



**Ketogenic Dietary Therapies**

Information • Training • Research • Support

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# Handy Guide to Eating out and Fast Food Restaurants



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# BEING PREPARED

Life CAN go on when you are on a ketogenic dietary therapy, but planning ahead for occasions and meals away from home can make all the difference. The more you do it, the more confident you will become.

Try NOT to focus on what you can't have and more of what you CAN have and remember, if you are socialising with friends and having a good time, then the food becomes secondary.

With children it can be a little trickier but hopefully there will be a few helpful ideas in this booklet.

We have given some of the lowest carbohydrate items (we could find) from some of the most popular UK restaurant chains.

## **Remember the basics:**

- ✓ Choose plain meats with NO coatings such as breadcrumbs or batters and check that no flavour enhancers whatsoever have been added to the meat.
- ✓ Use salad type vegetables where possible or take your own recommended list of vegetables & scales if necessary.
- ✓ Ask for oil based dressings or extra butter or mayonnaise (check the mayonnaise is the high fat variety not diet or low fat) with your meal.
- ✓ Take your own pudding (i.e. sugar free Jelly, low carb berries) and ask for additional double cream.
- ✓ Diet Drinks and/or water with your meals.
- ✓ Black coffee or Tea (with cream and sweetener added if you wish)
- ✓ Fruit/Herbal unsweetened teas

When eating out at friends, it is worth a phone call beforehand to explain things, but as friends, we would hope that they understand your circumstances and be willing adjust their menu slightly to take into account your dietary needs. It really doesn't take much to make a 'typical' meal keto friendly;

BBQ'S are easy as most of it is meat and salads.

Buffets are also pretty simple as there is usually a mix of foods that you can choose from, however if it is a sandwich tea or something along those lines then it might be worthwhile packing your own salad or 'packed' supper and just add to it from what you can have on the buffet table.

Picnics again can be pretty easy going if you stick to cold meats, cheeses and salads. Remember that not everything has to be between two slices of bread for you to enjoy it!

## IMPORTANT:

**ALL VALUES QUOTED ARE UK NUTRITIONAL VALUES AND WERE CORRECT AT THE TIME OF WRITING. THE INFORMATION WAS TAKEN DIRECTLY FROM THE RESTAURANT WEBSITES. PLEASE USE THIS AS A GUIDE ONLY AND CHECK THE INDIVIDUAL RESTAURANT'S WEBSITES IN CASE OF ANY CHANGES AND/OR UPDATES TO THEIR MENU'S.**

**MATTHEW'S FRIENDS CANNOT BE HELD RESPONSIBLE IF ANY PROBLEMS SHOULD OCCUR WHILST USING THIS GUIDE.**

If you know you have a special occasion coming up and you need more advice on what your options are and what adjustments you can make to your diet on the day of the special occasion then have a chat with your dietitian and make a plan beforehand of what can and can't be done. Make sure you stick to the plan otherwise you could risk an increase in seizures and/or dropping out of ketosis. **DO NOT make changes without discussion with your dietitian.**

A 'Special Day' Plan is at the back of this booklet for you to complete with your Dietitian.

## General Restaurants:



### **Indian Food**

This type of eating out might be more difficult to monitor than other types of restaurants but not impossible. Some simple things to remember:

- Avoid Breads, Rice and any type of potato dishes and no samosas or pakoras.
- Be careful when ordering mixed vegetable curries as there could be high carbohydrate vegetables included.
- Stick with meats preferably without sauces as you can't be sure what thickening agent has been used (if any) OR ask if any flour enhancers or other thickeners have been used.

Opt for:

- ✓ Chicken Tikka or another type of Meat Tikka
- ✓ Mushroom Bhaji
- ✓ Cauliflower Bhaji

We can't guarantee that you won't have additional carbohydrates in these types of foods but if eaten occasionally this could be a day that you save some additional carbohydrates from your lunch/snack and use them in the evening or as a 'just in case' scenario.

The best you can do in this kind of situation is make the most sensible choices you can and remember the traffic light system; **Carbohydrates – Stop and think**, **Protein – Proceed with caution** and **Fat – PLENTY OF IT**.

