

Your Renal Guidebook

to healthy cooking

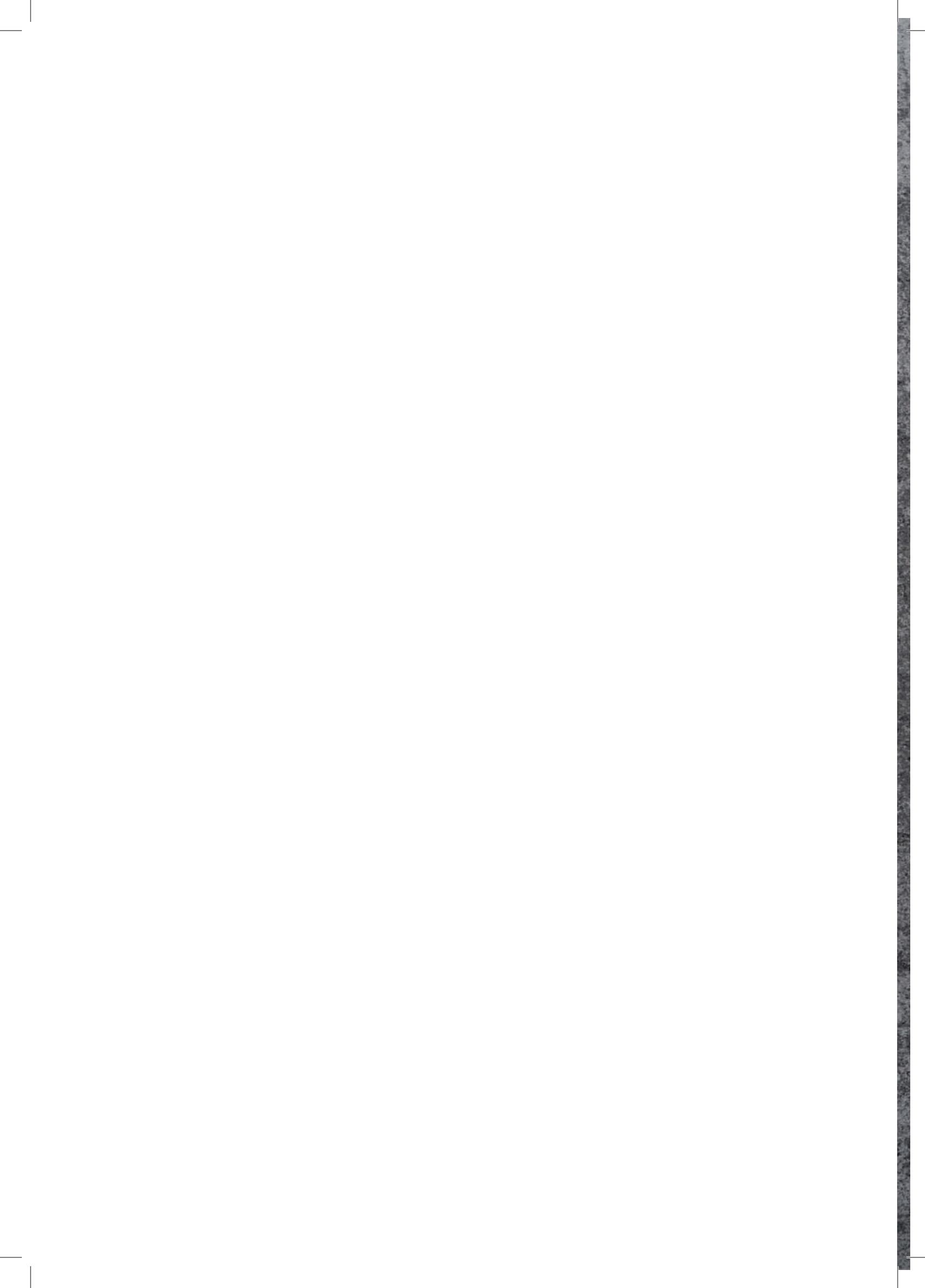


Features tips on how to manage a renal diet with the importance of eating well, for both pre-dialysis and dialysis patients



**Khoo Teck Puat
Hospital**
Alexandra Health

NKF



Foreword

We have interacted with many Chronic Kidney Disease (CKD) patients and their caregivers and have come to understand their treatment and daily living concerns. It can indeed be a challenging task for them and their families to be managing the condition and worrying about the meals at the same time.

