

EATING OUT: INDIAN 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

Main Courses Indian meals are usually very large and filling - Ideally, ask for small portions and/or share your dish with someone else. Remember to bear in mind the following...

Curry is a popular main course dish. Curry can be vegetarian or meat based and cooked with or without a sauce.



If you want to have a dish with a sauce then have a small portion and make up your plate with a larger portion of rice or bread to accompany. Before choosing your curry ask about the ingredients and select an appropriate sauce. For example, you could have a small portion of a sauce such as a **dupiaza**.



Rice is served both as an accompaniment and as a main course, and makes an excellent choice.

Basmati rice, with its nutty flavour, is often used in Indian cuisine. Select rice that has been plain boiled rather than fried (*pilau*).

Try **saffron** or **biryani** rice, and **pilau** rice dishes.

(Avoid rice which contains high potassium vegetables, nuts and dried fruit as this makes it high in phosphate and potassium, as are mushroom and coconut rice.)

Dry dishes without sauces are the best option. Choose **biryani**, **tandoori**, **tikka**, **bhurji** or **bhuna** dishes (see appetisers & side dishes overleaf).

* Remember to ask which vegetables are included in dishes and make low potassium choices. Avoid dishes based around beans, okra and vegetables that are high in potassium such as spinach, potato, cassava and yam.



Meal Suggestions



Appetisers & Side Dishes *Many of these could make a meal on their own, try...*



Roti (bread) is served with most meals and makes a filling accompaniment. **Naan** bread is a good choice. There are many types to choose from such as **plain** and **garlic**. (However, avoid **keema** (mincemeat) and **peccary** (sultanas and almonds), as they have higher levels of potassium.)

Bare in mind that breads like **chapatti** and **khakra**, as well as **paranths**, **puri** or **baturas** have been smeared or deep fried in clarified butter (**ghee**), making them higher in fat.

Subjis (vegetables) & **Kachumber** (salad) . Select low potassium options and make sure you only eat a small amount. E.g. **kaddu ki subji** (pumpkin), **bund gobhi ki subji** (cabbage).

Soup - rather than lentil soup (*dahl*), try **carrot & coriander** or **mulligatawny soup** (curry flavoured soup thickened with rice). This could be a starter or a substantial meal in itself.

Kebabs, for example **sheek kebab** (spicy mince), **chicken/lamb kebab panir** (grilled meat with cottage cheese), **chicken/lamb kebab** (marinated in yoghurt), and **tandoori mixed kebab**.

Bhajis & **Samosas** (spicy deep fried meat/vegetables covered in batter/pastry) are an option, choose **onion bhajis** rather than **chicken bhajis** and **potato and pea samosas**.

Poppadoms (crispy wafer) are an ok choice but go easy on toppings such as **raita**, **mango chutney**, or **lime pickle**, which increase the potassium and salt content.

Tikka & **Tandoori**, e.g. **lamb, duck or murg tikka**, **chicken shashlick** or **chicken tandoori**.

Pakorras (sliced meat/vegetables in batter) & **Chaat** (savory fried dough snacks) . - select lower-potassium vegetables, e.g. **pyaz pakora** (onion), over **chicken chaat**, **palak pakora** (spinach) and **paneer pakora** (soft cheese).



- **Be aware of eating too much yoghurt** as this is high in phosphate. It is often found in sauces, gravies and side dishes, e.g. *dahi* & *raita*
- **Avoid dahl and dhansak**, e.g. *chana dahl* & *chicken dhansak*, as these are made from pulses such as beans, peas and lentils and are therefore high in potassium.
- **Steer away from dishes which are based on chick peas** (e.g. *channa puree*), **sea food, such as prawns** (e.g. *prawn palak* and *king prawn*) and **mushrooms** (e.g. *grilled mushrooms*) as these foods are high in potassium.
- **Limit dishes which contain coconut milk, coconut cream or shredded coconut**, e.g. *korma* and *masala*. However, it is ok to select a meal prepared with coconut (*khopre*) or peanut oil.

Desserts *Often a dessert is not eaten. But if you decide to have something...*

Many desserts contain milk or milk powder, nuts and dried fruit and so may not be suitable. E.g., avoid *kheer*, *firnee* and *payasan* (rice pudding dishes), as well as *sandesh* and *barfi* (coconut milk dishes).

As an alternative, have a cup of **masala chai** (tea made with milk, cardaman and spices) .



As a one off, you could try:

Kulfi (Indian ice cream)

Jalebi (pancakes in syrup)

Halva (semolina) - e.g. carrot halva

Gulab Jamuns (flour balls with yoghurt & almonds)

