



Hello and welcome to the Renal Diet Headquarters Podcast. This is Mathea Ford again and we are on podcast number 42. And you can find all the links and the information on our website at www.renaldiethq.com/042.

So if you're looking for the information that I talked about, go ahead and go over to the website at

renaldiethq.com/042. And you'll find all the information there.

I wanted to tell you about something new on our website. We have a conversion calculator on the website, so it converts from like cups to gallons or gallons to cups. Or any other measurement that you might want related to cooking. So go to the main page Renaldiethq.com. And then at the top there's a menu and at the top you'll see a topic that says conversion calculator; click on that it'll go to a page and you can enter the information and figure out what amount of liquid or solid you need, if you needed to convert from a large amount to small amount. Or maybe you wanted to know in cups so.

And I'll do another reminder about the Positive Beginnings Dialysis Breakfast cookbook. We're talking about dialysis and dining out this week. And another opportunity you can have to have something related to dialysis is... our cookbook. So head on over to Amazon or like I said you could go to links find it there.

So last week we talked about the general things related to eating out. Like why you want to eat out? What your plan of attack? What you want to do when you are ordering and kind of how to prepare yourself for dining out. This week we're going to talk about some special requests that you can make. And also some specific things for different restaurants that you may encounter, to help you out. So hopefully this is helpful. This is the second part of my presentation that I did at the AAKP meeting. And I'm just kind of talking you through it again. There is a link to handout that I gave out at the meeting, on the renaldiethq.com/042 page.

So I want to start with some special requests that you can make. Sometimes it's just a couple of tweaks to your meal and they're fine. So ask them first of all if they'll steam the vegetables and keep the rice separate with no additional sauce. So if you're getting something with vegetables and rice, ask them can you steam these vegetables separately. And can you keep no additional sauce on the rice. Sometimes they do have flavorings or something, make sure they understand that you want the rice plain.

With spaghetti, I know spaghetti can be a big thing because it's got red sauce but if you ask for sauce on the side and add just the amount that you're comfortable adding the meal, so if you know your potassium high and you shouldn't eat too much red sauce. Don't add any but ask for the sauce on the side maybe you can have a little bit. And just meet that taste that you want.

When you're ordering, it's important to look at the à la carte menu, which is usually you can buy single things. Or the appetizer menu or the lunch menu. Those are all going to be smaller portions. So ask them, maybe it's Friday night at 5 o'clock and it says lunches only served Monday through Friday. Items off the lunch menu, ask them if you can... you don't have to have ask about ordering appetizers as the meal they are used to that. So if you see something in appetizers although appetizers tend to be very salty. If you see something in appetizers that would be good for you, go

ahead and order it there, or like a child's menu or the lunch menu or the a la carte' or appetizers. All of those are better than just ordering off the regular menu. Especially like a la carte' because you can get rice, you can get like a taco at a Mexican place. Or you could get just noodles like just spaghetti with different kinds of sauce on it or something like that. So you can do that on the á la carte menu.

If something comes with potatoes ask them to give you plain rice or pasta. A lot of places are able to accommodate that. So Just say "hey I'm not eating potatoes, but I would like some plain rice or pasta." Ask for all of the toppings and the sauces on the side. So that's going to be a big theme here. You are going to ask for items to be on the side, so you can just add what you need to the meal.

Order fish if it's fresh and it'll be lower in sodium. Same thing with chicken. So if you're getting something and it's...the fresh fish of the day versus something that they've had frozen and they processed somewhere else. You're better off with the fresh fish. Same thing for chicken.

Get a takeout box at the beginning of the meal, and divide the meal before you start eating. That's going to help you to get a smaller portion and to not over eat.

Give the extra meat and cheese on your plate to another person at the table. So that's one of the tips when you are eating or when you are ordering. Cut your meal in half; take it home; just do that from the very beginning. That keeps you from eating way too much.

Okay, fajitas make a good meal; just ask for no guacamole, salsa or bean. Ask for fresh tortilla chips with no salt and ask... you how you can eat the tortillas; you can eat the onions and green peppers, the beef. All of those things are good for you but just ask for the fresh tortillas and you can squeeze a little lime and a little butter on them but just be careful about the guacamole, salsa, and your beans.

Side salad... good with meals, so if you don't like you get a lot of... say you had to get rid of potatoes and they didn't have any rice. You could also ask for a side salad with just lettuce, onions, and cucumbers and say hey I would like some oil and vinegar for the dressing and that will work really well for you. Don't... just tell them specifically I just like lettuce, onion and cucumbers. That keeps him from slicing tomato and cheese and everything else on it, just do that and ask for oil and vinegar dressing.

Thai and Chinese foods are important to ask for no salt or MSG added. So if you're going to Pei Wei or you're going to a Chinese restaurant. If you go to a buffet. You want to get a meal at a buffet you don't want to go get off the buffet. You want to order a meal and you want to request no salt no MSG added.

Low potassium vegetables that you can add are things with lettuce, cabbage, green beans, corn, and peas. Those are going to be low potassium and help you to keep the overall potassium of your meal down. And then use lemon or lime to flavor meats and your meals for zesty flavor without the salt. I love putting lemon and lime on meats, for that zesty flavor. I eat some chicken dishes and when I eat chicken, I just squeeze lemon on it and I use almost a whole lemon but I just love the flavor. It's very good; I also love a little bit of vinegar in my dressing. Whether it balsamic or whatever. I add a little bit of vinegar or lemon juice in it. Just makes it that much better to me. My personal opinion but it's one of those flavors you might want to get used to.

