



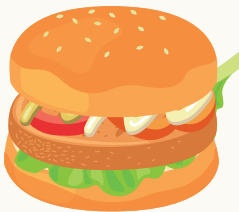
TAKEAWAYS – WHAT CAN I HAVE?



Having takeaways with family and friends is always a lovely treat. As fast foods are often high in sugar, salt, phosphorus and potassium you will need to limit your intake of these. However, as we all enjoy a 'treat', the information below provides ideas for better options if you do eat out or have a takeaway meal.

BURGER RESTAURANTS

BEST CHOICES INCLUDE



- Plain meat sandwiches such as beef burgers and grilled chicken on a bun.
- Sides such as green salads, made up of lettuce, celery and green peppers.
- Choose water, lemonade or other clear fizzy drinks and flavoured waters. Try to choose low sugar options. Fruit teas are a refreshing option.

CHICKEN RESTAURANTS

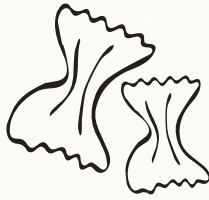
BEST CHOICES INCLUDE



- Houmous with spicy drizzle.
- Chicken pieces or chicken wings.
- Chicken burger in a bun.
- Add a side such as rice, minted peas, corn on the cob or broccoli.



TAKEAWAYS – WHAT CAN I HAVE?



ITALIAN RESTAURANTS

BEST CHOICES INCLUDE

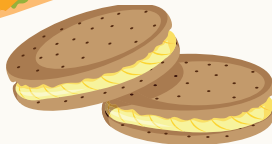
Request that the sauce is put on the side so you can control the amount that you have.



- Pasta or noodles with a small amount of sauce. Choose creamy sauces instead of tomato based sauces.
- Green leafy salads that are a main dish served with a protein such as chicken or tuna.
- Half a pizza with some extra garlic bread or pasta. Avoid high potassium toppings as the pizza will already have a tomato puree base which will contain potassium.

SANDWICH RESTAURANTS

BEST CHOICES INCLUDE



- Sandwiches with fresh, cooked meat (instead of processed meats which are high in salt) and add lower potassium salad options.
- Wraps with chicken or tuna salad.
- Lower potassium fruit, plain cookies and flapjacks.



AVOID GUACAMOLE!



MEXICAN RESTAURANTS

BEST CHOICES INCLUDE

- Tacos with corn tortillas.
- Rice and beans.
- Unsalted tortilla chips.
- Nachos with small amounts of cheese and sauces.



TAKEAWAYS – WHAT CAN I HAVE?



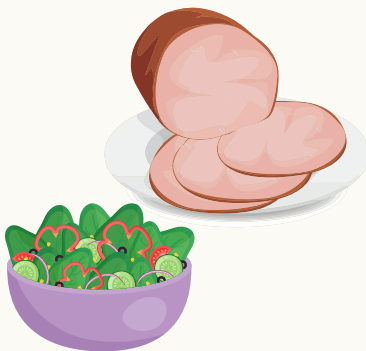
SEAFOOD RESTAURANTS



BEST CHOICES INCLUDE

- Fish fillets.
- Fish chowders in broth.

BUFFETS AND CARVERIES



BEST CHOICES INCLUDE

- Meats with a small amount of gravy or other sauces (not tomato based). Add boiled or mashed potato and lower potassium vegetables such as peas and carrots.
- Pasta or rice salads.
- Crackers and breads.
- Green salads with a small amount of dressing.
- Apple crumble or pie.
- Plain sponge cake.

DESSERT RESTAURANTS



BEST CHOICES INCLUDE

AVOID DESSERTS
CONTAINING CHOCOLATE,
RAISINS OR NUTS.

- Waffles with cream and syrup.
- Pancakes with stewed apple.
- A few berries with a sorbet.
- Fruit or herbal teas.

Always check with your dietitian who will understand your individualised needs and be able to offer advice that fits around the foods you like.