If you enjoy curries then these can easily be incorporated into your daily menus using dried curry spices, double cream and/or creamed coconut with meat or fish.



## Chinese Food

Chinese Food is a challenge, there is no way round that one and a possible additional problem of some people with epilepsy reacting to the MSG in foods then the first question you need to ask is 'are you one of those people?' and does the Chinese restaurant/takeaway you visit use it? Once those questions are out of the way, the best suggestions we can come up with are as follows:

- ✓ Opt for a plain roasted dry meat such as duck (an exceptionally good keto meat). Crispy roast duck with the spring onions and cucumber would be a good choice and if you ask the waiter then they don't have to bring you the pancakes. Crab Soup/Shredded duck soup, shredded meats with beansprouts can also be an option.
- ✓ Chop Suey may be a good option as it uses beansprouts and lower carb vegetables BUT be careful as it can be thickened with a starchy ingredient

Homemade Chinese food is by far a better option if at all possible as you can make a great stir fry from very low carb vegetables and roast your own crispy duck/pork. It is an extremely easy meal and stir frying is quick too. You can use Chinese five spice, soy sauce/fish sauce to flavour your vegetables and even some of the carb free noodles that are now available.



## **Thai Food**

Similar to Chinese – a red or green curry on its own is probably your safest option. Again avoid anything with rice, noodles or other starchy foods.



## **Spanish & French Food**

Most French food is high in protein and very low in starchy carbohydrates, but no potatoes, rice, pasta or bread and avoid anything battered or tortilla based when looking at Spanish foods, look for tapas dishes which are protein based and go for plain meats with salads.



## **Lebanese & Turkish**

These are similar to Greek but with bigger mezzes. Eat protein based dishes such as kebabs and/or meatballs (check the meatballs are not made with any kind of breadcrumbs though) and go for the salads.

Stay away from couscous and tabbouli.



## **Greek Food**

This is a good option as there is a lot of meat, fish and cheese available and Greek salads with olives are ideal choices. Your allowance may also mean you can have some Tzatziki (check it is full fat). Aubergine (egg plant) dishes are also a good choice. No breads, rice, pasta or potatoes though.



## Italian Food

Go for prawns, cold meats, veal and chicken dishes. Good choices include bresaola, green salad with avocado, mozzarella and seafood.

Be very careful with the tomato choice, as the carbohydrates can quickly mount up – go for more cream sauces but make sure there is no flour or thickening agents involved in the sauce.

No Pasta, potatoes, gnocchi, pizza's or breads and that includes dough balls.



## Mexican Food

This one is really tricky as most of the cuisine has a starchy carbohydrate base to it. Stick to meat dishes as far as you can and you can order a burger but ask for it without the bun. See what salads may be available on the menu as well. Leave breads, wraps and rice alone.



These types of restaurants are good options for things like cooked plain meats, such as steaks, chicken, pork chops, lamb and they also usually have very good salad bars.

Be careful with gravy and sauces as they have thickening agents in them. Instead of having a steak with sauce on, ask for a steak with some cheese on if you want something extra or a herb/garlic butter or an anchovy butter. Be careful of the dressings – a lot of them might well be low fat and low fat usually means higher carb. Ask if you are not sure it is not clear on the menu.

However, if you have a local Pub or restaurant that you like to go to, it would be worth going along beforehand and trying to get hold of a copy of the menu and work out the best things on their menu that could be appropriate – even if you have to take your scales with you. If you also have a chat with the owner hopefully they should be willing to accommodate you if you need to have some plain food available. It would be worth having that conversation just for your own peace of mind. Once again preparation and communication is everything and can make all the difference to a having a pleasurable meal out.

## FAST FOOD CHAINS

Remember the Basics:

- Avoid Fries or chips
- Avoid Battered or Breaded Fish or Meats (unless specified below)
- Avoid Bread or burger buns



[www.nandos.co.uk](http://www.nandos.co.uk)

This restaurant chain is based around their Peri Peri chicken and is a really good choice for those on a ketogenic diet and is the top Fast Food restaurant on our list.

