney Disease Outcomes Quality Initiative (KDOQI™) has guidelines that help your doctor and healthcare team make important decisions about your medical treatment? The information in this booklet is based on the NKF-KDOQI recommended guidelines.

What is your stage of kidney disease?

There are five stages of kidney disease. They are shown in the table below. Your doctor determines your stage of kidney disease based on the presence of kidney damage and your glomerular filtration rate (GFR), which is a measure of your level of kidney function. Your treatment is based on your stage of kidney disease. Speak to your doctor if you have any questions about your stage of kidney disease or your treatment.

Stages of Kidney Disease

Stage	Description	Glomerular Filtration Rate (GFR)*
1	Kidney damage (e.g., protein in the urine) with normal GFR	90 or above
2	Kidney damage with mild decrease in GFR	60 to 89
3	Moderate decrease in GFR	30 to 59
4	Severe reduction in GFR	15 to 29
5	Kidney failure	Less than 15

*Your GFR number tells your doctor how much kidney function you have. As chronic kidney disease progresses, your GFR number decreases.

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Introduction

Most people enjoy eating out. This guide gives ideas for making your dining experience fun—even with your special diet. Start by learning your diet well and asking your dietitian for any tips or advice. If you have sodium, potassium, phosphorus or protein restrictions, this booklet will help you make good decisions based on your specific diet needs.

Plan Ahead

If you will be eating out for dinner, plan breakfast and lunch at home accordingly. Cut back on serving sizes and foods high in sodium and potassium during the day. Call ahead to learn more about the menu and how the food is prepared. Explain that you are following a special diet. Many restaurants now have websites where they list their menus.

Choose a restaurant where it will be easiest to select foods best suited for your diet. Restaurants where food is made to order are the best choice. Restaurant personnel are accustomed to special requests for food items or methods of preparation. However, many require that you call at least 24 hours in advance to make arrangements.

Making Your Selections

Look over the menu carefully. Ask your server for more detail about items you do not understand. Practice making special requests about the way your food is prepared or served. Consider sharing a main dish with a friend or family member.

Examples of Special Requests

For salad dressings, gravies or sauces: "...on the side." For any grilled, sautéed or baked entrées: "No salt, please." For Asian foods: "...with no MSG (monosodium glutamate)." For sandwiches or burgers: "...without cheese" or "Mustard and catsup on the side."

Protein Concerns

If your specific diet includes a protein restriction, you may want to request half portions of main dishes that contain meat, poultry, fish or cheese. You could share a main dish with a dining companion. Another option is to take part of your main dish home in a takeout box.

Don't forget that protein is found in cheese and cream sauces; food prepared with milk, nuts and eggs; and in vegetarian dishes containing dried beans or lentils.



Guidelines for Specific Meals or Courses

Breakfast:

Breakfast may be one of the easiest meals to eat out. Most restaurants offer à la carte breakfast items.

Breakfast

Better Choices	Poor Choices
Eggs, cooked to order	Cured or salted meats or fish, such as ham, sausage, lox and Canadian bacon. Limit bacon to 2 strips occasionally.
Omelets with low-potassium vegetables, such as mushrooms or squash	Omelets with cheese or above meats, fast-food breakfast sandwiches, breakfast burritos
Toast, bagels, English muffins, croissants, plain or blueberry muffins	Biscuits and bran muffins
Pancakes, waffles, French toast	Home fries or hash brown potatoes
Margarine, jelly, honey, cinnamon, sugar and pancake or imitation syrup	Real maple syrup or gravy
Low-potassium fruits and juices, such as applesauce or apple juice	Fruits and juices, such as orange juice or a fresh grapefruit half
Hot and cold cereals	Bran cereals and granola with nuts, seeds or wheat germ
Donuts, fruit pastry, sweet rolls, coffee cake	Pastries containing chocolate, nuts, coconut or caramel

TIP

Save your fluid quota throughout the day to allow more when you are eating out.

Beverages:

- Plan the amount of fluid you may have during the meal.
- Plan when you want the beverage: before, during or after the meal. Decline offers at other times.
- Choose beverages low in potassium and phosphorus. (Ask your dietitian for specific guidelines.)
- Request that your glass or cup not be refilled. Order beverages by the glass instead of ordering a pitcher of drinks.
- Squeeze lemon wedges in your water to help quench your thirst.
- Turn cups or glasses upside down before they are filled, or ask to have them removed.
- Push your glass or cup away from your plate when you are finished to avoid refills.



