

Eating Out on a Low Protein Diet

Eating out can be a wonderful social experience and provides great opportunity to discover new foods and flavours. Eating out on a low protein diet can be enjoyed with some preparation in advance.

Top Tips for Eating Out on a Low Protein Diet:

- **Explore First:** A good place to start is checking the type of food served at the restaurant before visiting. Many restaurants have menus online. Call ahead with any questions you have. Try to choose restaurants that supply low protein options such as salads or vegetables dishes.
- **Get to know staff:** It can be useful to get to know staff in local restaurants that you enjoy and visit regularly. Once you feel comfortable, explain your dietary needs to them.
- **'Eating Out on a Low Protein Diet' Information Card:** Provide the server or chef with this card that explains your dietary needs.
- **Get Creative:** Restaurants often have a variety of options that can be customized to meet your dietary needs. They may be able to create a suitable dish such as a vegetable dish, combination of starters/sides with available ingredients. Some menu items may need slight modifications such as removing cheese topping.
- **Bring your own:** Restaurants may be willing to let you bring your own low protein pasta, rice, pizza base, low protein cheese to create a suitable dish. Check ahead to avoid disappointment.

- **Plan ahead:** When eating out there are two options you can take:
 - Stick to your usual pattern of spreading your exchanges throughout the day, meaning you may only have only a few for each meal.
 - Save up your exchanges for the meal. If it is a special occasion, have all low protein meals during the day. ***Note:** This should not be done on a regular basis.



Eating Out on a Low Protein Diet

Cafés

- * Mixed salad with balsamic drizzle
- * Vegetable soup (NOT milk/cream/potato/lentil or bean based)
- * Latté, cappuccino, milkshake, smoothies made on coconut or rice milk**
- * Baked potato* topped with vegetables
- * Mashed potato* with vegetables & gravy

Barbeques

- * Homemade vegetable & fruit skewers
- * Vegetable kebabs marinated in garlic & honey sauce
- * Veggie fingers/burgers*
- * Corn on the cob*
- * Mushrooms*
- * Aubergine slices

Mexican Restaurants

- * Vegetable fajitas (gluten free wraps or bring your own low protein wrap)
- * Salad topped with salsa & guacamole*
- * Sautéed peppers and onions with salad leaves
- * Fresh vegetables with Mexican dipping sauces
- * Sweet potato wedges*
- * Tortilla/Corn chips*
- * Taco shells*
- * Jackfruit Tacos or Nachos*

Chinese Restaurants

- * Stir fried vegetables with garlic sauce
- * Steamed mixed vegetables with low protein rice
- * Chinese soup with vegetable broth
- * Boiled/plain fried rice (no egg)*
- * Rice noodles* with sweet & sour sauce
- * Vegetable spring rolls* with sweet chilli sauce

Italian Restaurants

- * Low protein pasta with broccoli, garlic and oil/tomato sauce
- * Bruschetta made with low protein bread rolls
- * Grilled vegetable antipasto salad
- * Sautéed vegetables with garlic and onions
- * Sliced tomato and basil with a balsamic drizzle
- * Low protein pizza base with peppers , onions and vegan cheese
- * Garlic mushrooms*
- * Fruit Sorbet

*Count exchanges

**Rice milk is not suitable for children under 5 years and pregnant or lactating women