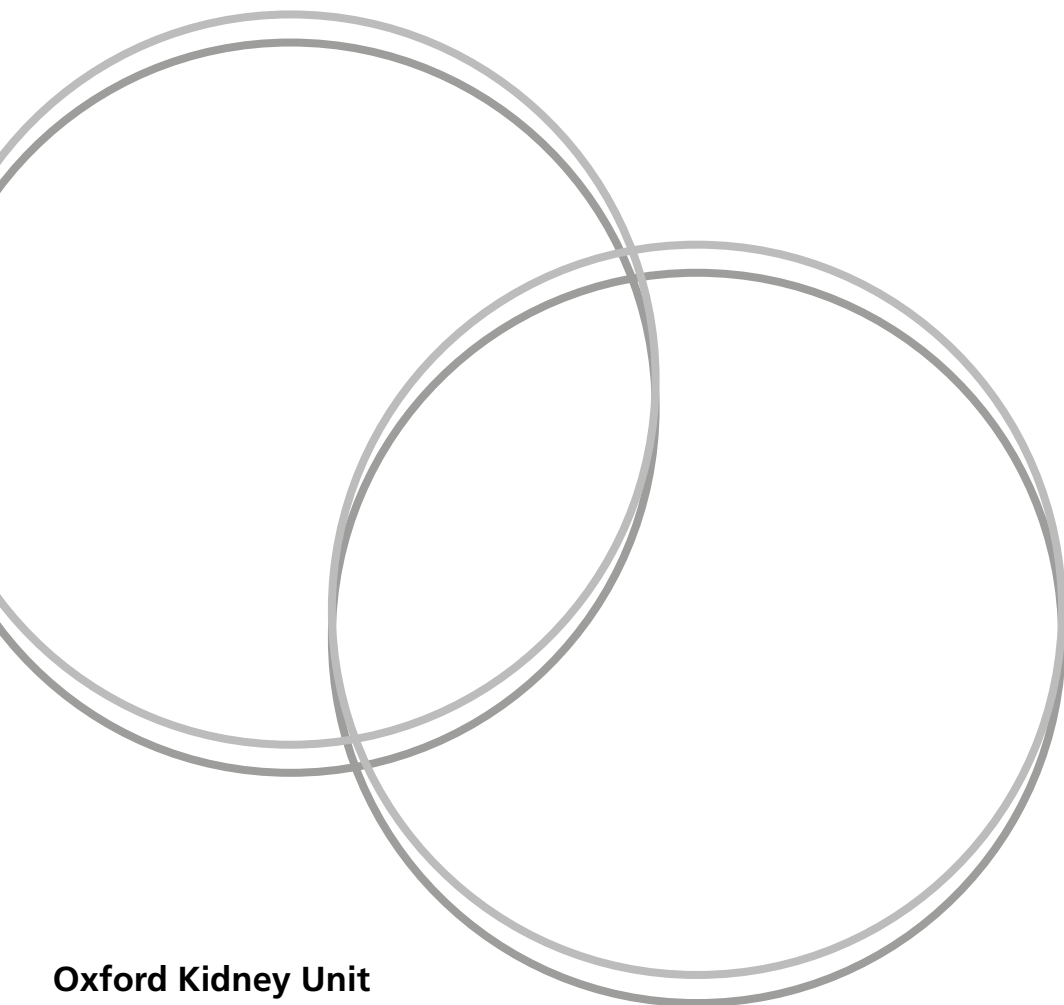




Oxford University Hospitals
NHS Foundation Trust

Renal: Eating out advice for people following a renal diet

Information for patients



Oxford Kidney Unit

Introduction

Dining out or having a takeaway is an enjoyable experience for many of us and when done occasionally, can be incorporated as part of a healthy diet. This is also true if you are following a restricted diet for your kidneys. However you may need to plan ahead and choose your food more carefully.

This information leaflet gives you advice to help you make better choices whilst keeping your potassium and salt intake at a safe level. The phosphate content of meals in this leaflet has not been highlighted, as a one-off meal that is high in phosphate is not likely to result in dangerously high levels. It will also allow for more choice when enjoying your treat. However, you should still take your phosphate binders as prescribed.

If you have any questions after reading this leaflet, please speak to a 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 a 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.
- Choose low potassium starchy foods e.g. pasta and rice rather than potatoes.

Menu ideas for breakfast

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

Cured or salted meats such as bacon, sausages and black pudding and smoked salmon 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 that are high in potassium e.g. including bananas, oranges, avocado, cantaloupe or honeydew 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.

Menu ideas for lunch and dinner

Lunch	Baguette, sliced bread, ciabatta, wraps, or rolls filled with roast beef and mustard, chicken, turkey, tuna mayo, egg salad, cream cheese or cottage cheese, humus and falafel
Light meals	Scrambled or poached eggs on toast, beans on toast, chicken, beef or tuna salad
Main courses	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.

Menu ideas for Italian

Antipasti	herb or garlic bread polenta (cornmeal dish) green salad mozzarella, ricotta, mascarpone cheese balsamic vinegar, olive oil
Primo	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
Secondo	chicken, lamb, fish, pork
Pizza	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
- gnocchi
- spinach, mushrooms, artichoke and tomato on pizza.

Menu ideas for South Asian

Appetisers and side dishes	roti, chapattis, paratha, puri poppadum (without dip) any type of rice, plain, garlic or meat naan vegetable or meat samosa
Main courses	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 bhajjis
- any dishes containing potato, tomato, spinach, okra, mushrooms
- dishes containing beans and legumes, if the dish also contains meat
- peshwari nan
- dishes that contain dried fruit, nuts or coconut milk.

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

Starter	spring rolls, spare ribs, squid, fishcakes, tempura, duck pancakes, crispy wontons, dim sum, chicken wings
Main courses	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)

Asian dishes are often cooked with soya sauce so avoid adding extra at the table.

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 Pak choi, Chinese spinach or cabbage and Chinese kale (choi sum and kai lan)
- dishes containing nuts or satay sauce
- coconut based dishes, such as red or green Thai curries.

Menu ideas for Mexican

Starter	flour tortillas plain nachos or with sour cream
Main courses	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.

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
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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 the following 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

Main courses and side dishes

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

Olives and capers are high in salt, so best avoided.

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

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

Menu ideas for desserts

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 the following foods:

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

Menu ideas for drinks

Alcoholic	whiskey, brandy, gin, vodka, port, sherry and liqueur white and sparkling wine
Non-alcoholic	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.

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

Eating out

Food Standards Agency hygiene rating
ratings.food.gov.uk

Food Hygiene Ratings

Website: www.scoresonthedoors.org.uk

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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