# Patient Tips for Healthy Living

## Fast Food Tips

- Try to cook meals at home. It is healthier and cheaper.
- Be mindful of the extra sodium and phosphorus in the foods you select.
- Choose foods that are grilled, instead of fried.
- Choose fresh fruits and vegetables.
- Look for nutritional information on the drive-through menus.
- You can find complete nutritional information for most fast food restaurants online.
- Watch your fluid intake. Order small drinks, such as an apple juice box.
- Avoid most dark-colored sodas. Instead, choose Sprite/Diet Sprite or lemonade.
- Speak with your dietitian and kidney doctor to develop the best meal plan for you.

## McDonalds
- Plain Hamburger or Quarter Pounder (no cheese or bacon)
- Chicken McNuggets (4 count)
- Grilled Chicken Sandwich
- Fruit & Yogurt Parfait
- Fruit & Maple Oatmeal
- Side Salad
- Filet-o-Fish Sandwich
- Egg McMuffin (no cheese)
- Egg White Delight (no cheese)
- Sausage McMuffin (no cheese)

## Burger King
- Double Hamburger (no cheese)
- Whopper Jr. Sandwich (no cheese)
- Chicken Nuggets (6 count)
- Grilled Chicken Sandwich
- Tendergrill Chicken Garden Salad
- Side Salad
- Onion Rings
- B.K. Breakfast Muffin (no cheese)

## Chick-fil-A
- Chick-n-Minis (4 count)
- Egg White Grill
- Chick-fil-A Chargrilled Chicken Garden or Market Salad
- Spicy Chicken Cool Wrap
- Chick-fil-A Chicken Sandwich
- Chick-fil-A Nuggets (12 count)
- Chargrilled Chick-fil-A Nuggets (12 count)
- Chick-n-Strips (4 count)
- Side Salad

## Kentucky Fried Chicken
- Grilled Chicken Breast
- Grilled Chicken (3 wings, 2 legs or 1 thigh)
- Crispy Strips (2-3 strips)
- Sweet Kernel Corn
- Corn on the Cob
- Apple Turnover
- Cole Slaw

## Wendy’s
- 1/4 pound Hamburger
- Jr. Hamburger
- Ultimate Chicken Grill Sandwich
- Grilled Chicken Go Wrap
- Crispy Chicken Sandwich
- Fish Sandwich
- Mandarin Orange Cup
- Side Salad

## Taco Bell
- Soft Taco with Beef or Chicken
- Grilled Steak Soft Taco
- Fresco Grilled Steak Taco
- Crunchy Taco
- Tacos should only have lettuce, jalapeno peppers, onions, and sour cream
- Cinnamon Twists
### Subway

- 6 inch Oven Roasted Chicken
- 6 inch Orchard Chicken
- 6 inch Roast Beef
- 6 inch Tuna Salad
- 6 inch Roasted Chicken Flat Bread Sandwich
- 6 inch Roast Beef Flat Bread Sandwich
- 6 inch Turkey
- 6 inch Chicken Pesto with Fresh Mozzarella
- 6 inch Veggie Delight Sandwich or Salad
- Salads: Oven Roasted Chicken, Roast Beef, Turkey
- No bacon, cheese, olives, or avocado on any salad or sandwich

### Sauces

(Use only half of the packages)
- Sweet & Sour Sauce
- Honey mustard
- Fat Free French dressing
- Reduced Fat Berry Balsamic Vinaigrette dressing
- Oil & Vinegar

### Toppings

- Mayonnaise
- Lettuce
- Onion
- Mustard
- Jalapeno peppers
- Sour cream

### What You Should **NOT** Eat

Just as you want to know what to eat when dining out, you also need to know the foods you should **NOT** eat. Below are foods to avoid:

- Hash browns
- Potato fries/potato wedges
- French fries
- Ketchup
- Salsa or Taco Sauce
- Potato salad
- Dark colored soda
- Milkshakes or ice cream products - for example, Frosty’s, McFlurries, Sundaes
- Potatoes (fried or baked)
- Guacamole
- Sandwiches with everything on them
- Refried beans
- Cheese
- Bacon

Network 8, Inc. would like to thank the following Dieticians for their contribution and review of this publication: Arianna Bierdeman, MS, RDN, LD, CDE and Rita Solomon, RD, CSR, LDN. We would also like to thank our Patient Advisory Council for their contributions and suggestions.


This material was prepared under CMS Contract Number HHSM-500-2016-NW00008C, and the contents may not reflect CMS policy.