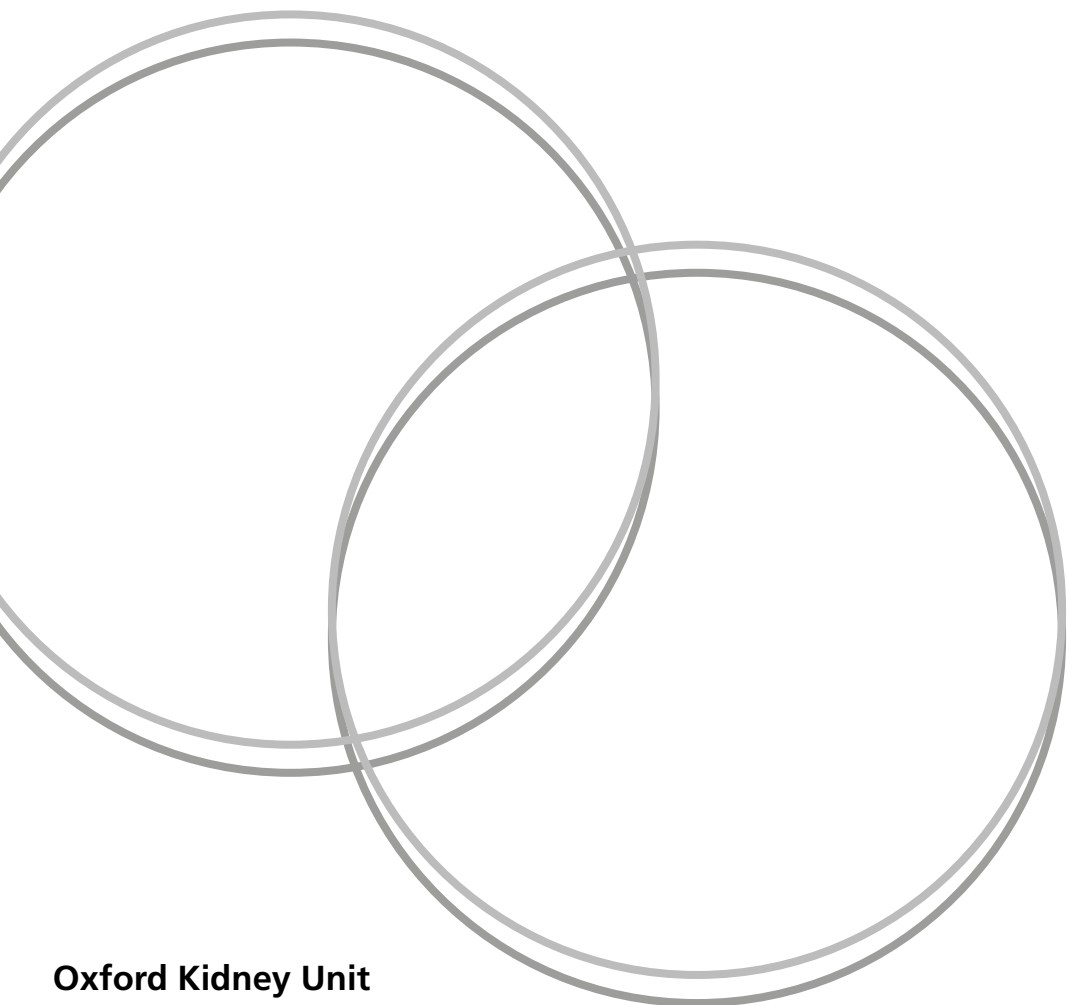




Oxford University Hospitals  
NHS Foundation Trust

# **Eating out advice for people following a renal diet**

**Information for patients**



**Oxford Kidney Unit**

Dining out can be enjoyable even when you have to follow a special diet. You just need to plan ahead and choose your food more carefully.

This information leaflet gives you advice to help you make sensible choices whilst keeping your potassium, phosphate and salt intake at a safe level.

