

EATING OUT: BRITISH 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.



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 & Calcichew) you should take them to the restaurant with you and take them as prescribed.



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

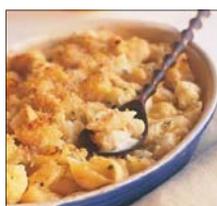


Fish—e.g. salmon, trout, tuna, white fish
Haggis, Neeps & Tatties
Bubble & Squeak
Toad in the Hole
Mince & Tatties
Stoavies



Main Courses

Roast Dinner
Burger
Mash Potato Topped Pie—e.g.
Shepherds Pie, Cottage Pie,
Fishermans Pie
Chicken or Tuna Salad
Cauliflower Cheese



Fish & Small Chips
Chicken Kiev
Meat Pie
British Curry
Risotto
Chicken or Tuna Salad
Lamb Shank
Irish Stew



You can have a small portion of chips or salad with your main meal, providing your potassium levels are ok.



Meal Suggestions



Breakfast



Porridge—This is a great choice to have on a regular basis.

Cereal—This is a good option that gives you a wide selection to choose from, try... corn flakes, rice crispies, weetabix. *Avoid cereals containing bran (e.g. bran flakes & all bran) & lots of dried fruit (e.g. muesli).*

Fruit Juice—Have one small glass & remember your fluid allowance! Choose.... cranberry, apple, grape. *Avoid orange or tomato juice.*

Fruit—Choose tinned or stewed over fresh fruit, drain off the juice and choose lower potassium options, such as apples, berries & pears. *Avoid melon, bananas & avocado, and only eat grapes, mango, peaches & oranges occasionally.*

Bread—Try crumpets, toast, English muffins, bagels.

Hot Food—e.g. omelettes, croissants, pancakes.

Cooked Breakfast—This is ok to have on a one-off occasion, although a better option would be to have meat or egg in a roll. When you have a cooked breakfast choose either sausage or un-smoked bacon and only have 1-2 rashers. An egg with either a small portion of grilled tomatoes or baked beans is ok too. However, replace black pudding, fried mushrooms and hash browns with toast or fried bread.



Lunch & Snacks

Sandwiches—choose white bread and select fillings such as: roast beef & mustard, tuna mayonnaise, chicken, turkey, hummus, egg salad, cottage cheese. Limit cheese and deli/processed meats e.g. salami.

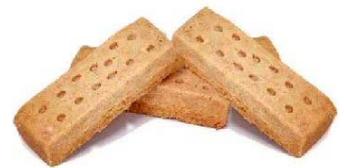
Soup—Vegetable, such as carrot & coriander, chicken or scotch broth, make good choices. Avoid tomato & mushroom and remember to count soup in your fluid allowance.



Scrambled Eggs or Beans on Toast—This is an ok snack as long as you make sure you don't have another high phosphate food such as cheese.

Jacket Potato—Try to avoid having a jacket potato if possible but if you do have one then select a smaller potato and a larger amount of a low potassium filling—e.g. tuna mayonnaise.

Afternoon Tea—Choose shortbread rather than scones with your tea.



Puddings

Good Choices:

Jam Roly Poly

Lemon Meringue Pie

Trifle

Apple/Berry Pie or Cobbler



Choose less often:

Rice Pudding

Bakewell Tart

Yoghurt

Choose double cream or crème fraîche rather than custard or ice cream with your pudding.

Avoid puddings with chocolate and nuts—e.g. Chocolate fudge cake.

Avoid puddings with dried fruit—e.g. spotted dick, bread & butter pudding.

By Heidi Lewis & Renal Dietitians, RIE