Beverages

Better Choices	Poor Choices
Cocktails mixed with club soda, ginger ale, tonic water or soft drinks (except colas)	Cocktails mixed with fruit juice, tomato juice, vegetable cocktail, milk, cream or ice cream
Wine, red or white, if potassium is counted (substitute for a fruit)	Beer
Non-cola soft drinks, such as Sprite®, 7UP® or orange soda	Any cola
Iced tea or coffee	Cocoa, milk, milk shakes, cocoa mixes
Lemonade, limeade, water	Orange juice-type drinks, tomato juice, vegetable juice

Salads and Salad Bars:

- Salads are often part of the appetizer list. Use your allowed fruits and vegetables for these choices.
- Request that the dressing be served on the side so you can control the amount. Oil and vinegar is always a good choice for dressing. You may bring your own low-sodium dressing. Lemon or lime juice squeezed generously over the salad can replace salad dressing altogether.
- If they are not listed on the menu, ask the waiter which vegetables or fruits are in the salad. Often salads are prepared individually, so you can usually make special requests. Some examples are listed on the following chart.



Salads

Better Choices	Poor Choices
Lettuce, cabbage, beets, cauliflower, celery, cucumber, jicama, onions, beans, green peas, radishes, sprouts, sweet peppers	Spinach, tomato, avocado, artichoke, kidney beans, garbanzo beans, seeds, nuts
Coleslaw	Potato salad
Beet salad	Three-bean salad
Pasta salad, macaroni salad	Greek salad with olives, relishes, pickles
Fruit cup or salad: canned fruit cocktail, canned peaches or pears, fresh or canned pineapple, mandarin oranges	Salad containing melon, oranges, bananas, kiwi, dried fruit
Gelatin salads (plain or with low-potassium fruits or vegetables added)	

Appetizers:

- Look for fresh, simple items to avoid a heavy salt or fluid load before your meal.
- A high-protein appetizer can be used as your main course. Portions are usually smaller and less expensive. Some examples are listed on the following chart and will vary with the type of restaurant.

Appetizers

Better Choices	Poor Choices
Caesar salad with chicken or shrimp	Cottage cheese, cheese fondue, other cheese dishes, anchovies
Chicken, pork or steak tostadas	Quiche, cheese sticks
Crab cakes, steamed clams, fried calamari, most shrimp dishes	Oysters
Crab Louis salad	Nachos, potato skins
Green salad with meat or fish or chef's salad without ham or cheese (request dressing on the side)	Chopped liver or pâté; salted or smoked meat, fish or poultry, such as ham, lox or smoked turkey; soup, bouillon or consomme
Others: meat balls, chicken wings, pot stickers and dumplings (without dipping sauces), fried zucchini, mushrooms or onion rings	



Entrées:

- Portions served in restaurants may be much larger than what you eat at home. When dining out, estimate an amount close to what you normally have. Plan to take the remainder home, or split the meal with another person in your group.

TIP

Three ounces of cooked meat, fish or poultry is about the size of a deck of cards. Or, if you weigh meat portions at home, measure them against your hand to use as a guide when eating away from home.

- Grilled items are good choices because you can request how you want them prepared.
- Request that salt not be added when cooking.
- Request that gravies or sauces be served on the side.
- Avoid mixed dishes or casseroles, which are usually higher in sodium and phosphorus.
- Remove the skin from poultry and any crusts from fried foods to decrease sodium content.
- It is best NOT to add steak sauce, Worcestershire sauce, soy sauce or hot sauce because of the high sodium content.
- Lemon or lime juice and vinegar make good sauces and will bring out a lot of the natural flavor of foods. Black pepper will add zest to the food without making you thirsty.

Entrées

Better Choices	Poor Choices
Beef (broiled or grilled steaks, burgers without cheese, prime ribroast or hot roast beef sandwiches), chicken (baked, fried, grilled or roasted), leg of lamb, lamb chops, veal, meat loaf	Mixed dishes, beef or lamb stew, liver and onions, cured or salted meats (ham, corned beef, sausage, prosciutto, chorizo)
Fish or seafood (grilled, steamed or poached)	Bouillabaisse, oysters, lobster Newburg, lox
Seafood or meat kabobs	Sauces (especially cheese or tomato), gravies
Fajitas, meat or chicken tacos (no cheese or tomatoes)	Bean dishes, chili beans, chili con carne
Omelets with allowed vegetables and sauce served on the side	Omelets with bacon, cheese, ham, sausage
Sandwiches (request no cheese): roast beef, chicken, egg, turkey, hot roast beef or turkey, fresh seafood sandwich	Submarine sandwiches, toasted cheese, BLT, bacon hamburger, Reuben, tuna (canned) salad

Side Dishes:

The more familiar you are with your diet, the easier it will be to choose appropriate foods. It might be wise to review your food lists before going out.