### **Starters:**

Spicy Mixed Olives 125g Portion:

0.8g Carbohydrate (carbs)      1.1g Protein      13.0g Fat

Peri Peri Nuts 100g Portion:

7.9g Carb      23.6g Protein      53.6g Fat

### **Sides:**

Coleslaw Regular Size 150g Portion:

9.5g Carb      1.2g Protein      23.0g Fat

Mixed Leaf Salad 57g Portion:

1.3g Carb      0.7g Protein      0.2g Fat

Ratatouille 180g Portion:

6.8g Carb      2.3g Protein      6.5g Fat



Cheddar Cheese 20g Portion	No Carb/5.2g Protein/6.4g Fat
Grilled Halloumi Cheese 54g Portion	1.3g Carb/11.9g Protein/13.8g Fat
Advocado 45g Portion	0.5g Carb/0.5g Protein/6.3g Fat

**LITTLE ONES (under 10 Menu) Nandinos choice:**

**Mains:**

3 x Chicken wings 71g Portion:

0.1g Carb	21.9g Protein	11.3g Fat
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Chicken Breast Fillet Strips 92g Portion:

0.2g Carb	28.2g Protein	1.8g Fat
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**Sides:**

Little Toms 73g Portion:

2.3g Carb	0.5g Protein	0.2g Fat
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Saucy Veg 103g Portion:

3.91g Carb	1.34g Protein	3.71g Fat
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[www.pizzahut.co.uk](http://www.pizzahut.co.uk)

A free salad bar is always a good thing usually so take your list of low carbohydrate salad vegetables and you can help yourself to the salad bar (you may need to take your scales or measuring spoons with you to give you a guide to amounts) However again Pizza Hut is obviously not a very friendly keto place and especially as they have changed their menu over the years to become even more carbohydrate loaded.

**Warning: DO NOT use their mayonnaise or salad dressings as they use a light version which has less fat and more carbs. We would recommend taking your own in a small pot if necessary.**

**Dressings & Dips (per 100g):**

Lemon Infused Oil	No Carb/No Protein/100g Fat
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Extra Virgin Olive Oil with Italian Herbs 0.9g Carb/0.4 Protein/96.9 Fat

**Side:**

Coleslaw (per 100g) 4.5g Carb/1.1g Protein/18.2g Fat

**Salad Choices (per 100g):**

Seasonal Salad Leaves 1.8g Carb/0.7g Protein/0.6g Fat

Cherry Tomatoes 3g Carb/0.8g Protein/0.4g Fat

Cucumber 1.5g Carb/0.7g Protein/0.1g Fat

**Pizza - all values are PER SLICE**

14" Chicken and Bacon Club Large Thin:

15.6g Carb 9.1g Protein 4.9g Fat

11" Regular Thin King of the Coast:

18.4g Carb 8.2g Protein 5.4g Fat

9" Happy Hour Pepperoni & Jalapeno Pan

19.8g Carb 7g Protein 7.6g Fat

9" Pepperoni Regular Pan:

19.8g Carbs 7.6g Protein 8.9g Fat

9" Cheese Feast Regular Pan

19.9g Carbs 7.7g Protein 7.8g Fat

9" Meat Feast Regular Pan:

20g Carb 8.8g Protein 7.3g Fat

9" Heavenly Veg Regular Pan:

20.2g Carb 6.4g Protein 7.7g Fat



Hamburger

31.9g Carb 15g Protein 9.9g Fat

Kids Chicken Nugget 4 pieces (inc Dip):

19.3g Carbs 11.5g Protein 9.1g Fat

Kids Char Grilled Chicken Fillet x 3:

0.5g Carbs 18.5g Protein 2.1g Fat

Garden Salad:

5.1g Carbs 1.3g Protein 0.8g Fat

Grilled Chicken Salad:

5.6g Carbs 19.8g Protein 2.9g Fat



[www.mcdonalds.co.uk](http://www.mcdonalds.co.uk)

Hamburger

30g Carbs 14g Protein 8g Fat

Grilled Chicken Salad

7g Carbs 20g Protein 3g Fat

Grilled Chicken and Bacon Salad

7g Carbs 25g Protein 7g Fat

Garden Side Salad

2g Carbs 1g Protein Trace Fat

Fruit Bag

10g Carbs Trace protein Trace Fat



These restaurants appear not to have the full nutritional information on their websites. So stick to the rules of plain grilled meats/fish and salads with no dressing or sauces to be on the safe side (you can always take your own). No starchy foods, breads, pasta or rice.



