

Dine out with confidence

These tips will help you eat healthy and limit added phosphorus, potassium and salt.

CHOOSE items described as:

- Blackened
- Grilled
- Steamed
- Broiled
- Poached
- Sautéed

These foods have fewer phosphorus additives and calories.

ALWAYS

- Take your phosphorus binders
- Take an extra binder to counter phosphorus additives

AVOID or LIMIT items described as:

- A la mode
- Cheesy
- Pan-fried
- Au gratin
- Creamy
- Scalloped
- Battered
- Crispy
- Smothered
- Breaded
- Crunchy
- Stuffed
- Buttery
- Fried

Breaded foods such as:

- Fried chicken
- Fried chicken strips
- Jalapeño poppers
- Fried chicken sandwiches
- Fried fish
- Mozzarella sticks

AVOID or LIMIT these foods:

- Biscuits
- Cola beverages
- Parmesan
- Cheese sauce
- Pancakes
- Waffles
- White rice

These foods have more calories and a greater chance of having phosphorus additives.

Fast Food / Fast Casual

- Choose an apple instead of fries or bread
- Get a grilled chicken sandwich instead of a fried chicken sandwich (the breading could have phosphorus additives)
- Limit potatoes (high potassium)
- Choose a hamburger instead of a cheeseburger

Salads

CHOOSE

- Grilled chicken or fish
- Half portion of cheese
- Dressing on the side (dip empty fork in dressing and then the salad)

AVOID

- Bacon
- Croutons
- Fried chicken or fish
- Fried noodles
- Tomatoes
- Mayonnaise-based dressings such as Caesar, ranch, and Thousand Island
- Mayonnaise-based salads such as coleslaw, pasta salad, potato salad, tuna salad, egg salad

Taco Bowls

CHOOSE

- Brown rice not white
- Beans or meat, not both*
- Extra grilled peppers and onions
- Cheese or sour cream, not both*

AVOID

- Avocado*
- Guacamole*
- Tomato*
- Tortilla bowl

* too much potassium