

# EATING OUT: ASIAN FOOD

It is ok to indulge a little and occasionally enjoy a meal out. Remember to keep in mind your limitations and be aware of the foods and fluids you need to watch.

From [www.edren.org](http://www.edren.org)

Don't hesitate to ask about the ingredients if the dish is unfamiliar to you and choose dishes that are appropriate for you.

Remember that you are the paying customer. Don't be afraid to ask for minor recipe changes such as "please don't add any extra salt to mine".

Remember to stay within your nutritional and fluid requirements and be aware of the foods and fluids to watch.

Remember, if you are on regular phosphate binder medication (e.g. Phosex, Fosrenol, Renagel) you should take them to the restaurant with you and take them just before eating.



If dining at a restaurant you are not familiar with, call ahead to ask about the menu.

Always remember that you are the customer and Enjoy!

## Meal Suggestions

### Starters

Crispy Duck Pancakes  
Spring Rolls  
Prawn Crackers  
Sesame & Prawn Toast  
Crispy Wontons  
Dim Sum  
Spare ribs



### Main Courses

Singapore Noodles  
Lemon Chicken  
Duck in Plum Sauce  
Chinese Curry  
Chow Mein  
Fish in Black Bean Sauce  
Sweet & Sour Chicken  
Grilled fish/chicken  
Steamed rice

### Thai

Beef, Chicken or Shrimp Kebabs  
Pad Thai Noodles  
Spring Rolls

### Japanese

Tempura  
Sushi & Sashimi

### Desserts

Pineapple Fritters in Syrup  
Ice Cream  
Sorbet  
Toffee Apples



### **If you're vegetarian and need to maximize your protein levels...**

- Vegetarian dishes containing nuts would be ok as an alternative to meat.
- You may choose to make your meal from several appetizers or starters instead of the typical "complete" dinner menu offerings.
- Chinese vegetarian dishes often contain imitation meat, created with soy protein, wheat gluten, tofu or Quorn, e.g. chow mein.

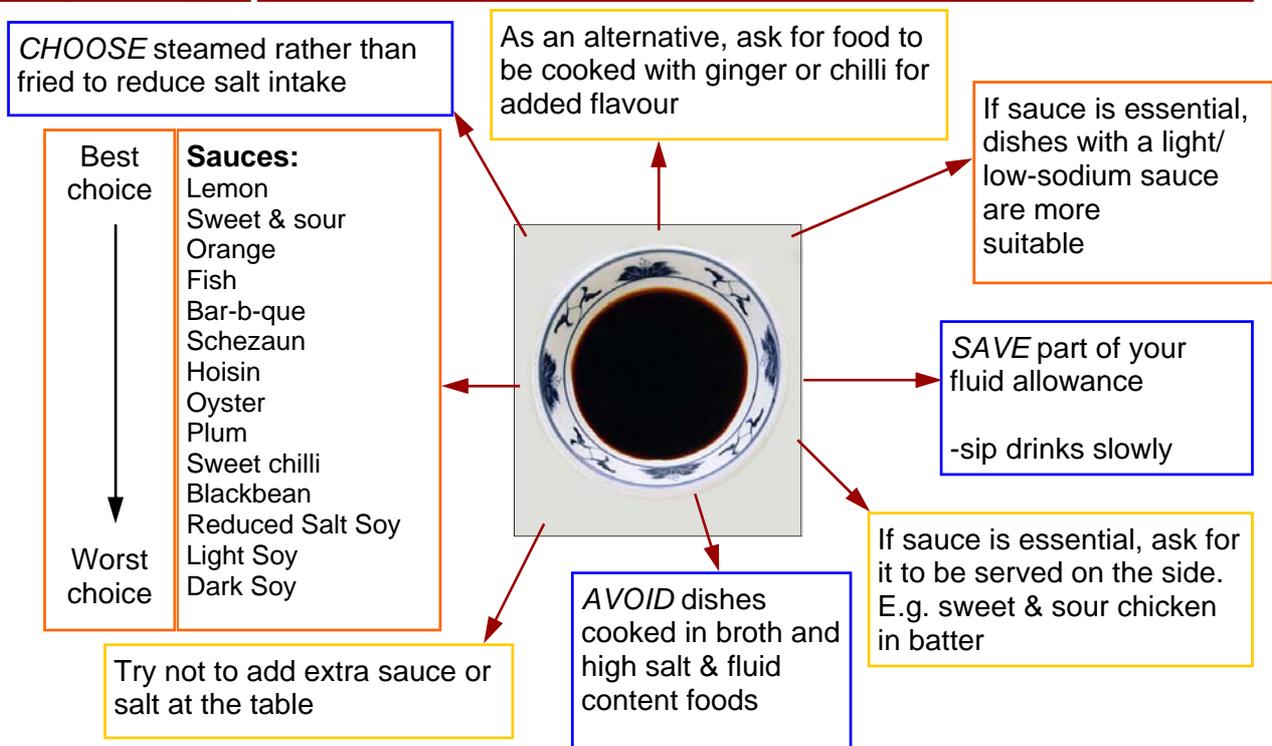
**!! IMPORTANT: Chinese dishes contain a lot of Monosodium Glutamate (MSG), which is high in sodium.**



When you eat out the sodium content is likely to be higher than if you were eating at home.

This can make you more thirsty than normal, cause you to drink more fluid and possibly raise your blood pressure.

Ideally select an Asian restaurant that does not add extra MSG to dishes.



**!! REMEMBER: it is LOW salt, LOW potassium, not NO salt or NO potassium...**

Noodles and boiled/steamed rice are low in potassium, salt and phosphate so make a good choice combined with smaller portions of meat, fish, poultry and vegetables.

You do not need to completely avoid high potassium foods, but just have **one serving**, and only a **small portion**.

A low potassium side dish (e.g. noodles), will allow you to include slightly more potassium in the main dish e.g. a few Chinese mushrooms or nuts.

If you know that you are eating out... **avoid** high potassium foods (e.g. crisps), **save** your fruit and vegetable allowances and **choose** low potassium foods (e.g. an egg sandwich) during the rest of the day.

- o **Choose lower potassium vegetables** such as green beans, corn, cabbage, asparagus, green peas, eggplant, carrots, cauliflower, squash.
- o **Avoid higher potassium vegetables** such as spinach, potatoes, tomatoes, mushrooms, winter squash; baked beans; sauerkraut; vegetables in sauces. Avoid dishes with lots of nuts, mushrooms or seaweed, pass on the dipping sauce and sweet potato often served with sashimi and tempura.



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Disclaimer - This information is suitable for most patients on dialysis for a one off occasion, please check with your own renal unit dietitian re appropriateness of this advice for you.