### Coffee Houses:

Again with these places you are limited. Herbal Teas are good, black tea/coffee can be drunk or a little cream added, although the chances are it won't be double cream so be careful. If you use syrups in your coffee then always make sure you ask for a sugar free variety (they usually have a couple). Food wise they supply pre-packed foods so it will be a question of reading your labels. Most of the foods are bread based with cakes and biscuits available – all of which are off limits. However they do have nuts available which you could have. Out of the above chains the one we recommend the most is Pret a Manger – they do have some salads available and some lower carbohydrate soups.



### Eating on the Go

Our recommendation for this is M&S, there is a lot of choice and there are many M&S Food outlets at service stations and petrol garages so good for those who do a lot of travelling for work.

They have salad pots, prawn mayo combos, baby frittata, individual wrapped sticks of cheese, berries and double cream. All with labels on telling you how much carbohydrate is in all of them.

*Please remember:*

*Keep checking on all the websites*

*to see if any of the information has changed.*

## Pre-prepared Meals and Snacks:

### *The* **NATURAL LOW CARB STORE**

A lot of ready meals are high in sugar and additives of all kinds. Matthew's Friends are very pleased to be working with Natural Ketosis, a company who develop ketogenic foods with no artificial additives, sweeteners, flavourings or colours.

The company started in the field of weight loss and have a lot of experience in using ketogenic diets but are now working with us to help provide everyday solutions for those on Medical Ketogenic Diets (which can be quite different from the weight loss versions – so please do not mix them up). They can deliver meals and snacks all over the country and you order directly from them through their Natural Low Carb store. Their foods are more suited to the modified types of diets and can be very useful for adults.

We have also tested their products and have found their dark chocolate mousse to be excellent to hide MCT oil and other MCT products and this pudding also makes a great ice-cream when frozen too.

[www.the-natural-low-carb-store.co.uk](http://www.the-natural-low-carb-store.co.uk)

For a 15% discount on your shopping from The Natural Low Carb Store please use the exclusive Matthew's Friends Discount Code: **FRIENDS15**

**Many thanks to them for some of the information that they have provided in this booklet**

## **SPECIAL DAY PLAN**

Most ketogenic therapies involve having a mixture of fats, carbohydrates and protein at every meal and snack but when eating out or having special events to go to, this can sometimes prove tricky. Whilst still keeping within the confines of your DAILY allowance, on special days it is possible to manipulate the diet so that all or the majority of carbohydrates can be used in one meal, with the rest of the daily intake being made up of protein and fat only.

**This 'Special Day' Plan should be agreed with your dietitian prior to commencement of your dietary therapy.**

**DAILY CARBOHYDRATE ALLOWANCE** \_\_\_\_\_g

**Total amount to be used in 1 meal** \_\_\_\_\_g

Extra Fat Supplement for this meal Yes No

If Yes, use one of the following (5g Fat Portion):

5g Oil \_\_\_\_\_g

6g Butter \_\_\_\_\_g

10g Double Cream \_\_\_\_\_g

7g Hellmans Mayonnaise \_\_\_\_\_g

OR

Ketoshake \_\_\_\_\_g

MCT \_\_\_\_\_g

Number of 'Special Days' per month \_\_\_\_\_

Signed \_\_\_\_\_ Date: \_\_\_\_\_  
Dietitian

Centre: \_\_\_\_\_

**If you notice the loss of ketosis after a 'special day' or you feel unwell or have seizure breakthroughs then please speak to your dietitian.**

## Supporting Patients and Professionals

### Contact:



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