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The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Eating Out with Chronic Kidney Disease (CKD)

Therapies – Dietetics Department

Introduction

Planning ahead is always useful when eating out. This booklet aims to help you choose suitable choices based on your dietary needs.

Fluid Control (if on a fluid restriction)

Drinking with meals is all part of socialising, which may be difficult if you are on a fluid restriction. Here are a few ideas to help you:

- Save some of your daily fluid allowance to have with your meal
- Try and sip drinks slowly to make them last longer
- You may feel thirsty on the day after if the meal contained more salt than you are used to. Try quenching your thirst with ice-cubes, lemon slices or boiled sweets.
- Avoid adding salt to your meal

Potassium control

If you are on a potassium restriction then it is important to only have your allocated fruit and vegetable allowances as advised by your dietitian. If you want to eat more fruit and vegetables at your meal then save up your allowances throughout the day. The fruits and vegetables listed in your diet sheets on the avoid list still need to be avoided. All potatoes and vegetables need to be boiled where possible

Phosphate control

If you are on a phosphate restriction and you are prescribed phosphate binders remember to take them with you. Take them as prescribed immediately before or during your meal. If you forget then take them straight after the meal. If you forget to take them with you do not take them when you get home.

Salt Control

It is difficult to know how much salt is in the food. Try to avoid adding any extra salt to you meal. If your meal needs extra flavour, use pepper or vinegar.

Restaurants

There are many restaurants to choose from. If you are careful when ordering, all types of cuisine are suitable. This booklet will help you to make appropriate choices.

Greek/ Turkish Cuisine

Most dishes are suitable as they are usually meat based dishes and can be served with rice.

Selecting from the menu (suitable choices)

Starters

- Tzatziki served with pitta bread
- Greek salad (small portion)
- Calamari (deep fried Squid)
- Olives
- Feta cheese served with Greek bread
- Lahmajun (spicy lamb mincemeat with onions and herb on pitta)
- Whitebait

Main courses

- Meat or fish grilled with herbs and spices, served with rice or pitta bread and a small side salad
- Moussaka, not served with potatoes as these are included in the dish
- Kebabs served with pitta bread
- Keftedes (meatballs) served with pitta bread, rice or boiled potatoes
- Stifado (beef casserole)

Desserts

- Ice cream
- Fruit salad
- Turkish delight

Unsuitable choices may be:

Starters

Hummus
Taramasalata
Lentil soup
Tahini
Vine leaves
Spanakopita (spinach pie with feta cheese)

Main courses

Dishes cooked in red wine
Prawn dishes
Patates tiganites (fried potatoes)
Patates to Forno (oven roasted potatoes)

Desserts

Desserts containing chocolate and/ or nuts or dried fruit

Indian Cuisine

Rice, chapattis and plain or garlic naan bread are all low in potassium. Many Indian foods are high in salt and potassium but if you choose sensibly you can still have curry.

Selecting from the menu (suitable choices)

Starters

- Have one pakora or one samosa
- Poppadoms, pickles and chutney are all high in salt and potassium. Therefore just have one poppadom and no more than 1-2 teaspoons of chutney and lime pickle. Minted yogurt and raita are suitable

Main courses

Some menus list the ingredients of the dishes, but if you are not sure ask the waiter for advice.

- Chicken/ meat dishes such as Bhuna, Patia, and Rogan josh, Jalfrezi, Biryani.
- Tandoori Chicken- spicy and usually served with rice and a small salad garnish
- Biryani curries are usually dry and often served with a small vegetable curry (only have a few spoonfuls)
- Dahl curries- are fine if the portion size is small and no other vegetables are taken
- Choose a mild curry whether meat, chicken or fish. Dry curries are a good choice for those on a strict fluid intake
- Hot curries such as madras and vindaloo may cause severe thirst and should be avoided if you are on a fluid restriction and you think it will cause you a problem.

Served with rice, chapatti or plain or garlic naan bread

Desserts

- Fresh/tinned fruit such as lychees, mango, pineapple
- Flavoured / plain ice cream
- Sorbets

Unsuitable choices may be:

Starters

Bhajis
Chevra
Ganthia

Main courses

Any dish containing prawns
Dhansak
Naan bread containing fruit or nut e.g. peshwari

Desserts

Lassi
Kulfi (Indian ice cream)
Indian sweets

Italian Cuisine

Pasta, rice and pizza dough are all low in potassium. When you have these instead of potatoes you will be able to have sauces or pizza toppings, which contain some tomato or mushrooms as long as you do not exceed your fruit/ vegetable allowances.

