



Integrative Kidney Institute

# Eating Out and Travel with CKD

*A practical workbook for restaurants, road trips and celebrations*



Make a plan for the meal. Leave room for the occasion.

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For adults living with non-dialysis chronic kidney disease or interested in kidney health. Practical food and travel planning, not a personalized nutrition prescription.

# Make room for life away from home

A restaurant meal, a family gathering or a trip can fit into a kidney care plan. The useful skill is deciding what matters for you, what can be adapted, and what to do when the first plan is not available.

## Use the pages you need

| Your next decision                                          | Pages    |
|-------------------------------------------------------------|----------|
| Clarify your plan and ask useful restaurant questions       | 3 to 4   |
| Practice with three fictional menus and compare restaurants | 5 to 8   |
| Plan a celebration without food policing                    | 9 to 10  |
| Prepare for the road, airport, hotel and safe food storage  | 11 to 13 |
| Organize medicines, routines, heat and illness plans        | 14 to 16 |
| Learn from two completed travel plans                       | 17 to 18 |
| Use your trip plan, care card, checklist and reflection     | 19 to 22 |
| Find the primary sources behind this workbook               | 23 to 24 |

## A short route for a busy week

Start with page 3. Choose one menu on pages 5 to 7, then use page 8 for your real restaurant. For travel, complete pages 19 to 21. You do not need to fill every page before you go.

## Who this is for

The main audience is adults with CKD who are not on dialysis. If you are focused on prevention without a CKD diagnosis, use the general planning skills; do not adopt kidney-specific restrictions just because they appear here. Dialysis, transplant, pregnancy and children need additional individualized guidance.

This workbook supports, but does not replace, your clinician or renal dietitian. All menus, people and completed plans are fictional teaching examples. They are not nutrient analyses or recommended portions. Use your own allergies, medical instructions and food needs.

## How it complements the other workbooks

The Grocery and Pantry Reset covers buying food; the Gut Kidney Food First Toolkit covers variety and tolerance. Here, you practice meals away from your usual routine.