And then non-cola soft drinks are the best. So your clear ones are going to be lower in phosphorus. And that's going to be important to keep your phosphorus down. Again the whole time you were eating or you before you started eating you knew you needed to bring your binder with you. And you know how much to eat and you knew how much of a portion you could have.

What are those things you can fill up on our things like vegetables, lettuce, cabbage, green bean, corn and peas that will keep you from overdoing it, but on dialysis you can actually have more meat so... like the fajitas I said are good meal. Well you can have a little more meat, because you may need it for your nutritional status. So go ahead and have them just don't eat all the cheese and the guacamole and salsa.

Now I want to talk about... I really think that it's important that you avoid some of the all-you-can-eat stuff. Going to that type of place just encourages you to over eat in general and special encourages you to over eat. As a person on dialysis and you just want to try to avoid that because it can be really be salty foods as well.

You want to choose to not eat the soups probably. I rarely come across the soup that is low sodium in a restaurant. And watch your fluid, watch your meat; it tends to be larger portion than you are even probably used to be eating at home, so be careful. Choose the salad and stuff just make sure you're building your own or telling them want to leave on.

Your main dishes you can have your steak, your lamb, your chicken, your beef. You just need to watch the portion size.

Seafood's, I strongly recommend that you get up them grilled or baked. Sauces and gravies again on the side. Pasta. You can have a cream-based sauce, but just try to have it on the side and not do too much. Risotto, beef or chicken sandwiches, you can even have the veggie burgers.

Stir fry, noodles or rice based without the nuts. Side dishes you want to not eat potatoes. Just, you probably should avoid them altogether and watch... and eat your rice as plain as possible. Or pasta as plain as possible.

Your salad bar. Try to watch how much salad you put on there. Vegetables make sure you're picking a little potassium ones. Choose white bread instead of wheat bread, which is not something that I usually say to people very much. But it's very important as a dialysis patient to try to avoid those whole grains.

You might look at cakes and desserts and want some. And some that can be good for you is something like a small muffin. Like an apple cinnamon or blueberry. Any crapes with berries and syrup probable ok. Again none of this is in excess. It is all just in smaller portions. Apple pie or crumble pie. Any of that. Short breads are good, Danish pastries, scones with jam and cream all of that is okay, as long as you are using those low potassium fruits and vegetables like apples and blueberries, strawberries, plain donuts, plain cheese cake.

Specifically I want to go into some of the cuisine because I wanted to make sure you had a good understanding about things that are healthy for you at some cuisine. Like Asian cuisine... usually have like a stir-fry with vegetables or either noodles or rice. You just make sure that you're asking for no MSG... Asking them what sauces, soy sauce, fish sauce, oyster sauce. All those can have salt in them. So just be careful and don't add a whole lot of those, they can add those when they are cooking and so make sure ask what sauces are you adding when you cook.

Vegetable, like Bok Choy, Chinese spinach, Chinese cabbage. Those are all green leafy vegetables, probably should be avoided. Steamed rice or plain noodles... you want to ask for instead of the fried rice so to speak.

Entrées you can have like the prawn, which is like shrimp cocktail, sushi. You want to always get the noodles like pad Thai or rice... plain rice. Chop Suey. Chow Mein, fish that steamed, honey, lemon honey chicken or sweet sour dishes. Braised meats. Any of that as long as it doesn't have too much sauce on it. You want to as much of it as plain as possible. You might have like an apple fritter for dessert.

In Mexican cuisine you're going to look at the tacos, burritos, fajitas and enchiladas. Make sure that they don't have a lot of sauce or that the sauces on the side. For tacos you want to tell them no tomatoes, limit the cheese.

Barbecue... you probably want to have items like your tomato sauce, your barbecue sauce in ketchup is going to be high tomatoes so you don't want to eat those. You can have the tartar or the seafood sauce or things like mayonnaise. Those would be okay on a burger. Little crackers, little corn chips just make sure about the sodium.

When you're getting a salad out you can eat like simple dressings, using oil and vinegar, or mayonnaise based dressing, which you always want to cautious with them because they can be high in sodium. If you're going to eat it as a meal, you can try like a chicken salad or a tuna salad. On a bread... plain bread. Might look at like just a plain salad, just a plain green salad and adding grilled chicken to it. Asparagus, pasta salad, rice salads just know what the ingredients and ask.

Take out type of foods are going to be... things that you can build yourself like Subway, you can go in and tell them what to put on it. So you can get white bread and you get some of the lower sodium meats and not add salt and everything as you are doing it.

Pizzas you want to tell them if you can no sauce... so if can order it with no sauce that's best. Junior burgers like kid size burgers. Those are probably fine; you just have to watch... you can't really have french fries. Avoid the baked potatoes, the potatoes scallops. The large doubles and everything like that.

For drinks try to do bottled or tap water. Try to limit yourself; you know how much you're limited to mineral water. I don't recommend like Gatorade or PowerAde and

watch your fruit drinks... those can add a lot of sugar. Your milks are going to be high in potassium and phosphorus. So be careful with that.

And then with alcoholic drinks. They do have a small amount of potassium. And just try to drink for special occasion. Things like beer, white wine, champagne, dry sherry, and vermouth. Avoid things like milkshakes, thick shakes, red wine, sweet cherry cider, tomato juice, vegetable juice, fruit juices and smoothies. All those can be high in potassium and phosphorous.

So I hope that this is been helpful to you. As far as learning more about eating out on dialysis and I look forward talking to you again. So have a great week and we'll talk to you again next week, thanks.