

My Fast Food Plate

What should I be looking for?

Main Meal Try to look for options that are grilled or baked, like a grilled chicken sandwich or a salad with lean protein. Try to avoid fried items because they tend to be highly processed and could contain more phosphorus.



Sides If available, try to order sides like steamed vegetables, plain baked potatoes, or a salad. If you order onion rings, ask for no added salt. Avoid items that have cheese, bacon, or creamy sauces. These items may be high in sodium and phosphorus.



Drinks* Water is your best choice for a drink. If you would like something different, try to find drinks that are low in phosphorus or phosphorus free.



* Always remember to watch your fluid intake. One of the biggest challenges with being on dialysis is fluid overload.

Remember, customization is key! Don't hesitate to make changes to your order. You can ask for sauces and dressings on the side, ask for no added salt, or remove any items that do not fit into your diet. Most fast food restaurants are willing to accommodate their customers.

For more information or to file a grievance, please contact us:

IPRO End-Stage Renal Disease Network Program

Corporate Office: 1979 Marcus Avenue, Lake Success, NY 11042-1072

Patient Services: (516) 231-9767 • Toll-Free: (800) 238-3773

Email: esrdnetworkprogram@ipro.org • Web: esrd.ipro.org

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Eating healthy at fast food restaurants while on dialysis is not only possible but could be a positive experience with the right tools. This guide will help you learn how to identify kidney-friendly food options, understand recommended portion sizes, and make informed decisions that align with your dietary restrictions.

Understanding how to read a fast food menu can be a little tricky while following a renal-friendly diet. Here's a guide for when you are grabbing something fast on the go:

Watch out for sodium levels: Avoid foods with salt as the first ingredient.

Be aware of phosphorus and potassium: When reading nutritional information, phosphorus can disguise itself under different names. Look for ingredients that start with PHOS like phosphoric acid or sodium triphosphate.

Foods Low in Phosphorus:

- Fresh fruits and vegetables
- Lightly colored sodas
- Homemade iced tea
- Almond milk



Foods Low in Potassium:

- Applesauce
- Cabbage
- Cooked rice
- Cranberry or grape juice

Identify smart protein selections: Some examples of smart protein selections are

- Chicken without the skin
- Lean cuts of meat
- Fish



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Main meal:

- Plain hamburger
- Grilled chicken sandwich
- Salad with grilled chicken
- Soft taco, no beans or tomatoes
- Slice of thin crust cheese pizza
- Fish sandwich, no tartar or cheese
- Tuna salad sandwich

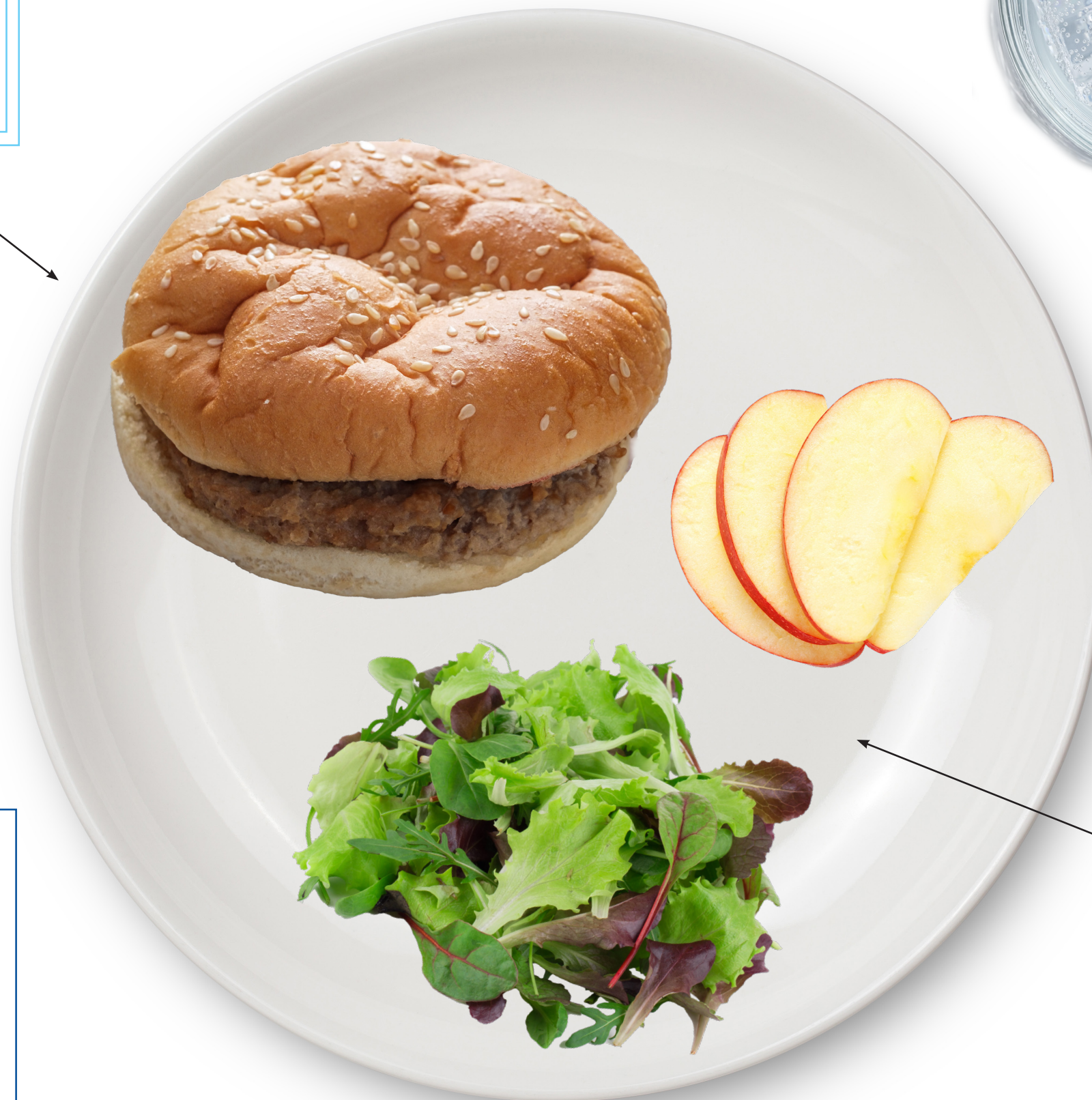
Fast Food Hack!
Order a kid's meal for smaller portions

Main meal: plain hamburger
Side: apple slices
Drink: lemon lime soda



Drinks (small):

- Water
- Apple juice
- Lemon Lime Soda
- Coffee



Sides:

- Salad
- Small onion rings, no salt
- Small French fries, no salt
- Applesauce

Disclaimer: it is vital for registered dietitians to help guide patients to better options.

USDA uses the recipe provided by the restaurant to calculate the micronutrients; unfortunately, this does not contain preservatives or additives added to the food, meaning that the phosphorus content provided could be less than half of the actual phosphorus consumed for each item.