



Tips for eating out and sticking to your goals

Here are a few tips to help you eat out and stick to your nutrition goals!

- Try to look at restaurant menus in advance. Many restaurants provide menus and nutrition facts on their website (or smartphone app). Viewing the menu in advance will help you find healthier selections and allow you to prepare questions for your server.
- Be mindful of portion sizes. If the restaurant portion is big, consider sharing your meal with someone, or taking half of your meal home. Not only will this save you calories, but it will also reduce the total amount of sodium.
- Avoid adding any extra salt to your food, and don't be afraid to ask your server if your dish can be prepared without added salt.
- If consuming alcoholic beverages, don't overdo it. Always check with your doctor first. The American Heart Association recommends a maximum of one to two drinks per day for men and one drink per day for women. Remember that some prescription or over-the-counter medications can interact with alcohol. Dining out can still be an enjoyable experience even on a kidney diet, and hopefully these tips help!

This serves only as a guide. Talk with your healthcare provider for more information based on your health needs.

Got questions?

We've got answers.

Call the Interwell Health team at **1-888-233-9499**.