It is with this in mind that our organisations joined hands to produce this friendly, easy-to-read recipe and guidebook that provides useful information about CKD and tips for managing the diet of both pre-dialysis and dialysis patients. We seek to help you gain control of your life by helping you to understand your own nutritional needs, and to enjoy healthy, tasty and easy-to-prepare meals that we have already planned for you!

For easy reference, this guidebook has a list of foods containing selected nutrients such as protein, potassium and phosphate to help you and your loved ones with grocery shopping for the daily meals. What's more, it also features a wide variety of local Chinese, Malay and Indian cuisines as well as Western dishes to suit the taste of our local multi-ethnic society. These tasty and healthy recipes are also suitable for all your family members and friends to enjoy. With this book, families can cook delicious food and eat together with patients.

All the recipes have been carefully put together, tried and tested by our dietitians, chefs and friends. We have also included a special segment focusing on protein snacks, which are introduced to suit your dietary needs if you are on dialysis and will require more protein.

Together, through this important milestone collaboration, Khoo Teck Puat Hospital and National Kidney Foundation hope that this handy guide will be a convenient tool for you to further improve you and your loved one's quality of life while spicing it up with appetising dishes!

Yours sincerely



Chew Kwee Tiang

Chief Executive Officer
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Chef
Tips

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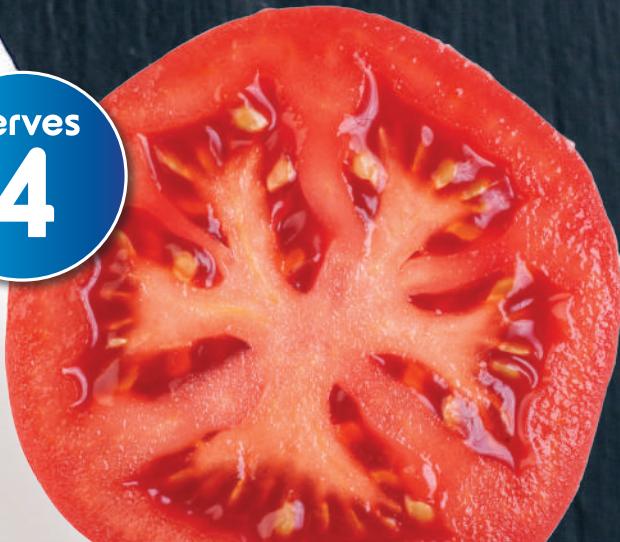
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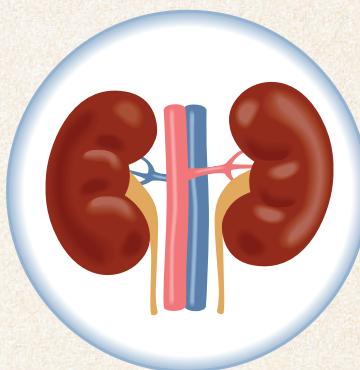
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Introduction to Chronic Kidney Disease

Kidneys are two bean-shaped organs, each about the size of a clenched fist. They are located just below the rib cage, one on each side of the spine.