- Choose starches and vegetables that are lower in potassium, such as rice, noodles and green beans.
- Request a substitute on the menu if necessary.
- Ask that sauces be omitted or served on the side.



TIP

To increase your choices, avoid higher-potassium fruits and vegetables during the day before eating out.

Side Dishes

Better Choices

Poor Choices

Noodles or pasta, pesto pasta, macaroni salad

Pasta in tomato sauce

Steamed rice, rice pilaf, rice with peas

Yams, sweet potatoes, fried rice, white potatoes

Unsalted breadsticks, bread or rolls

Baked or barbecued beans, refried beans (frijoles)

Lower-potassium vegetables, like asparagus, cabbage, cooked carrots, corn, eggplant, green peas, zucchini, corn on the cob, coleslaw, lettuce salad

Higher-potassium vegetables, like tomatoes, spinach, collard greens, artichokes, acorn squash and others.

High-sodium vegetables like sauerkraut, pickled vegetables

Desserts:

- Ask for a clear description of the dessert. Choose from those desserts that have simple preparations to avoid “hidden” phosphorus and potassium.
- Choices with chocolate, cream cheese, ice cream or nuts will be much higher in potassium and phosphorus. Avoid these, share with a friend or just eat a small amount.
- Remember, desserts, such as fruit ice, gelatin, sorbet and sherbet, add to your fluid intake for the day.
- Sweets may or may not be desirable for you. Always follow the advice of your dietitian, who is more familiar with your individual needs

Desserts

Better Choices	Poor Choices
Angel food, apple, lemon, pound, spice, white or yellow cake may be topped with whipped cream and low potassium fruit	Cakes rich in chocolate, coconut, dried fruit or nuts, such as carrot, chocolate mousse, devil’s food, fruit or German chocolate cake
Sugar cookies, Lorna Doones®, vanilla wafers, lemon creme and butter cookies	Brownies, chocolate, coconut macaroons, snickerdoodles
Fruit ice, sherbet, sorbet	Ice cream or frozen yogurt
Lower-potassium fruit desserts like berries, strawberry shortcake, gelatin desserts	Fruits higher in potassium like bananas, oranges or kiwi
Pies, tarts or cobblers made with apple, blueberry, cherry, lemon meringue or strawberry	Pies like banana cream, chocolate cream, coconut, minced meat, pecan, pumpkin, sweet potato or cheesecake



TIP

Remember to take your phosphate binder (also called a phosphorus binder) with your meal. Be sure to carry it with you, and keep some in the car so it is always easily available.

Specialized or Ethnic Restaurants:

An enjoyable aspect of eating out is trying different ethnic and regional foods. Follow these suggestions for making wise choices.

Chinese Caution: May be very high in sodium.

- Request no MSG (monosodium glutamate), soy or fish sauce in food preparation. (The menu may include this information.)

- Avoid restaurants that cook in “bulk”; look for those that prepare foods individually. You may call in advance to get this information.
- Avoid adding soy sauce to the food after it is served. Most Chinese restaurants will provide a hot pepper oil. This can be added to make the food spicier, if desired.
- Soups served with the meal are usually high in sodium and may add undesired fluid weight.
- Choose lower-potassium vegetables, such as snow peas, string beans, water chestnuts, bean sprouts and bok choy. Request stir-fried vegetables that are not served in heavy sauces.
- Steamed rice is more authentic and has less sodium than fried rice.
- The tea is often served in a pot on the table. Control the amount poured into your cup to help control your fluid weight gain.
- Enjoy your fortune cookie knowing you have made the best choices.

French Caution: May be very high in phosphorus.

- French restaurants usually use fresh ingredients, but cream and butter may be added in large amounts.
- Try to avoid those foods prepared in cheese or cream sauces. Careful questioning of the waiter can help you make your decision.
- Choose low-potassium fruits and vegetables, and avoid the high-potassium fried potatoes (*pommes frites*).

- French bread is a good choice, low in sodium, potassium and phosphorus. The butter served is usually “sweet” or unsalted.
- Select a simple, light vinaigrette for salad dressing.
- Desserts are always a highlight. Look for delicious sorbets (count as fluid), cakes, meringues or fruits, such as plums, berries or cherries, that are not in heavy cream sauces or thickly covered with chocolate.

Mexican Caution: May be very high in potassium.

