

DIET & DIALYSIS: EATING AWAY FROM HOME

If you are going to eat a meal away from home, eat lightly for the rest of the meals. Choose restaurants that allow you to make special requests such as having your food prepared without added salt or with sauces and dressings on the side. Choose simple dishes, made to order. If portions are large, share a meal or take leftovers home for the next day. Plan your beverage choices to limit extra fluid intake.



The following list can help you make good choices.

Food Groups	Good Choices	Limit These Choices
Appetizers	Crab, crab cakes, clams, calamari, shrimp, chicken wings, meatballs, fried zucchini or onion rings	Cheese, fondue, quesadillas, anchovies, quiche, potato skins, soups, processed and smoked meats, liver, pate
Breakfast	Eggs cooked to order, toast, bagels, English muffins, French toast, apple or grape juice, applesauce, hot or cold cereals (limit milk)	Eggs with cheese, pancakes, waffles or muffins from a mix, processed or smoked meats, citrus juices, bran or granola cereals, pastries with chocolate, nuts or coconut
Salads	Macaroni, pasta, simple green salad (lettuce, cabbage, cucumber, jicama, onions, peas, onions, green beans), gelatin, fruit cocktail, coleslaw	Spinach, tomato, avocado, kidney/ garbanzo beans, seeds, nuts, potato salad, Greek salad, olives, pickles, relishes, fruit salad (melon, oranges, kiwi, bananas, or dried fruit)

Main Dishes	Any fresh meat, poultry, fish, or seafood. Tofu or vegetarian meat substitutes	Processed/smoked meats, mixed dishes, dishes with tomato sauce or beans
Breads and Starches	Rice, noodles, pasta, macaroni, quinoa, unsalted breadsticks, bread, rolls	Potato, especially baked, sweet potato, cheese breads
Vegetables	Peas, green beans, beets, asparagus, corn, zucchini, cooked carrots	Spinach, greens, winter squash, tomatoes
Desserts	Sherbet, gelatin, cake, fruit desserts (berries, cherries), sugar cookies, vanilla wafers, lemon cream or butter cookies	Chocolate, coconut, nuts, ice cream, frozen yogurt, banana, chocolate or coconut cream pies or puddings, pecan or pumpkin pie, cheesecake