

Better Choices When Eating Out

Restaurant & Fast Food meals can be enjoyed occasionally.

Best practice is to take phosphate binders as prescribed.

Home cooked kidney-friendly meals are usually lower in sodium, phosphorus and potassium.

Breakfast Cuisine

- **Better Choices:** eggs (omelet, fried, scrambled, boiled), English muffin, sourdough bread, croissant, bagel, French toast
- **Caution:** pancakes, waffles, soft cooked eggs, Hollandaise sauce, hash brown potatoes, tomato, cheese, bacon, sausage, biscuits, orange juice, milk

Burger Restaurants

- **Better Choices:** hamburger/chicken/fish sandwiches or wraps, kidney friendly veggies, small side salad with dressing on side, coleslaw
- **Caution:** cheese, chicken nuggets, French fries, avocado, tomato, pickles

Sub Sandwiches

- **Better choices:** tuna & egg salad, chicken breast, egg patties, small plain cookie, small salad with dressing on side, peppers, cucumber, onion, lettuce; oil and vinegar dressing
- **Caution:** tomato, avocado, cheese, chips,, pickles, olives

Italian Cuisine

- **Better Choices:** grilled or roasted fish/shrimp/chicken/sirloin/vegetables, plain or herbed pasta with butter or oil, bread sticks, salad with dressing on the side
- **Caution:** cream/tomato sauces, olives, pesto, tomato, cheese, gelato

Asian Cuisine

- **Better Choices:** meat/vegetables, rice/noodles, small amount sauces on side, egg rolls, tofu, cabbage, onions, broccoli, carrots, celery, peppers, snow peas, water chestnuts
- **Caution:** bok choy, spinach, taro/lotus root, soy sauce/salt/MSG, large amounts of nuts

Mexican Cuisine

- **Better Choices:** flour tortillas, white or brown rice, beef, chicken or fish tacos, fajitas, lettuce, onion, cilantro, sweet or hot peppers, corn, hot sauce, sour cream
- **Caution:** cheese, avocado/guacamole, beans, tomato, salsa verde

Seafood Cuisine

- **Better Choices:** grilled/broiled/boiled fish, shellfish (lobster, shrimp, crab...), calamari, octopus, vegetable or cooked fish sushi, rice, buttered pasta
- **Caution:** avocado, salty fish sauces (soy, teriyaki, oyster), chips, potatoes, shrimp cocktail sauce, chowder

Chicken Cuisine

- **Better Choices:** grilled/roasted chicken, wrap; coleslaw, small corn, green beans, side salad, dinner roll
- **Caution:** potatoes, chowder/soup, baked beans, macaroni & cheese, biscuits