

TIME TO TAKE A BREAK FROM HOME COOKING?

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*D*ining away from home should be fun, but restaurant menus rarely list the ingredients contained in their food items, making it a challenge for people who have to follow special diets.

How can you know which dishes are appropriate and safe for you when eating out? As a dialysis patient, you have to make healthy food choices that are low in sodium, potassium and phosphorus and stay within your fluid allowance.

Well, it is possible to do that in restaurants!

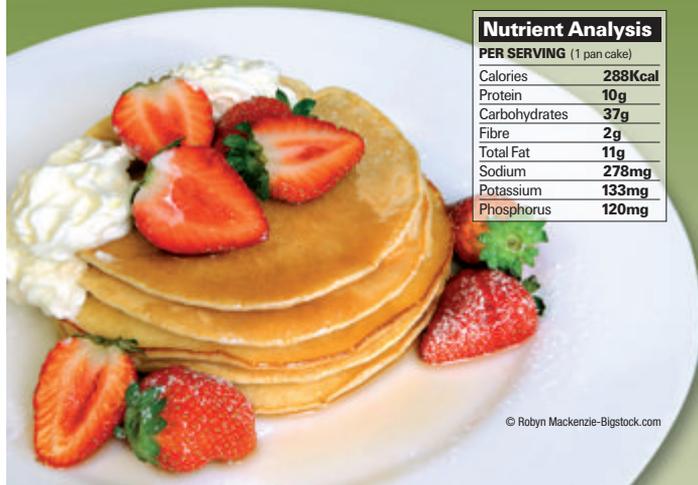
Here are some tips to maintaining your renal diet while enjoying a restaurant meal

- If you plan to eat out, reduce the portions of the other meals you eat that day to allow yourself a little “extra” during your restaurant meal.
- Don’t be shy about asking your server about the ingredients of menu items.
- Request that all freshly prepared items are made without adding salt, soya sauce, salted butter, or anything “salty” such as capers, pickles, onion, celery or garlic salt.
- “Safe” entrée choices are usually grilled, baked or broiled steak, burgers, pork chops, fish or seafood.
- “Safe” side dishes include steamed rice, noodles, pasta, green salad or coleslaw.
- “Safe” low-potassium vegetables are those like green beans, carrots, summer squash, corn and cauliflower.
- Ask that sauce, gravy and salad dressing be served on the side so you can control the amount you use.
- Avoid meals like stews, soups or mixed dishes, because they are likely high in sodium.
- “Safe” desserts are sherbet, fruit pie, cobbler, lemon meringue pie, angel food or pound cake.
- Ask the waiter not to refill your water glass.
- Bring your phosphate binders with you.
- Ask the server to pack a “doggie bag” for you to take home if the portion size is too big. After all, you did pay for it!

OAT PAN CAKES*

SERVING SUGGESTION

Garnish the pancakes with chopped fresh fruit and non-dairy cream.



Nutrient Analysis	
PER SERVING (1 pan cake)	
Calories	288Kcal
Protein	10g
Carbohydrates	37g
Fibre	2g
Total Fat	11g
Sodium	278mg
Potassium	133mg
Phosphorus	120mg

4 SERVINGS

INGREDIENTS

1 bottle Nepro® Carb Steady (237mL)
1/2 cup rolled oats
1 cup flour
1 egg
1/2 teaspoon baking powder
1 tablespoon margarine

PREPARATION

- 1 In a large bowl, mix the Nepro®, oats, flour, egg and baking powder until a batter forms.
- 2 In a large pan, melt the margarine over medium heat.
- 3 Add 1/4 cup of the batter to the pan.
- 4 Cook for a few minutes until the pancake is dry around the edges and golden brown on both sides.
- 5 Repeat steps 2-4 as required.

*Source: "Taste the good life": reproduced with permission from Abbott Nutrition.