



This is our weekly talk about how you can succeed with a kidney diet, brought to you by [RenalDietHQ.com](http://RenalDietHQ.com), a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hello, welcome to the Renal Diet Headquarters podcast, this is Mathea Ford, your host, and this is podcast number 29, you can find all of the information about this podcast at [www.renaldietHQ.com/029](http://www.renaldietHQ.com/029)

The month of July we are talking about picnics and eating out and topics related to that. Last week we talked about food safety type issues and we will probably talk about food safety again. This week I really want to talk about eating out and eating out at restaurants with kidney disease. Then at the end I want to go over a little bit about salad dressings and some salads that would be good choices whether you made them at home or you picked them at the restaurant.

Let's get started. I wanted to let everybody know that I will have a link in the podcast at [RenaldietHQ.com/029](http://RenaldietHQ.com/029) we have the [Caregiver Guide on Amazon](#) as well now, so that item will be available for you to purchase directly from Amazon, if you are interested in that. The Caregiver Guide is chocked full of information about aromatherapy, reflexology, how to deal with chronic kidney disease, how to deal with being a caregiver for someone with chronic kidney disease and dealing with some of the issues they have.

Another thing I want to let you know about is that, coming up we are going to release our book on healthy herbal and alternative medicines. That is a smaller section of what is in the Caregiver Guide, also it will include other types of alternative medicines and explains what they are. We also are working on a renal dialysis cookbook for breakfast. So both of those are due to be out in the next couple months, hopefully the herbal one really soon.

On to our topic of the day, which is about restaurants and eating out and kidney disease. Every now and then, you are going to eat out. You are going to have

someone have an event, or maybe you just had a long day and you just don't want to cook, or some other special occasion. We all like to have someone else cook for us every once in a while.

For people with kidney disease who have dietary restrictions, you can have a little bit of difficulty when deciding what to eat when eating out. You can still enjoy eating out on occasion if you make the right choices.

Healthy restaurant choices would be things like:

#### Appetizers:

You want to get one, or they might set one on the table in front of you, they might set the chips or bread in front of you. Most of the options that are available are going to have a lot of sodium, and those are not necessarily healthy for your renal diet, but you can make some modifications to those, you can ask for the chicken wings without sauce because the sauce can be rather salty. Some restaurants may have a low sodium option, but the wings do taste good without the sauce, or you can ask for the sauce on the side and just do a little dab of it on there.

#### Entre':

Simple but delicious items can be like grilled meats with a small amount of sauce or no sauce or toppings. A lot of sauces are full of sodium so you have to be careful and avoid them, like I said before with the appetizers, ask for the sauce on the side or simply just stick with the delicious cuts of meat that are just plain and simple. The grilled chicken breast with like a mango chutney topping, grilled filet fish with a little bit of lemon pepper, you could have a lean cut steak with a little bit of butter sauce as long as it is not salty. Those are all good choices.

Shrimp can be really lean, especially if they have it on a kabob with some healthy vegetables, make sure you ask if they brush a sauce on them, or if they are marinated. If they are ask them to not add the sauce that. In a restaurant it is best to avoid casseroles or pasta dishes that have a lot of sauce because again that will have a lot of salt in it, they are premade usually, so they can't be ordered specially made, because they come that way.

Remember the reason why you are going out. If you are going out on a date night or a special occasion it is not to eat the food, although food is part of it, it is really for you to have a good time with the people you are with. Don't look at the food as this is the only time I get to eat this, look at it as a chance to stay healthy, take care of myself and have a good time with my friends.

## Side Dish:

Side dishes accompany your entree' and they may be part of the problem as well. You need to look at those. They can have a lot of sodium or sauce on it, like mashed potatoes, may be made from instant mashed potatoes, they may put sauces on the corn. For the best options on a renal diet, I would opt for a nice little side salad, with of course the dressing on the side so you can control how much. Ask if the restaurant has low sodium dressing options, they might. I am going to talk in a minute about a way you can make your own dressings at the restaurants, so keep listening for that.

Green beans and corn are good side options for you with chronic kidney disease; some squash mixed veggies can be good too. Steamed rice and toast, plain toast, not whole grain, are good carbohydrate choices if you are looking for some extra starch, so add some color then add some starch in there. You should special order your sides and make sure they understand you don't want them to put any extra salt or anything when they are cooking them, especially with the vegetables.

