Dine out with confidence

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

**CHOOSE items described as:**
- Blackened
- Broiled
- Grilled
- Poached
- Steamed
- 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
- Au gratin
- Battered
- Breaded
- Buttery
- Cheesy
- Creamy
- Crispy
- Crunchy
- Fried
- Pan-fried
- Scalloped
- Smothered
- Stuffed

**Breaded foods such as:**
- Fried chicken
- Fried chicken sandwiches
- Fried chicken strips
- Fried fish
- Jalapeño poppers
- Mozzarella sticks

**AVOID or LIMIT these foods:**
- Biscuits
- Cheese sauce
- Cola beverages
- Pancakes
- Parmesan
- Waffles
- White rice

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

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**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*
* too much potassium

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*KidneyFund.org