

Dining out and takeaways for people with kidney disease

Now and again it is OK to splurge a little and enjoy some of the foods that are not a regular part of your usual food intake.

Some helpful hints to consider

- If dining at a restaurant you are not familiar with call ahead to ask about the menu or check their website.
- Save part of your fluid allowance so that you can enjoy a drink with your meal.
- Ask for sauces, dressings and toppings to be served on the side rather than on the meal because they may be high in salt. That way you have control over how much you eat
- Remember that you are a paying customer. Do not be afraid to ask for minor recipe changes such as “please don’t add any extra salt to mine”.
- If you are on regular phosphate binder medication (e.g. Calsup, Alutab, Renagel, Fosrenol) you should still take it when eating out. You could take your pills when your food arrives or in the car or as you leave the house to go to the restaurant.
- Avoid the temptation to overindulge, as too much potassium and fluid can still make you unwell.

This handout includes suggestions on the following cuisines:

- ❖ Italian and Spanish
- ❖ Mexican
- ❖ Greek and Middle Eastern
- ❖ Asian
- ❖ Indian
- ❖ Drinks
- ❖ Salad bars

Italian and Spanish food:

- Pasta (spaghetti, noodles) can make an excellent starter or main course, however be aware of what the sauces are made from. Creamy and cheesy sauces such as Carbonara tend to be high in fat, so try not to over-indulge in them.
- If you do not have problems with high potassium levels tomato-based sauces such as Napolitana or Bolognese would be suitable. If you need to limit potassium maybe reduce your fruit intake on that particular day. Pasta dishes made with lots of garlic, parsley pesto and olive oil are generally a good choice.

- Pizzas are usually high in salt, potassium and fat. If your potassium levels aren't a problem, vegetarian pizzas (often called Roma) are probably the healthiest choice. Chicken pizzas may contain less salt than those with salami, pepperoni or ham/bacon. Go for pizzas with a thick base, so you fill up on bread rather than the toppings.

1. Starters

- Garlic bread
- Parma Ham
- Mixed green salad
- "Tapas" e.g. olives, cod (higher potassium), meat skewers, calamari, chicken wings and aubergine

2. Main Courses

- Pasta* (creamy sauces are higher in fat but have less potassium than tomato-based sauces. Sauces containing mushrooms will also have higher potassium content)
- Cannelloni and Lasagne* (avoid versions with spinach)
- Risotto* – avoid mushroom risotto
- Paella*
- Chicken or fish dishes (avoid tomato sauces and have with rice or pasta rather than potatoes)
- Seafood pasta*
- Pizza – avoid mushroom / tomato / sun-dried tomato to reduce potassium

content, avoid extra cheese to limit phosphate and avoid too many processed meats to limit salt content.

Remember: Use some of your fluid allowance for rice and pasta dishes.

3. Accompaniments

- Potatoes (boiled/mashed) in small quantities
- Dumplings
- Salad (remember tomato and avocado are higher in potassium)

4. Desserts

- Tiramisu/Italian trifle
- Ice-cream (contributes to fluid allowance)
- Sorbet (contributes to fluid allowance)
- Cheesecake
- Fruit Tart
- Gateaux (preferably not chocolate or with nuts)
- Cheese platter (high phosphate content)

Mexican Food:

Mexican cuisine consists largely of corn-based dishes, usually complemented with beans, tomatoes, cheeses and avocado. Therefore they can be high in potassium. They can also be very salty and can make you feel thirsty. Limit foods such as; refried beans, nachos, salsas, avocado dip, cheese and bean dips.

1. Starters

- Salad
- Plain breads

2. Main Courses

- Enchilada
- Fajitas
- Tacos

3. Desserts

- Ice cream (contributes to fluid allowance)
- Cakes
- Apple Enchiladas
- Churros
- Plain biscuits

Greek and Mediterranean Food:

These cuisines are based on fresh meats, rice and pastas, herbs and spices and a moderate amount of dairy products (yoghurt and cheeses) which are lower in potassium and salt and therefore a good choice when eating out.

1. Starters

- Stuffed vine leaves
- Hummus in small amounts (high potassium content)
- Taramasalata, tzatziki dips
- Cold Meats* (processed meats will have a higher salt content)
- Lebanese bread with dips (eat only small quantities of hummus dip)

2. Main Courses

- Kebab – any meat/fish/poultry
- Rice dishes eg. Pilau
- Kalamares (baby squid)
- Kofta (meatballs)
- Kleftiko (lamb on the bone)
- Cous cous dishes
- Grilled meat or fish

3. Accompaniments

- Egg fried
- Boiled rice
- Noodles
- Stir fry vegetables, Greek salad

4. Desserts

- Lychees
- Pineapple fritters
- Sorbet (contributes to fluid allowance)
- Ice-cream (contributes to fluid allowance)

Asian Food:

Chinese food can contain a lot of MSG (Monosodium Glutamate) which is high in salt and can make you feel thirsty. Ask the chef what ingredients are used and choose dishes that are appropriate for you.

