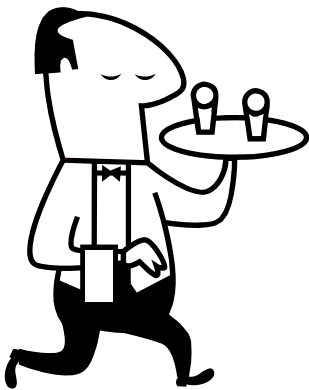


Eating Out and Your Renal Diet

Many people enjoy eating in restaurants and do so often. It is important to make good choices when you eat out because many foods contain a lot of sodium and phosphorus. Use this guide to help you make good choices when you go out to eat.



General Guidelines:

- Do not add salt to any food
- Ask for your food to be prepared without salt
- Do not get refills on your beverage
- Avoid potato chips, French fries, and biscuits
- Ask for sandwiches to be served without cheese and pickles
- Ask for sauces and dressings on the side and use sparingly



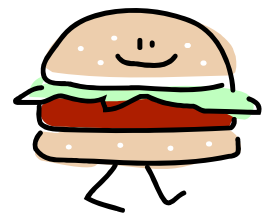
GOOD CHOICE:

- Coleslaw
- Tossed Salad
- Onion Rings
- Small Clear Soda
- Tossed Salad (no cheese)
- Small plain sandwich (hamburger, grilled chicken, roast beef, turkey) with mayo, lettuce, onion, 1 slice tomato



POOR CHOICE:

- Sandwich with cheese or Bacon
- Hotdogs
- French Fries
- Pickles or olives
- Potato Chips
- Milkshakes
- Dark Sodas



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GOOD CHOICE:

Taco (no cheese or tomatoes)
Beef or Chicken Fajitas
Tortillas
Burrito without beans
Arroz con Pollo (no cheese)
Unsalted Tortilla Chips
Flan or Pan Dulce for dessert



POOR CHOICE:

Refried Beans
Guacamole
Cheese or Cheese Sauce
Salted Chips
Large amounts of tomato
Limit salsa

ITALIAN

GOOD CHOICE:

Pasta with White Sauce, White Wine Sauce, or
Lemon Butter Sauce
Ravioli filled with meat (Request white sauce)
1-2 slices pizza with chicken, green pepper, or onion
(ask for little cheese)
Fettuccine Alfredo
Pasta Primavera
Plain Italian Bread
Salad with Oil and Vinegar

POOR CHOICE:

Tomato Sauce dishes
Sausage, Olives, Prosciutto
Dishes with a lot of cheese
Eggplant or Chicken Parmigiana
Pizza with sausage/pepperoni

GOOD CHOICE:

Steamed Rice
ONE Egg Roll
Dim Sum
Sweet and Sour Sauce or Hot Mustard
Dishes with chicken, beef, or pork
Chinese vegetables: broccoli, carrots, bean
sprouts, snow peas, eggplant, green pepper,
green onion, tofu, water chestnuts
Fortune Cookies



ASIAN

POOR CHOICE:

Asian Soups
Fried Rice
Dishes with peanuts or cashews
MSG (ask for food to be prepared
without MSG)
Soy Sauce
Fish Sauce

Ask for sauce on the side and use sparingly

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GOOD CHOICE:

Steaks, Grilled Chicken, Fish, Pork Chops
Plain Hamburgers
Seafood (broiled or grilled)
Plain rice, pasta, noodles
Green beans, cabbage, asparagus, carrots,
zucchini, squash, cauliflower, coleslaw
French bread, Dinner roll, Plain breadsticks

POOR CHOICE:

Soups
Casseroles, Dishes with cheese
Breaded or battered items
Gravies and Sauces
Ham, Corned Beef, Sausage
Spinach, Potatoes, Baked
beans, Sauerkraut, French Fries