

# quick starts dining out on a renal diet

## protein

- Order half portions of meats.
- Share your dish with someone or take home a portion to eat at another meal.
- Avoid cheese and cream sauces.

## entrees

- Choose: broiled or grilled steaks, chicken and seafood seasoned with fresh lemon.
- Avoid: casseroles, sauces, breaded items and ham.

## side dishes

- Choose: lower potassium vegetables such as green beans, corn, green peas, carrots, plain rice, pastas and noodles.
- Avoid: higher potassium vegetables such as spinach, potatoes, tomatoes, baked beans and vegetables in sauces.

## desserts

- Choose: sherbet, plain cookies, strawberry shortcake, and fruit pies with allowed fruits such as peaches and blueberries.
- Avoid: desserts containing chocolate, nuts, cheesecake, ice cream and high potassium fresh fruits such as banana, melon and oranges.