If you have any questions after reading this leaflet, please speak to your dietitian.

# Planning ahead

- Check out restaurant menus beforehand (online, visiting the restaurant).

If you are unsure what ingredients a dish contains, ask or call ahead to ask about the menu.

- Try reducing your potassium, phosphate or fluid intake (if on restriction) before eating out, to save on your allowances.
- Ask for high potassium ingredients such as spinach, mushrooms or nuts to be left out of a dish.
- Choosing small portions or sharing with a friend or partner can help reduce the quantity you consume, such as chips, (high in potassium).
- If your blood levels of potassium and phosphate are well controlled, you may be able to indulge in higher potassium and phosphate foods as a treat. Ask your dietitian if you are unsure.
- Don't forget your phosphate binders (if you take them). You may need to spread these out or have additional tablets over the duration of your meal if you are having more than one course. Keep them handy by using a small pill pot.
- Fill up on low potassium starchy foods such as pasta, rice, couscous, noodles and bread, in place of foods like potatoes.

# Menu ideas for breakfast

<b>Cereals</b>	porridge, Weetabix, cornflakes, Rice Krispies, Frosties
<b>Bread</b>	toast, fried bread, croissant, bagels
<b>Fruit</b>	tinned fruit with juice drained off, apple, pear, handful of berries
<b>Hot food</b>	pancakes, omelette, or boiled or poached egg (limit to 4 eggs a week) baked beans (small portion) 1 sausage or 2 unsmoked bacon rashers

Cured or salted meats such as bacon, sausages and black pudding are high in salt, so try to limit how much you eat.

If you are following a **low potassium** diet please reduce the following foods:

- muesli
- cereal with nuts and dried fruit
- fruits, including bananas, oranges, avocado, melon
- fruit juice
- tomatoes, mushrooms and hash browns, if having a cooked breakfast.

# Menu ideas for British foods

British meal ideas include a large variety of foods.

Grilled dishes may be a good choice, because you can request how you want them prepared. You may also be able to adjust the accompanying side dishes if needed and have sauces served separately.

Try to avoid mixed dishes or casseroles, which are usually higher in salt and potassium and may be less flexible if you want to request leaving out a particular ingredient.

# Menu ideas for lunch and dinner

<b>Sandwiches</b>	French bread, sliced bread, ciabatta, wraps, or rolls filled with roast beef and mustard, chicken, turkey, tuna mayo, egg salad, creamed or cottage cheese
<b>Light meal</b>	scrambled eggs or baked beans on toast chicken, beef or tuna salad chicken wings fried calamari
<b>Main courses</b>	roast meat lamb shank, steak, pork chop, chicken breast fish toad in the hole shepherd's, cottage or fisherman's pie burger Sides: par-boiled roast potatoes, mashed or boiled potatoes, rice, boiled vegetables

If you are following a **low potassium** diet please reduce the following foods:

- jacket potatoes
- soups, casseroles, stews and curries containing potato and tomatoes
- potato wedges and chips.

If you are following a **low phosphate** diet, please reduce the following foods:

- sandwich fillings that contain processed meats, such as ham and corned beef, or hard cheese.

# Menu ideas for Italian

<b>Antipasti</b>	herb or garlic bread polenta (cornmeal dish) green salad mozzarella, ricotta, mascarpone cheese balsamic vinegar, olive oil
<b>Primo</b>	white wine, pesto, carbonara or cream sauces ravioli filled with meat or vegetables lasagne, cannelloni, risotto pasta with meat, olive oil, lemon juice, chilli, basil, garlic parmesan cheese (small serving)
<b>Secondo</b>	chicken, lamb, fish, pork
<b>Pizza</b>	chicken, beef, mozzarella peppers, pineapple, gherkins small amounts of onions or olives ask for just a thin layer of tomato sauce on your pizza

Antipasti containing cheese, olives, smoked or cured meats and marinated vegetables are high in salt, so best avoided.