## Desserts:

For extra special type treat, you can have dessert on occasions. I would avoid for you the chocolate options for sure. Stick to the fruit options like a fruit pie or cobbler. If you have angel food or pound cake available those are good options for renal diets and you can have a little bit of strawberry or blueberry on top. The blueberries are wonderful right now. We picked a bunch out of our back yard and have made blueberry cobbler multiple times and everyone raved about it for Fourth of July, and we have made it again a couple times since. Those fruit cobblers can be okay, just make sure you are doing them sparingly. If you are in the mood for a little something and you want something good, you might try some fruit or some nice light cookies or something like that. If you can do without, that might be better, you can wait until you get home and have control over the food.

When you are trying new restaurants, it is always a good idea to call ahead and ask if the menu is online, and if they have low sodium options, or if they do special orders, what kind of sauces do they use, they will more than likely be very willing to answer those questions. Usually those are available and you can have them at any restaurant, but make sure you know ahead of time so when you go and you ask, if the server has a problem you can get a manager over to help you.

## Salad Dressings:

Okay, so with the dressing for the salad, one of the best things that I recommend you do is to ask you to bring you the oil and vinegar, instead of having the ranch or thousand island or whatever. Ask them to bring the oil and vinegar for you to put on your salad

and ask what type of oil it is. Hopefully it is an olive oil. Olive oil on a salad makes it healthy; olive oil is very healthy for you. Your salad can have lots of nutritious fruits and vegetables.

To make vinaigrette, usually you put 3 parts oil and one part red wine vinegar or balsamic vinegar. You are not really going to use white vinegar in a salad dressing. Another thing I sometimes use is lemon juice, because I love lemon juice. You might want to put some freshly ground pepper on your salad with that or Dejon mustard or garlic if you want to put it in a side bowl and mix it up together, that can be a good way to add flavor. If you want to use a little less oil and a little more acid, like the vinegar, you can use rice vinegar, white wine vinegar, a fruit vinegar or champagne vinegar, lemon or even lime juice. Try to do two part oil to one part vinegar, it can get really tart, really quick and you don't want that. They can stand alone in salad dressings and they can make delicious salad dressings, especially if you have a lot of variety in your salad. So if you have lettuce, carrots, green peppers and stuff, you will have a pretty good start so you won't need to add a lot of flavor with dressings. If you want to, especially at home, it is a great idea.

For the better flavor, you should mix the oil and vinegar together; whisk it together with the other seasonings, in the vinegar. So take the vinegar first put it in a bowl, put in your seasonings, whisk it together, then add the oil in a steady stream and whisk it constantly until it is mixed together well .

You can also shake them together in a small jar. We have some special jars that you put the oil and vinegar and seasoning in, I put the seasoning in first, and then put the lid on and shake it up. It pours out a little at a time so you are going to have to shake it every time you use it, just to remix it up. Don't use more than about a tablespoon of the dressing per two cups of salad.

You don't want it to be soaking; you want to let it add to the flavor. I know a lot of people are used to coating their salads and when I stopped coating my salad, I realized the lettuce and vegetables actually had flavor as well. Those are some things that you really can work on doing, especially at home.

For your picnic, obviously if you want to take and make a salad and put it together when you are actually eating. You can tear up your lettuce in a bag, and the sides prepared in a bag, and then put some plates and some cold chicken or beef that you have cooked and cooled properly, then have the salad dressing on the side. Just put your salad together at the picnic and shake the dressing, it will make a great little light treat.

Other things that you can add to the basic oil and vinegar salad dressing can be, garlic powder, you can add a little sugar and see if it tastes good; usually the champagne vinegar tastes good with a little bit of sugar in it. You can add a little Dejon mustard, or

some onions or whatever. Any sort of chopped fresh herbs or you can use an Italian seasoning and mix it in. If you like a certain herb on other things, then most likely you will like it in the dressing mix. If you like lemon pepper seasoning, you might find that you like it in your oil and vinegar dressing as well.

I encourage you to go out and try to watch what you are eating. Stand up for yourself speak up and do the things you need to do for you. I am going to make a special announcement in the next couple weeks that I am pretty excited about. I am going to talk about that when it is available. We are looking forward to some exciting stuff coming up in the next couple months.

I appreciate you listening. I appreciate all of my listeners and I apologize for the little hiatus the podcast was on. We are back on track and we will speak with you again very soon. Thank you.

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