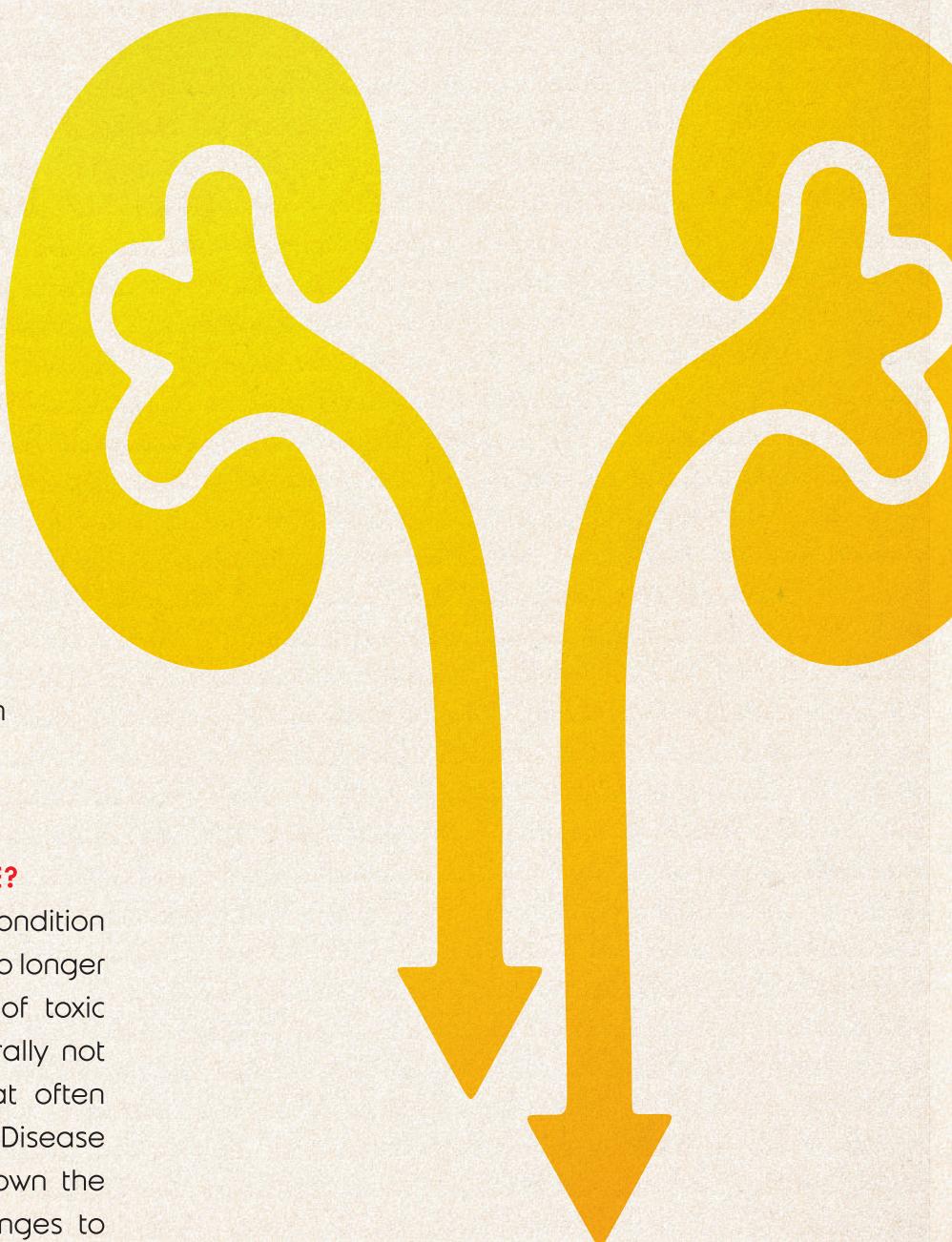


FUNCTIONS OF KIDNEY

- To remove waste products and excess fluids
- To help regulate your blood pressure
- To aid in the production of red blood cells
- To allow your body to use calcium
- To stabilise the levels of sodium, potassium, and acid content

WHAT IS CHRONIC KIDNEY DISEASE?

Chronic Kidney Disease (CKD) is a condition whereby kidneys are damaged or no longer functioning, resulting in build up of toxic wastes in the blood. CKD is generally not reversible, and is a condition that often progresses to End Stage Renal Disease (ESRD). However, you can slow down the progression by making some changes to your lifestyle and diet.



DO YOU KNOW

Every 5 hours, there is 1 new case of kidney failure.

Stages of Chronic Kidney Disease

Understanding GFR...