Pizza toppings which are high in salt and best to avoid are pepperoni, sausage and anchovies.

If you are following a **low potassium** diet, please reduce these foods:

- bruschetta
- tomato or mushroom based pasta sauces and dishes
- gnocchi
- spinach, mushrooms, artichoke and tomato on pizza.

If you are following a **low phosphate** diet, please reduce these foods:

- cheese pasta sauces
- ravioli filled with cheese
- cheese stuffed crust.

# Menu ideas for South Asian

<b>Appetisers and side dishes</b>	roti, chapattis, paratha, puri poppadum (without dip) any type of rice vegetable or meat samosa
<b>Main courses</b>	dishes with less sauce: biriyani, tandoori, bhurji, bhuna, tikka masala cream based dishes, such as korma or keema lentil or chickpea dishes (if not having meat), such as dhansak or dhal

If you are following a **low potassium** diet, please reduce the following foods:

- pakoras and onion bhajis
- any dishes containing potato, tomato, spinach, okra, mushrooms
- dishes containing beans and legumes, if the dish contains meat
- peshwari nan
- dishes that contain dried fruit, nuts or coconut milk.

If you are following a **low phosphate** diet, please reduce:

- naan bread and Bombay mix
- yogurt dip, raita
- dishes with prawns or nuts.

Be aware spicy curries such as jalfrezi and vindaloo may make you thirstier and you may drink more than your fluid allowance.

# Menu ideas for Asian, including Chinese, Thai, Japanese

<b>Starter</b>	spring rolls, spare ribs, squid, fishcakes, tempura, duck pancakes, crispy wontons, dim sum, chicken wings
<b>Main courses</b>	sweet and sour, ginger, garlic, lemon and spring onion dishes foo yung chow mein sushi yakatori dishes containing tofu plain noodles or rice (boiled/fried)

Soups and prawn crackers are high in salt, so best avoided. Check the additive monosodium glutamate (MSG) has **not** been used in dishes you choose.

If you are following a **low potassium** diet, please reduce the following foods:

- vegetables such as bok choy, Chinese spinach or cabbage and bamboo shoots
- dishes containing nuts or satay sauce
- coconut based dishes, such as red or green Thai curries.

If you are following a **low phosphate** diet, please reduce the following foods:

- Bombay duck
- dishes containing nuts, prawns or offal (e.g. liver).



# Menu ideas for Mexican

<b>Starter</b>	flour tortillas plain nachos or with sour cream
<b>Main courses</b>	fajitas, tacos, burritos, chimichanga, enchiladas, quesadillas, torta filled with meat, chicken or scrambled eggs mild chilli with rice barbacoa barbequed ribs

If you are following a **low potassium** diet, please reduce the following foods:

- toppings such as guacamole and tomatoes
- re-fried beans
- meals or tortillas based on corn, including tamales
- meals with lots of tomatoes
- mole sauce.

If you are following a **low phosphate** diet, please reduce the following:

- mole sauce
- chocolate drinks.

Be aware that spicy chilli may make you thirstier and you may drink more than your fluid allowance.

# Menu ideas for Afro-Caribbean

**Main courses** meat or fish: bbq, chargrilled, crispy jerk, curries, burgers  
beans or lentils (if not having meat)  
meat, fish or vegetarian wraps or flatbreads  
boiled or par-boiled and then roasted vegetables  
any type of rice, couscous, maize or bread

Salt fish and cured and salted meats are best avoided, as they are high in salt.

If you are following a **low potassium** diet, please reduce these foods:

- dishes containing ackee or coconut
- the following fruits and vegetables: yam, plantain, bananas, cassava, sweet potato, okra, spinach, melon, mango
- fufu
- soup
- fruit and vegetable juices
- callaloo
- sugar cake and Caribbean bun.