- Put aside the chips and salsa that might be at the table when you first sit down. Save the sodium and potassium for your meal.
- Order à la carte, or select entrées that are not served with beans and Spanish rice. Some good items are tacos, tostadas and fajitas.
- Beware of the salsas used. Salsa verde is a green sauce but is made of green tomatoes. Salsas made of chili peppers without tomatoes added are the best choices. Remember, guacamole is made from avocados, which are very high in potassium.
- Tortillas are good bread substitutes. Enjoy them!
- For dessert, try the sopapillas (fried dough) with honey, which are a good choice because they are low in potassium and phosphorus. Pastries are high in saturated fat, however, so make sure to eat them in moderate portions.

Asian Indian Caution: May be very high in phosphorus.

- Indian meals are often vegetarian. While it is best to avoid the bean dishes, there are many other delicious foods to choose from.
- Enjoy experimenting with different flavors. Masala, tandoori and curry preparations are widely available on menus as both chicken and vegetable entrées.
- Remember to ask which vegetables are included in dishes, and make low-potassium choices. Ask your dietitian for a list of low-potassium vegetables and vegetables to limit. (See National Kidney Foundation's *A to Z Health Guide: Potassium and Your CKD Diet*.)
- Yogurt is often served as a side dish or part of side dishes, but remember it is a dairy food and high in phosphorus.
- A large selection of Indian breads, such as fried, baked or roasted varieties are served with most meals or are available as separate orders.
- Most desserts contain milk or milk powder in the recipe and will be high in phosphorus. Remember to take your phosphate binder.

Italian Caution: May be very high in potassium.

- Beware of the antipasto appetizer that contains salty sausages and pickled or marinated vegetables. These foods could get your meal off to a salty, high-fat start. Also, pass on the minestrone soup, which is high in salt and potassium.

- Request an oil and vinegar dressing for the salad.
- Italian bread is a good bread choice. Dipping the bread in olive oil is a healthy alternative to spreading it with butter because olive oil contains heart-healthy fats compared to the high animal fats in butter.
- Tomato sauces are poor choices, but pastas are served with many sauces that are not tomato based. If you do select one with tomato sauce, request that it be served on the side. Limit cheese and white sauces.
- If you choose pizza, look for a light or vegetarian topping, and request that the tomato sauce and cheese be used lightly. It is best to avoid pepperoni or sausage pizzas, which are high in sodium. Other available toppings may include chicken or fish, both good choices.
- One tablespoon of shredded Parmesan or Romano cheese may be used for flavor. Pepper flakes may be used liberally.
- Italian ices are good dessert choices, but remember to count them as fluid.

Japanese Caution: May be very high in sodium.

- Avoid the salty soups, like miso, served at the beginning of the meal.
- Request no MSG (monosodium glutamate) and avoid the soy sauce.

- Sushi can be a good choice, as portions are small. Avoid raw fish choices, as they may expose you to parasitic infections. Other rolls available include cucumbers and cooked shrimp, crab or eel.
- Try the yakitori, or food grilled on skewers over a charcoal fire. Foods fried in tempura batter are good choices if not dipped in high-sodium sauces.
- Tofu, or soy bean curd, is used regularly in Japanese cooking. It is substituted for meat in the kidney diet. Be aware that it is often cooked with soy sauce for added flavor.
- The Japanese steak house offers good choices of grilled meat and vegetables, but portions may be large.

Soul Food Caution: May be high in sodium, potassium and phosphorus.

- Soul food is very challenging to the kidney diet because it is frequently high in sodium, potassium and phosphorus, as well as fat.
- Salted and cured meats, such as ham, sausages, bacon and salt pork should be avoided. Bacon and bacon fat are used extensively in the cooking.
- Organ meats, such as chitterlings, are higher in phosphorus than cuts of muscle meat. Limit these to occasional use.
- Dried beans and black-eyed peas are high in phosphorus and potassium. Limit these to small amounts (1–2 tablespoons).

- Cooked greens and spinach are popular. Both are high potassium vegetables. Mustard greens are slightly lower in potassium.
- Yams and sweet potato pie are high in potassium.
- Best choices might include fried chicken (with skin removed), corn, string beans or okra, wilted lettuce, corn bread, butter and banana cake, apple cake or peach cobbler for dessert. Enjoy, and don't forget your phosphate binders.

Fast Food:

Eating at fast-food restaurants is not totally out of the question. It does, however, take some thought and planning. While many fast-food items are pre-salted, there may be some items that are prepared without the salt. You can also omit the high-sodium condiments, such as BBQ or soy sauce, and limit others, such as catsup to one package.

