

# Ethnic Eats for CKD!



## Mexican:

- Choose beef or chicken burritos, tacos, or enchiladas with sauces on the side.
- Avoid tomato salsa. Instead, enjoy chili pepper salsa with unsalted tortilla chips.
- Be aware that Mexican dishes may contain high potassium beans, avocado, tomato, mango, papaya, and guava

## Italian:

- Select basil pesto in place of tomato sauce
- Ask for dressings and cream sauces on the side.
- Limit cheese, olives, and cured meats.
- Be aware that Italian food may be high in potassium and phosphorus.

## Chinese:

- Flavor foods with ginger and chili oil instead of soy sauce.
- Add nappa cabbage, bok choy, and snow peas as vegetable selections.
- Choose white steamed rice instead of fried rice .
- Be aware that Chinese food may be high in sodium.

## Greek:

- Choose Greek style lamb chops with rice, Souvlaki, or a Greek Salad without the olives or anchovies.
- Limit gyros and baklava.
- Be aware that certain Greek foods are high in sodium and potassium.



## Asian Indian:

- Choose a curried meat or vegetable dish.
- Limit foods prepared with yogurt, beans, and coconut.
- Be aware that Indian foods may be high in phosphorus.



## American:

- Order small portions or split the meal.
- Opt for sauces on the side or less salt on foods.
- Skip side dishes with whole grains or potatoes.
- Order lean meats such as chicken or fish that are baked, broiled or grilled.
- Select low potassium vegetable mixes.
- Limit high fat desserts with chocolate and caramel.



## Seoul:

- Choose grilled skinless chicken, green beans, and corn bread.
- Limit organ meats, dry beans, and cured meats.
- Be aware that Seoul foods may be high in sodium, potassium, and phosphorus.