# Menu ideas for Greek and Middle Eastern

<b>Main courses and side dishes</b>	grilled meat or fish, e.g. kebabs, souvlaki, kleftiko, shawarma, gyros chickpeas, lentils and beans (if not having meat) pitta bread, rice, bulgur wheat hummus yoghurt marinade
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Olives and capers are high in salt, so best avoided.

If you are following a **low potassium** diet, please reduce these foods:

- moussaka
- dishes containing tomatoes, aubergine, spinach, pickles, potatoes and okra
- Turkish coffee
- soup.

If you are following a **low phosphate** diet, please reduce these foods:

- offal (e.g. liver)
- taramasalata.

# Menu ideas for desserts and sweet things

cheesecake	fruit pie, crumble or sponge
gateaux	trifle
jam roly-poly	small fruit salad
profiteroles	pineapple fritters
lemon meringue pie	pancakes with syrup/honey

If you are following a **low potassium** diet, please reduce desserts containing:

- dried fruit, banana, rhubarb
- nuts
- chocolate
- coffee.

If you are following a **low phosphate** diet, please reduce desserts containing:

- nuts
- chocolate.

# Menu ideas for drinks

<b>Alcoholic</b>	whiskey, brandy, gin, vodka, port, sherry and liqueur white and sparkling wine
<b>Non-alcoholic</b>	non-dark coloured fizzy drinks, e.g. lemonade, orangeade squash cranberry juice tea 1 weak coffee each day

If you are following a **low potassium** diet, please reduce these drinks:

- beer, lager, ale
- cider
- red wine, mulled wine
- coffee
- fruit juice.

If you are following a **low phosphate** diet, please reduce these drinks:

- Dark coloured fizzy drinks, such as cola (e.g. Pepsi, Coke or Dr Pepper)
- hot chocolate.

Men and women are advised to drink no more than 14 units of alcohol a week and to have some alcohol free days.

A quick guide to alcohol units:

- single measure of spirits (25ml) = 1 unit
- small glass of wine (125ml) = 1.5 units
- 1 bottle of beer/lager (330 ml) = 1.7 units
- 1 pint of lager/beer/cider = 2-3 units

Opt for lower volume drinks if you have a fluid restriction.

## **Thirst quenching tips (for people on a fluid restriction):**

- Opt for low volume alcoholic drinks if you have a fluid restriction, as these drinks need to come out of your daily allowance.
- Include ice cream, sorbet, custard, cream and sauces within your fluid allowance.
- Ask for sauces or dressings to be served separately, so you can control how much you have.
- Ask for food to be cooked or served without (or with less) salt/soy sauce.
- Avoid adding salt or soy sauce at the table.
- Avoid salty dishes or snacks.
- Hot and spicy foods may increase your thirst.
- Sip drinks slowly through a straw to make them last.
- Don't let people refill your drinks. Turn your glass upside down or ask the waiter to remove your glass if you've finished, to avoid temptation.
- Ask for lemon wedges or ice cubes if you remain thirsty.

## How to contact us

If you would like further information about anything in this leaflet, the renal dietitians will be available in the morning during your clinic appointment or can see you when you come for dialysis. Please ask the receptionist to let the dietitian know you would like to talk with them.

Tel: **01865 225 061**

(8.00am to 4.30pm, Monday to Friday)

(Please leave a message on the answerphone)

## Useful websites

You may find the following websites helpful:

### **General food safety**

Food Standards Agency

Website: [www.food.gov.uk](http://www.food.gov.uk)

### **Eating out**

Food Standards Agency hygiene rating

Website: [ratings.food.gov.uk](http://ratings.food.gov.uk)

### **Food Hygiene Ratings**

Website: [www.scoresonthedoors.org.uk](http://www.scoresonthedoors.org.uk)

### **Oxford Kidney Unit**

Useful information for patients and relatives.

Website: [www.ouh.nhs.uk/oku](http://www.ouh.nhs.uk/oku)

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

