

Fast foods

Most fast food restaurants must have the nutrition content of their items posted. Ask for a flyer and make the best choices you can.

Salt/Sodium

Remember your daily limit is about 2,000 mg of sodium.

Good ideas to try:

- A small soda is a better choice than a high-phosphorus milkshake.
- Instead of french fries, cut the potassium by ordering onion rings; ask for them unsalted.
- Ask that your burger not be salted, it will be cooked fresher too.
- Grilled chicken or fish is usually a better choice than when it's breaded.
- A good side dish to choose is coleslaw. Many side dishes like beans, macaroni, biscuits and mashed potatoes and gravy are salty. Count one serving as your one treat for the day.
- Add-ons like pickles, olives, dressings and sauces are salty. Mayonnaise, mustard or honey mustard are better choices than teriyaki, soy sauce, ranch dressing, tartar sauce, or BBQ sauce.

Websites for fast foods:

If you eat fast foods, you should know what is in them. If you do, you will usually make healthier choices. Check out your favorite choices online, or ask to see their nutrition flyer.

McDonalds

www.mcdonalds.com

Taco Bell

www.tacobell.com

Taco Time

www.tacotime.com

Wendy's

www.wendys.com

Jack in the Box

www.jackinthebox.com

Arby's

www.arbys.com

Burger King

www.bk.com

Kentucky Fried Chicken

www.kfc.com

Your dietitian: _____

Call (206) 720-3990

Northwest Kidney Centers
Nutrition and Fitness Services
700 Broadway

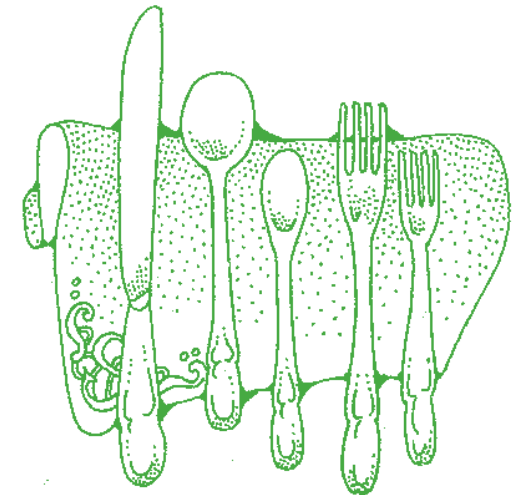
Seattle WA 98122

www.nwkidney.org

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Almost everyone eats meals away from home. It may be a nice restaurant or a fast food place. Some people eat most of their meals out. Eating at home makes it easier to control what you eat, but you can make good choices wherever you eat and still follow your diet.

Some people feel uncomfortable or silly asking a server to make changes or substitutions to an order. Don't forget that you're paying them to cook for you so you might as well have what you need!



Where do I start?

When you can, plan ahead for meals out at restaurants. Try to eat your low-sodium, low-potassium foods early in the day so you can eat higher sodium and potassium foods later.

Many restaurants have menus on the Internet. Try to check the menu ahead of time. Ask questions about how food is prepared. Ask for sauces and gravies “on the side” so you can control how they are used.

Beverages

Don't let waiters constantly refill your water or pop. Turning your empty glass upside down when you first sit down is a clue to them that you don't want fluids. When ordering a coffee drink or soda pop, know what sizes they are:

- Short-8oz, small-1 cup
- Tall-12oz, medium-1 can or 1 1/2 cups
- Grande-16oz, large-2 cups
- Vente-20oz, extra large-2 1/2 cups

Breakfast foods

- Eggs are a good choice for breakfast. Limit salty meats like ham and sausage. Bacon is a bit less salty.
- Starches are generally good choices, so try pancakes, waffles, Danish, scones, French toast, or bagels and cream cheese.
- Skip the juice and have fruit.

Lunch and dinner appetizers

- Bread is a good choice and so are butter, margarine, or dipping oils.

Soups

- Salads are always a better choice than soup. If you have soup, broth soups are often salty and count as a fluid serving. Cream soups have added milk and often potatoes that have potassium and phosphorus.

Salads

- Lettuce salads are better choices than others like spinach salads. Ask for dressing on the side and watch out for added toppings like croutons, cheese, olives or ham, which can add lots of salt.

Sandwiches and burgers

- Ask that no salt be added to your burgers or fries when cooked.
- Lunchmeats are often salty. Make better choices like roast beef, tuna, egg salad, or chicken instead of ham or other cured meats like pepperoni, corned beef or salami.

Main dishes

- Choose grilled meats or poultry without sauces or marinades.
- Ask for rice or pasta instead of potatoes or fries.
- A steak is a great item to order. Ask for an inside cut of prime rib.

Pizza

- Make good topping choices like peppers, mushrooms, onions, pineapple and ground beef. Count the cheese as your phosphorus serving.

Mexican food

- Ask for chips without salt.
- Mix salsa with sour cream to lower it's potassium a bit.
- Order foods like fajitas, tacos or burritos without cheese and tomatoes.
- Corn tortillas are much less salty than flour tortillas.
- Beans and guacamole are higher in potassium; choose rice or sour cream instead.

Asian foods

- Ask the waiter to prepare your dish without soy sauce or MSG.
- Sweet & sour dishes are good.
- Choose stir-fry dishes cooked in oil instead of oyster sauce, fish sauce or salty broths.
- Brown rice is a great choice, or mix it half and half with white or fried rice.
- Choose dishes with ginger, wasabi, cilantro, basil, lime, chili sauce and other flavors instead of salty sauces. These include sauces like hoisin, soy, oyster or fish sauce.

Desserts

- Choose cakes, cookies, dessert liquors, ice cream, sherbet and cheesecake.