

EATING OUT TIPS

For school-aged children with Chronic Kidney Disease (CKD)

ITALIAN

Pasta is a good option when eating out since it is low in potassium, phosphate and salt. Avoid tomato based sauces, which are high in potassium, such as Napoli or Bolognese, and lasagne. Cream, olive oil and garlic or pesto sauces are good alternatives. Request the sauce is served separately to control portion size. Risotto is another option but avoid mushroom risotto and request that no salt is added.

Pizza is typically high in both salt and potassium. If your child wants pizza, choose:

- Lower potassium alternative toppings e.g. onions, green peppers, pineapple or leeks over mushrooms, spinach, tomatoes and sweetcorn
- Meat and fish toppings such as chicken, tuna, beef, which are lower in salt than salami, pepperoni, ham, bacon, anchovies, sausage or olives
- Avoid pizza with extra cheese or blue cheese as a topping
- If having cheese, choose mozzarella
- Try garlic or pesto as an alternative to the traditional tomato topping

TOP TIPS

- Avoid dishes containing large quantities of cheese and tomatoes
- Avoid adding parmesan or parmigiana Reggiano
- Use herbs, black pepper, chillies, olive oil or balsamic vinegar to add extra flavour

IDEAS FOR STARTERS



Garlic bread

IDEAS FOR MAIN COURSES



Pasta carbonara, pizza without anchovies, salami, olives or extra cheese

IDEAS FOR DESSERTS



Pear tart, almond cake or profiteroles

CHINESE

Most Chinese dishes consist of meat, fish or poultry combined with fresh vegetables and are generally deep fried, stir fried or steamed. Vegetables cooked in this way will be high in potassium. Chinese meals tend to have high salt content with the sauces being the saltiest part of the dish.

TOP TIPS

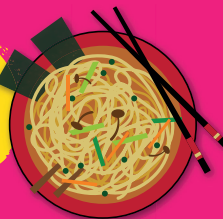
- Choose meat, poultry and fish dishes. Avoid dishes containing tofu
- Request food to be prepared without soy, hoisin, black bean, oyster or fish sauce, which all have high salt content
- Select dishes with sweet and sour, plum, orange or lemon sauce
- Ask for food to be cooked in ginger, chilli, lemon grass or garlic to add flavour or ask for a small serving of sauce on the side
- Avoid soups
- Avoid dishes containing green leafy vegetables such as bok choy, crispy seaweed and nuts since they have high potassium content
- Have plain boiled or steamed rice or noodles as they contain less salt than fried rice or noodles

IDEAS FOR STARTERS



Prawn crackers, spring rolls, crispy duck pancakes, crispy wontons

IDEAS FOR MAIN COURSES



Chow Mein, lemon chicken, sweet and sour dishes, duck in plum sauce

IDEAS FOR DESSERTS



Pineapple fritters, toffee apples

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INDIAN

Indian food often combines meat, poultry or fish with fresh vegetables, potatoes, herbs and spices in sauce based dishes. Sauces are frequently tomato based and therefore often high in potassium.

TOP TIPS

- Boiled rice, chapatti or naan bread makes a filling accompaniment helping to limit sauce intake.
- Avoid curries containing tomato, potato, spinach (Saag) or banana (Kashmir)
- Avoid dahl or dansak dishes which contain lentils and, therefore, are high in potassium
- Avoid adding pickles and chutneys as accompaniments since they can be high in potassium and salt
- Avoid main courses and side or rice dishes that contain dried fruit or nuts or request that they are left out of the dish

IDEAS FOR STARTERS

Poppadum's (1-2) Limit toppings such as mango chutney and raita. Pakoras, samosas, tandoori or tikka meat or fish and naan bread



(avoid peshwari naan due to the dried fruit content).

IDEAS FOR MAIN COURSES

"Dry dishes" without sauce such as tandoori, tikka, bhuna, meat kebabs and rice dishes such as biryani



IDEAS FOR DESSERTS

Jelabi



TRADITIONAL BRITISH

British food includes a vast array of foods, this makes it easier to choose suitable meal options.

TOP TIPS

- Remove batter or coating from breaded items to reduce the salt content for example remove fish from breadcrumbs or batter
- Avoid soup if on a specific fluid allowance
- If meals are served with potatoes request swapping for pasta or rice or noodles, which are lower in potassium
- Avoid jacket potatoes and chips. Choose boiled potatoes or 1-2 egg sized roast potatoes instead
- Fries can be covered in salt and are also high in potassium. If having as an occasional treat, ask for a small portion and for them to be served without salt
- Limit cured or salted meats such as bacon, sausages, ham or black pudding
- Choose grilled or roasted meat, poultry or fish
- Choose small portions of low potassium vegetables or salad for example peppers, cucumber, celery
- Prawn and cheese-based dishes are high in phosphate but can be eaten as a treat if your child takes their phosphate binder with them
- Avoid desserts containing dried fruit, chocolate or nuts and milk based puddings. Remember that single or double cream is much lower in potassium and phosphate

IDEAS FOR STARTERS

Garlic bread, chicken wings



IDEAS FOR MAIN COURSES

Roast dinners, mashed potato topped pies e.g. fish, shepherd's or cottage pie, burger in a bun, steak with boiled potato/rice



IDEAS FOR DESSERTS

Trifle, profiteroles, apple pie and cream



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FAST FOOD:

Eating fast food/ takeaways on a regular basis is not recommended due to their high salt content but they can be enjoyed as an occasional treat. Don't forget the added salt content of these foods



TOP TIPS

- Choose beef or chicken burgers and chicken nuggets
- Avoid French fries and potato wedges, which are high in potassium opt for a bun or wrap instead
- Avoid milkshakes as they are high in potassium and phosphate and count towards your child's fluid intake
- Limit the amount of tomato ketchup used
- Ensure any drinks are included in your child's fluid intake. Avoid cola as it is high in phosphate content
- If having fish and chips, remove the batter, it is high in salt, and ask for a small portion of chips

PARTY FOOD

Children's parties are important events providing lots of fun and opportunity for social interactions for your child. They are also full of easy to reach, tempting tasty treats, which can make it more challenging to control your child's intake. There are plenty of suitable and delicious options that should help to ensure that your child feels included.



TOP TIPS

- Suitable sandwich fillings include chicken breast, tuna, beef, turkey breast and cottage cheese. Egg mayonnaise is fine if eaten in small quantities
- Avoid quiche and snacks containing hard cheese or prawns
- Choose low potassium vegetable crudities such as peppers, cucumber and celery
- Choose chicken skewers but avoid peanut dipping sauce. Try sweet chilli dipping sauce instead
- Avoid potato crisps and swap for maize/corn based snacks or popcorn
- Avoid sausage rolls and limit cocktail sausages to 1 or 2 since they are both high in salt
- Avoid houmous due to potassium content and party dips, which may be high in phosphate and salt
- Chocolate desserts and crispie buns should be avoided. Enjoy trifle, jelly and cream, apple pie, or vanilla cupcakes instead. See recipes for ideas
- Fresh berries, for example strawberries and raspberries may be a better option for you. Avoid melon and dried fruits – you may need to check this with your dietitian
- Be mindful of fluid intake if on a specific fluid allowance

NEED MORE INFORMATION? Speak to your medical team further about how you can be active