Selecting from the menu (suitable choices)

Starters

- Garlic bread
- Dough balls
- Chicken goujons
- Calamari (deep fried squid)
- Deep fried mozzarella
- Cured meats- but watch as these will be salty
- Olives

Main courses

- Chicken
- Steak in pepper sauce
- Baked/ grilled fish e.g. salmon, cod, hake or sea bass
- Pizza with chicken, pork, pepperoni, ham onion, peppers, pineapple or sweet corn
- Pasta, choose cream sauces, which are lower in potassium e.g.
- Lasagne
- Cannelloni
- Spaghetti carbonara

Desserts

- Mixed fruit salad with ice cream or cream
- Fruit gateaux e.g. strawberry
- Cheesecake, Pavlova
- Ice cream, sorbets

Unsuitable choices may be:

Starters

Pate on toast
Melon
Minestrone soup
Prawn cocktail

Main courses

Tortellini
Pesto dishes
Dishes containing sundried tomatoes
Dishes containing seafood

Desserts

Chocolate cake
Tiramisu
Any desserts containing nuts, chocolate or dried fruit
Blackcurrant desserts

Chinese Cuisine

Chinese food is generally not spicy but monosodium glutamate may be used to flavour foods. This can cause excessive thirst even though the dish does not taste salty. Take care not to add soy sauce to dishes and avoid very salty food like Chinese sausages or barbecued pork. Noodles and plain boiled/fried rice are suitable to accompany Chinese dishes and are low in potassium. Chinese dishes are generally stir-fried therefore; the potassium content is not reduced. Choose dishes with small amount of vegetables or those with low potassium contents.

Selecting from the menu (suitable choices)

Starters

- Spring rolls
- Sesame/ prawn toast
- Chinese dumpling
- Crispy won tons
- Spare ribs

Main courses

- Sweet and sour dishes
- Lemon chicken
- Beef, chicken or pork with ginger and spring onion
- Beef, chicken or pork with bean sprouts
- Chicken foo yung
- Beef, chicken or pork curry
- Beef, chicken or pork chow mein
- Crispy duck and pancakes
- Meat fried rice

These can all be accompanied by fried rice, boiled rice or noodles.

Desserts

- Pineapple fritters with syrup, Sorbets, Ice cream

Chinese tea is a suitable choice to finish your meal

Unsuitable choices may be:

Starters

Soup
Seaweed

Main courses

Satay dishes
Dishes with mixed vegetables
Mushroom based dishes
Chicken, beef, pork with yellow or black bean sauce
Chicken, pork, beef with cashew nuts
Prawn or king prawn based dishes

Desserts

Banana fritters
Melon

Burger Bars/ Take Away/American

Selecting from the menu (suitable choices)

- Any burger e.g. chicken/ fish or beef are all fine in the bun
- Chicken nuggets
- Chicken pieces
- Kebab
- Hot dog in a bun
- Onion rings
- Fizzy drink
- Apple pie / cherry pie
- Ice-cream (plain)

Unsuitable choices may be:

Chips, potato wedges, French fries or hash browns
Milk shakes
Flavoured ice cream e.g. chocolate or nut

Pub Meals

Pub meals tend to vary from pub to pub and can usually serve international dishes therefore see the other sections for more information

Selecting from the menu (suitable choices)

Starters

- Garlic bread
- Chicken wings/ goujons
- Nachos

Snacks

- Rolls, sandwiches, toasties (with tuna, chicken, turkey, beef, cheese,)
- Beef burgers in a bread roll
- Ploughman's lunch- cheese portion is usually quite large, therefore only have half
- Salads- use your own discretion; only eat one or two slices of tomato or beetroot

Main courses

- Cottage pie
- Meat pie or sausages or fried fish or chicken or scampi with mash or boiled potatoes and a small serving of vegetables
- Chop or steak
- Casserole
- Curry served with rice, chapattis or naan bread as. Avoid vegetable and potato curries. Ask how hot it is (see Indian section of this information sheet for more details).
- Roast dinners- beef, chicken, lamb, pork, and turkey with boiled/ mash potato, Yorkshire puddings and vegetables. Add flavour to lamb with mint sauce or add apple sauce to pork
- Steak with mustard/ pepper sauce
- Poached fish in parsley sauce
- Fish pie

- Chicken Kiev
- Chicken chasseur

Do not choose chips, jacket potatoes, roast or potato wedges as these are very high in potassium.

Desserts

- Fresh fruit salad,
- Gateaux
- Fruit pies with cream or
- Ice cream
- Sorbets
- Pavlova
- Sponge cake and cream

Unsuitable choices may be:

Starters

Soup
Prawn cocktail
Pate
Melon

Main Courses

Stir-fries
Steak and kidney pie
Fish dishes e.g., sardines, mackerel
Dishes containing a lot of nuts or lentils

Dessert

Chocolate gateaux
Sticky toffee pudding
Spotted dick
Chocolate nut sundae

Meals with friends and relatives

A meal with friends can vary from a simple lunchtime snack to a more elaborate dinner party. Whatever the occasion if your friends know you are on a special diet they will often appreciate a few ideas of suitable dishes. Just give them an idea of foods very high in potassium that you need to avoid

If you find they have gone to a lot of trouble to prepare something high in potassium there is no need to refuse it just have a small amount and fill up with other safer foods

A buffet presents less of a problem as you can choose your own food and control your portion sizes

Please Note:

People with kidney problems should avoid Star Fruit. This has been known to cause neurological problems when eaten by people with a reduced kidney function.

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Further Information

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