



Dining Out While On Dialysis

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What's The Big Deal?

Dining out is a great monotony breaker for you every once in a while. In this Lunch With The Experts, I am going to show you some great ways to continue to enjoy your meals but not throw your diet out in the process.

Sometimes it's easier to give in than stay strong. In the case of eating out, I encourage you to understand it's not an all or nothing plan. You can recover if you make a mistake. You can also work

within your diet with some quick tips that you should remember with your routine.

Remember that dietary restrictions are different based on what type of dialysis you are on and how often you receive treatments. Most of these recommendations are for people who are utilizing in-center dialysis 3 days per week. PD or Home Hemodialysis is less restrictive with the diet.

We are fortunate to live in a world with a lot of awareness of specialized diets like: gluten free, nut allergies, milk allergies, and lots of other types of changes. This means that you should not feel self-conscious about asking for changes or inquiring what is contained in a dish. You are not the only person in the restaurant with a need to understand the preparation and recipe in detail.



Ask Yourself: Why Am I Eating Out?

I know it's hard, but knowing your limitations of your diet is one of the first things you need to think about. Should you eat differently for lunch so you have more room for portions at your special meal? Do you know how big a 3 ounce portion of meat is? Do you have a good under-

standing of foods that are high in potassium and phosphorus?

Also, think about why you are dining out. Are you going out to dinner with friends for a social occasion? Or are you traveling and just need to stop for a quick bite? If you

are going to a long meal with friends, you might find your willpower comes into play. Remember to socialize and not focus on the food. If it's a quick meal, try to find several options that you know what to get and how much so it's not an internal struggle about what to eat.

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In this presentation we will discuss:

- Knowing your limits
- A healthy plan of attack for eating out and still feeling ok afterwards
- What to do when you are ordering
- Special questions and items to look for in certain restaurants
- When is it best to eat out and choose items that I like?



What is your plan of attack?

Best to go the night before (or morning before) dialysis. If you overdo it by eating too much or drinking too much, you will get it adjusted soon after. Don't use that as an excuse to overeat.

1. Decide on your portion sizes and limits before you go in. Know your needs and take your binders with you.
2. Prepare ahead of time by reviewing the menu online and deciding what to eat.
3. Know what "pre-meal" items are offered – Chips/salsa (Mexican) or Bread/Flavored Oil (Italian). If you shouldn't eat it, ask the people with you if they mind skipping the items. Or just not bring the items you can't eat (salsa).
4. Limit your fluids and don't drink unlimited amounts. Have the server only fill your cup with as much as you are going to drink for that meal and ask them not to refill it.
5. Share your meal or cut it in half and take it home with you.



When you are ordering:

Ask how the item is prepared. Be specific. If you decided what you wanted before you went, call ahead and ask. Explain that you are on a very restrictive diet – they will usually accommodate you.

Ask what can be changed about the meal. Can they cook it without certain things? Plain with no marinades, etc?

Ask if they have low sodium items or nutritional information for items. You won't get potassium and phosphorus information but you can use your knowledge of low potassium and phosphorus foods to choose.



Special Requests

what you are comfortable adding to the meal.

3. Order from the ala carte menu if it's possible—or the lunch choices.

4. If it comes with potatoes, ask for plain rice or pasta instead.

5. Ask for all of the toppings and sauces on the side then add what you need.

6. Order fish if it's fresh and it will be lower in sodium. Same with chicken.

7. Get a take out box at the beginning of the meal and divide the meal before you start eating.

8. Give the extra meat and cheese on

your plate to another person at the table.

9. Fajitas are a good meal, just ask for no guacamole, salsa, and beans. Ask for fresh tortilla chips with no salt.

10. Side salads are good with meals, ask for lettuce, onion, cucumbers only with oil and vinegar dressing.

11. Thai and Chinese food ask for no salt or MSG added.

12. Low potassium vegetables you can add are lettuce, cabbage, green beans, corn, and peas.

13. Use lemon or lime to flavor meats for zesty flavor without salt.

14. Non cola soft drinks are best (clear).

Sometimes it just takes a couple of tweaks and your meal is ok. Here are some suggestions:

1. Ask if they will steam vegetables and keep the rice separate with no additional sauce.
2. With spaghetti, ask for the sauce on the side and add