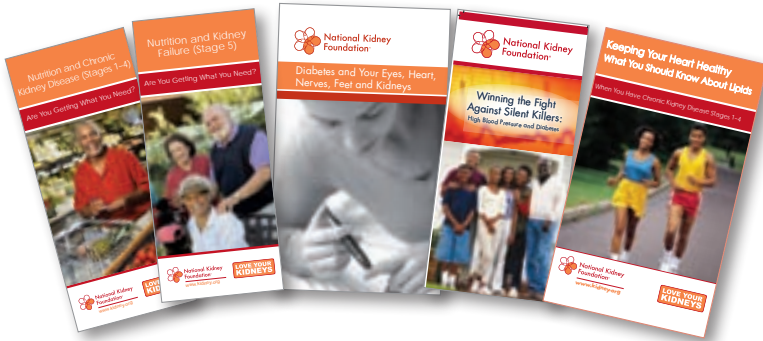
Many fast-food restaurants provide nutrition information so you can check the sodium and potassium content. Your kidney dietitian can also provide this information and tell you the specific amounts of sodium and potassium allowed in your diet.



Fast Food

Better Choices	Poor Choices
Regular or junior-size hamburgers	Large, super- or king-size hamburgers or cheeseburgers
Roast beef or turkey sandwiches	Sandwiches with bacon, sauces or cheese
Grilled or broiled chicken sandwiches, tuna or chicken salad	Fried or breaded chicken sandwiches, chicken nuggets or strips
Unsalted onion rings	French fries, Tater Tots®, potato chips, baked potato, potato salad, baked beans
Lettuce salads, coleslaw, macaroni salad	High-potassium foods from the salad bar or pickles; limit tomatoes
Non-cola soda, lemonade, tea and coffee, water	Milk shakes and cola sodas

Where can you get more information?



If you have questions, speak with your healthcare team. They know you and can answer questions about you.

If you want to read more about kidney disease, the National Kidney Foundation has more than 50 other publications that cover many subjects such as:

- CKD risk factors like hypertension and diabetes
- Complications of chronic kidney disease, such as cardiovascular disease, anemia or bone problems
- Nutrition for CKD patients with information about carbohydrates, protein, sodium, phosphorus and potassium
- Treating kidney disease early
- Treating kidney failure with transplantation or dialysis.

There are two ways to learn about the many free resources available to you:

- Call the National Kidney Foundation at 800.622.9010.
- Visit the National Kidney Foundation website (www.kidney.org/store).

All publications are free, but there is a limit of five per person. Becoming an educated patient is very important to being healthy!

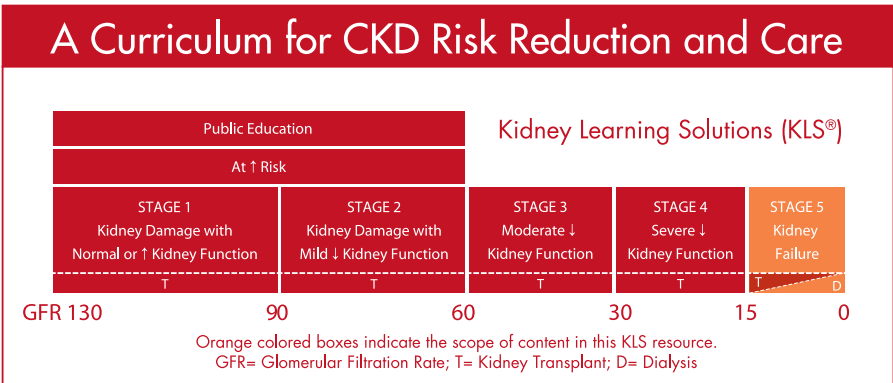
National Kidney Foundation

The National Kidney Foundation (NKF) is dedicated to preventing kidney diseases, improving the health and well-being of individuals and families affected by these diseases and increasing the availability of all organs for transplantation.

With local offices nationwide, the NKF provides early detection testing and other vital patient and community services. The Foundation conducts extensive public and professional education, advocates for patients through legislative action, promotes organ donation and supports kidney research to identify new treatments.

In 2009, NKF launched a groundbreaking multifaceted collaborative initiative to **“END THE WAIT!”** for a kidney transplant in the United States in 10 years by using proven strategies to eliminate barriers to donation and institute best practices across the country.

The NKF relies on individual and corporate donations, foundation and government grants, membership and special events to support its range of programs, services and initiatives.



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