

Eating out with chronic kidney disease

When eating out, many foods can be high in sodium, potassium, and phosphorus. You can still go out to eat and stay on track with your nutrition goals by making mindful choices.

Tips for making healthy choices:

- ✔ Check the menu online ahead of time. Many restaurants have nutrition information available.
- ✔ Restaurants often serve large portions. Consider sharing a meal or taking half home for lunch the next day.
- ✔ Ask your server if your meal can be prepared without salt and avoid adding any extra salt yourself.
- ✔ Ask for dressings and sauces to be served on the side.
- ✔ Choose fresh meats that are baked, grilled, or broiled instead of fried and processed meats such as bacon, sausage, pepperoni, fried chicken, etc.
- ✔ Choose healthier side dishes like salad, vegetables, or whole grains instead of french fries.
- ✔ If you need to limit potassium, swap potatoes or other high potassium sides for rice, pasta, or low-potassium vegetables.
- ✔ Choose meals that include nutritious foods such as fruits, vegetables, lean protein, and whole grains.



We are here to help

You can still eat out and enjoy your favorite foods with chronic kidney disease. Ask your dietitian for additional tips or personalized recommendations.