



# Eating Away From Home

## For Children and Teens with Kidney Disease

Tips for planning and choosing foods when your child eats at a restaurant.

### Plan ahead

Everyone eats away from home time to time. Cooking your own meals helps you control what your child eats but you can make good choices wherever your child eats and still follow their diet.

When you can, plan ahead for meals out. Have your child or teen eat foods low in sodium and low in potassium early in the day so they can eat foods higher in sodium and potassium when they eat out.

For tips on eating, dining out and shopping, watch our “Healthy Eating with Less Sodium” videos at [www.seattlechildrens.org/lowsodiumeating](http://www.seattlechildrens.org/lowsodiumeating)

### Review menus

Take some time with your child and study several nutrition menus from restaurants and fast food places online. You can use the information to prepare a list of items that your child can have at their favorite places. Carry the list with you and enter it into your phone for quick access.

### At a restaurant

- Before ordering, find out how the food is prepared.
- Ask for sauces, salad dressings and gravy on the side to control the amount.
- Some people may feel uncomfortable asking a wait person to make changes or substitutions to an order. Don't forget, you are paying them to cook for you, so you should have what you need. This also models the behaviors your child may need to start doing someday.
- Avoid extras like pickles, olives, dressings and sauces.
- Mayonnaise, mustard or honey mustard are better choices than teriyaki, soy sauce, ranch dressing, tartar sauce, ketchup or barbecue sauce.

### Tips for different meals

#### Beverages

- Don't let the wait person refill your water or soda pop. Turning your empty glass upside down when you first arrive, means you don't want fluids.
- A small soda is better than a high-phosphorus milkshake.
- Be aware of the ounces in sizes of coffee, drinks and sodas.

Short	8 ounces	Small	1 cup
Tall	12 ounces	Medium	1 can or 1-½ cups
Grande	16 ounces	Large	2 cups
Venti	20 ounces	Extra large	1-½ cups

### Breakfast foods

- Eggs are a good choice for breakfast.
- Avoid salty meats like ham and sausage. Bacon is less salty than both.
- Starches are a good choice. Try pancakes, waffles, Danishes, scones, French toast or bagels.
- Skip juice and have fruit instead.

### Appetizers

- Choose bread with butter, margarine or dip into olive oil.

### Soups

- Salads are a better choice than salty soup.
- If you have soup, broth soups are salty and count as a fluid serving.
- Cream soups have added salt, milk and may include potatoes. This adds potassium or phosphorus or both.

### Salads and side dishes

- Choose lettuce salads instead of other greens like spinach.
- Ask for salad dressing on the side and watch out for toppings like croutons, cheese, olives, bacon bits or ham which can add extra salt.
- Choose lower potassium unsalted onion rings instead of French fries.
- Coleslaw is a better side dish choice and less salty than beans, macaroni, biscuits, mashed potatoes and gravy.

### Sandwiches and burgers

- Ask that no salt be added to your burger or fries when cooked.
- Order plain burgers instead of cheese burgers as cheese counts as a phosphorus serving
- Lunchmeat is often salty. Good choices are roast beef, tuna, egg salad, chicken or turkey instead of ham, pepperoni, corned beef or salami.
- Avoid hot dogs.

### Main dishes

- Choose broiled and baked instead of fried and breaded.
- Choose grilled meats, fish or poultry without sauces or marinades.
- Ask for rice or pasta instead of potatoes or fries.
- Steak is a good choice.

### Pizza

- Good topping choices include peppers, mushrooms, onions, pineapple and ground beef.
- Count the cheese on your pizza as a phosphorus serving.

### To Learn More

- Nutrition  
206-987-4758  
Your child's dietitian:

\_\_\_\_\_

\_\_\_\_\_

- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

### Mexican food

- Ask for tortilla chips without salt.
- Mix salasa with sour cream to lower its potassium content.
- Order foods like fajitas, tacos or burritos without cheese or tomatoes.
- Corn tortillas are much less salty than flour.
- Beans and guacamole are higher in potassium. Choose rice and sour cream instead.

### Asian food

- Ask to have your order made without soy sauce or MSG.
- Sweet and sour dishes are good choices.
- Brown rice is a great choice and can be mixed with fried rice.
- Choose dishes with ginger, wasabi, cilantro, basil, lime and chili sauce or cookied in oil instead of salty sauces like hoisin, oyster or fish sauce.

### Fast food websites:

- Arby's: [www.arbys.com](http://www.arbys.com)
- Burger King: [www.bk.com](http://www.bk.com)
- Dominos: [www.dominos.com](http://www.dominos.com)
- Jack in the Box: [www.jackinthebox.com](http://www.jackinthebox.com)
- Kentucky Fried Chicken [www.kfc.com](http://www.kfc.com)
- McDonalds: [www.mcdonalds.com](http://www.mcdonalds.com)
- Pizza Hut [www.pizzahut.com](http://www.pizzahut.com)
- Subway: [www.subway.com](http://www.subway.com)
- Taco Bell: [www.tacobell.com](http://www.tacobell.com)
- Taco Time: [www.tacotime.com](http://www.tacotime.com)
- Wendy's [www.wendys.com](http://www.wendys.com)

Adapted with permission from "Eating Away From Home" by the Northwest Kidney Centers. 2012

---

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2015, 2017 Seattle Children's, Seattle, Washington. All rights reserved.

---