- Plain boiled rice is a better choice than fried rice as it is lower in salt and fat
- Avoid dishes with lots of nuts or mushrooms if you need to watch your potassium
- Ask for no added salt or MSG
- High salt sauces include Soy, Blackbean, Hoisin, Barbecue, Sichuan, Oyster, Sweet Chilli and Fish sauce
- Soups (such as Misu) are usually quite high in salt and contribute to your daily fluid allowance.
- Dishes without sauces or with a light sauce are more suitable e.g. steamed whole fish, braised meats, crispy skin chicken, sweet sauces such as plum, lemon, orange, and sweet and sour may also be lower in salt.
- Curries based on coconut milk/cream and deep fried meats (battered, crumbed) are high in fat and should be limited if you are watching your weight

1. Starters

- Crispy duck pancakes
- Prawn crackers
- Spare ribs

2. Main Courses

Meat, chicken or fish dishes with rice or noodles, for example:

- Lemon chicken
- Black or yellow bean sauce
- Sweet and sour
- Chow mein
- Chinese curries
- Duck in plum sauce
- Singapore noodles.

3. Desserts

- Ice-cream (contributes to fluid allowance)
- Fortune cookies

Indian Food:

The salt and potassium content of curries can be very high. Ask the chef about dishes that are not high in salt. Dry curries have less sauce which are better choices for those on a strict fluid restriction. Hot curries such as Vindaloo can make you feel thirsty. Keep in mind that curries made on coconut milk/cream are high in fat so limit these if you are trying to lose weight.

1. Starters

- Samosas
- Tandoori chicken

2. Main Course

- Tikka and Tandoori chicken/meat/fish
- Biryani eg. Prawn, lamb, chicken
- Lamb or chicken korma
- Kebab dishes
- Dahl (watch fluid content)
- Matar panir

N.B Drier dishes eg. Biryani will have less fluid & usually less potassium.

3. Accompaniments

- Naan
- Rice
- Chapatti
- Raita/lime pickle
- Pappadums with yoghurt, mint sauce

4. Desserts

- Ice-cream (contributes to fluid

allowance)

- Sorbet (contributes to fluid allowance)
- Most traditional Indian desserts contain large quantities of milk and usually nuts and are therefore unsuitable. Similarly, the tropical fruits offered tend to be high in potassium.

Drinks

- Many non-cola soft drinks do not contain any phosphate, so these are better choices than cola. Beer, wine and spirits contain some potassium. Remember to enjoy alcohol in moderation. Strong coffee is high in potassium so a cup of tea could be a better option.
- Drink serve sizes in restaurants are often larger than what people usually consume at home. It might be a good idea to save up some of your daily fluid allowance (ie. drink less earlier in the day) to account for this. Ask for small drinks when ordering.

Salad Bars*

Salad bars are generally a low salt option and can be made just the way you want it. If watching potassium, limit tomato, avocado, and choose white bread. Watch added sauces and processed meats to limit salt content and added fat. There are many salad bar items that you can easily fit into your renal diet. The following table includes a list of items to assist you in choosing sensibly from any salad bar.

| Choose | Limit |
|------------------------------|----------------------|
| Alfalfa sprouts | Avocado |
| Beets | Bacon bits |
| Cauliflower | Chickpeas |
| Celery sticks | Chow mein noodles |
| Chinese noodles | Fried bread croutons |
| Coleslaw | Kidney beans |
| Cucumbers | Nuts |
| Eggs, chopped | Olives |
| Green beans | Pickles |
| Green peas | Potato salad |
| Italian low calorie dressing | Potatoes |
| Mushrooms | Processed meats |
| Oil/ vinegar dressing | Raisins |
| Okra | Relishes |
| Onions | Sunflower seeds |
| Parmesan cheese | Cheddar cheese |
| Radishes | Thick salad dressing |
| Tuna in spring water | Three-bean salads |
| Zucchini | Tomatoes |

Other options

| Foods | Comments |
|-------------|---|
| Sushi* | Limit consumption of soy sauce, otherwise a healthy option |
| Burgers | If limiting potassium ask for a burger on a white bun, limit tomato and avocado and replace the side of chips with a salad/vegetables/roll. Avoid deep fried meats if you are watching your weight. |
| Steak house | If watching your potassium intake, replace the mashed potato/side of chips with salad or vegetables or a white bread roll. |
| Seafood | Generally a low salt option. Limit the side of chips and replace with a side salad (limiting tomato) to reduce potassium. Remember shellfish, snapper and fresh salmon/tuna are higher potassium choices. |

* These foods have a higher risk for food poisoning. Please speak to your Dietitian if you want more information on this.