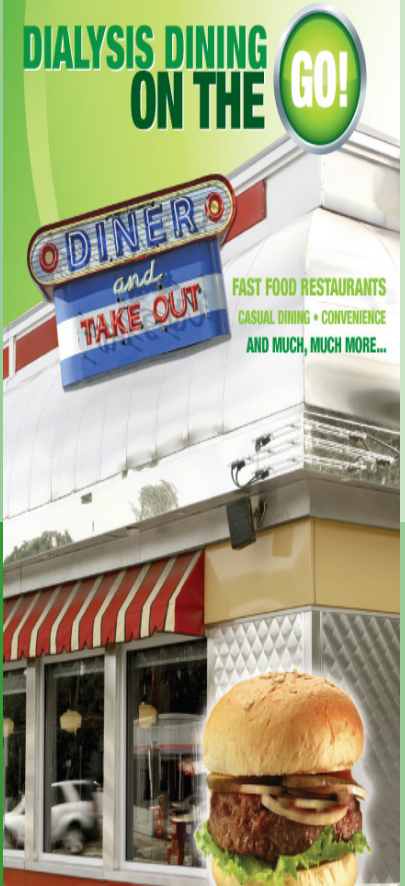


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DIALYSIS DINING ON THE "GO"!!



A DIALYSIS PATIENT'S GUIDE FOR EATING ON THE GO

A Dialysis Patient's
Guide for Fast Food,
Casual Dining,
Convenience, and Much,
Much More...



DIALYSIS DINING ON THE GO!

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Dialysis Dining on the "Go" includes:

- ◆ A word from the authors
- ◆ When I don't know what to choose at a restaurant
- ◆ Better fluid control tips
- ◆ Salad bar recommendations
- ◆ Dessert recommendations
- ◆ How to read a food label
- ◆ Pizza & Chinese 'Go' foods

The following companies are included in the guidebook:

FAST FOOD

- ⇒ Burger King
- ⇒ Blimpie's
- ⇒ Chick-Fil-A
- ⇒ Long John Silvers
- ⇒ Kentucky Fried Chicken
- ⇒ Taco Bell
- ⇒ Wendy's

CASUAL DINING

- ⇒ Chili's
- ⇒ Denny's
- ⇒ Eat 'n Park
- ⇒ Max & Erma's
- ⇒ Olive Garden
- ⇒ Red Lobster
- ⇒ T.G.I.F.

CONVENIENCE FOODS

- ⇒ Campbell's
- ⇒ Frito Lay
- ⇒ Healthy Choice
- ⇒ Lean Cuisine Entrees & Pizza
- ⇒ Ken's
- ⇒ Mrs. Dash
- ⇒ Pepsi
- ⇒ Smart Ones
- ⇒ Wish Bone

"As renal dietitians, nephrologist, and dialysis nurses, we make every attempt to guide patients to optimum health while maintaining as "normal" a life as possible. We have created this guidebook for dialysis patients to allow for greater freedom and confidence in making appropriate food choices while dining out."

CRAVING DESSERT?



- Apple Pie
- Cherry Turnover
- Cinnamon Twist
- Fruit/Yogurt Parfait (Hold Granola)
- Apples
- Sugar Cookie
- Kiddie Ice Cream Cone
- Lemon Pie
- Carrot Cake (hold Nuts, Pecans)
- Strawberry Pie
- Kiddie Sized or Small Sundae or Shake (Preferable Strawberry or Vanilla)
- Angel Food Cake
- White or Yellow Cake
- Blueberry or Raspberry Pie
- Apple or Cherry Cobbler



- Sweet Potato Pie
- Pecan Pie
- Brownies
- Cream Pies
- Candy Flavored Desserts
- Peanut Butter Pie
- Double or Triple Sized shakes
- Pumpkin Pie
- Cheesecake
- Hot Fudge Sundae
- Sundae Pie
- Hot Fudge or Peanut Butter Sundae
- Chocolate Cake
- Coconut Cake
- Dried Fruits or Nuts
- Banana Cream /Chocolate Cream Pie



- Count gelatin, sorbet, and sherbet towards your fluid allowance.
- Diabetics- These foods do contain sugar. Have only small amounts in moderation and have with a meal instead of by itself.

Most 'Go' foods contain less than 1,000 mg sodium (Na+) per serving up to maximum of 1500 mg per serving and are higher in protein. When dining out, moderation is most advisable. Remember to carry your binders with you and take them **WITH YOUR MEAL!!**