

# 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
- Fried fish sandwiches
- 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.**

## 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