



## Tips for Eating Out On a Renal Nutrition Plan

Here are some simple guidelines for eating out away from home:

- Always remember your nutrition plan limits
- Plan meals in advance so it fits YOUR nutrition needs
- Consume only the fluids allowed for the event/meal; remember your fluid limit
- Practice good portion control with foods
- Share a meal with a friend
- Request low sodium options



### ○ Breakfast

- ✓ Choose fried, poached, or scrambled eggs
- ✓ Avoid high salt breakfast meat like bacon and sausage
- ✓ Select white toast, an english muffin or a bagel
- ✓ Skip bran or whole wheat muffins or bread
- ✓ Request cream cheese instead of cheddar or American cheese in an omelet
- ✓ Choose canned fruit as a side item instead of home fries or hash browns

### ○ Beverages

- ✓ Choose water, coffee, tea, non-cola soda, cranberry, apple or grape juice, & wine
- ✓ Skip colas and beer



## ○ Lunch

- ✓ Request low sodium, broth soups
- ✓ Choose beef, chicken, or fish tacos with lettuce and sour cream
- ✓ Select coleslaw or a green salad with chicken or shrimp
- ✓ Order a stir-fry with low potassium vegetables and no MSG or soy sauce
- ✓ Try low potassium vegetables on sandwiches to add lots of taste and flavor
- ✓ Limit extra meat and cheese on cold sandwiches
- ✓ Skip side dishes such as potato salad, chili, bean salad, spinach, and those with nuts or lots of cheese

## ○ Dinner

- ✓ Choose white pasta with herbs, olive oil, and garlic
- ✓ Stick with white rice with natural seasonings in place of potato side dishes
- ✓ Select meatloaf or pot roast entrees with a low sodium mushroom gravy
- ✓ Order seafood and chicken entrees: prepared grilled, poached or roasted
- ✓ Try Angel food cake with strawberries, sherbet or sorbet for dessert
- ✓ Skip meals with tomato or milk based sauces
- ✓ Skip high sodium or milk-based soups
- ✓ Skip chocolate, caramel pastries, and carrot cake