The function of the kidney is estimated by the test for glomerular filtration rate (GFR). GFR lets you know how well your kidneys are removing wastes in the blood. Generally, a GFR lower than 60 for three months or more is an indication of CKD.

	Stage	GFR Value	Description of kidney function
Less Severe	1	<90	Normal
	2	60-89	Slightly decreased
	3	30-59	Moderately decreased
	4	15-29	Severely decreased
More Severe	5	<15	Considered as kidney failure

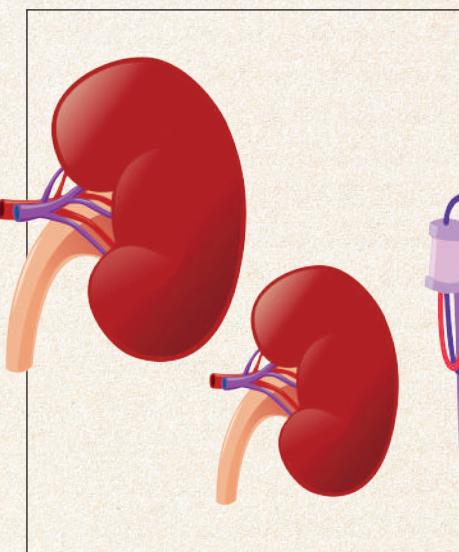
SYMPTOMS

- Change in color of urine
- Blood in the urine
- Nausea and vomiting
- Swollen hands and ankles
- Tiredness
- Metallic taste in your mouth
- Puffiness around the eyes
- Itching throughout the body
- Sleep disturbances
- High blood pressure
- Loss of appetite



Treatment Options for ESRD

There is NO CURE for kidney failure. Patients with End Stage Renal Disease (ESRD) may choose to undergo one of these three methods of treatment:

		
KIDNEY TRANSPLANT	HAEMODIALYSIS (HD)	PERITONEAL DIALYSIS (PD)
The implanted kidney can replace almost all the functions of the failed kidney that were lost.	Metabolic wastes and toxins in the blood are removed by the dialyser and then 'clean blood' is returned back to the body.	Foreign matters from the surrounding blood vessels in the abdominal cavity will be removed.
<ul style="list-style-type: none">Involves a separate surgical process that removes the kidney from the donor and then implants it into the patient	<ul style="list-style-type: none">Connects a vein from the arm to the dialysis machine through a tubePerformed 3 times a weekeach session takes about 3 to 5 hours	<ul style="list-style-type: none">A tube is permanently inserted into the abdomen (peritoneal cavity). Special fluids are then introduced regularly to draw impurities from the body.Performed 4 times a day, each exchange takes about 30 minutes or performed for 10 hoursCan be carried out anywhere

Introduction to Renal Diet

Eating well is an important part of your treatment plan as it can help to slow down the progression of kidney failure and if you are on dialysis it minimises the symptoms of discomfort.

Why is eating well important?

Regardless of how much kidney function you have, what you eat is very important. Healthy eating can help to do the following:

- Meet your nutritional needs so that you will not be malnourished
- Prevent fluid overload
- Control build-up of food wastes like urea
- Reduce high potassium in blood
- Prevent bone disease
- Maintain healthy weight and prevent muscle loss
- Optimise blood sugar control if you have diabetes
- Control the blood pressure



Pre-dialysis & Haemodialysis Diet Management

Pre-Dialysis	Haemodialysis	Peritoneal Dialysis
Adequate Energy Intake	Adequate Energy Intake	Adequate Energy Intake
Lower Protein Intake	Higher Protein Intake	Higher Protein Intake
Limit Potassium Intake	Limit Potassium Intake	Higher Potassium Intake
Limit Phosphate Intake	Limit Phosphate Intake	Limit Phosphate Intake
Limit Sodium Intake	Limit Sodium Intake	Limit Sodium Intake
	Limit Fluid Intake	Limit Fluid Intake



ENERGY

Why an adequate amount of energy is needed?

- To maintain nutritional status
- To prevent unnecessary weight loss

Pre-Dialysis	Dialysis
Recommended amount of energy per day: 25-35 kcal/kg body weight	
e.g. : for a person who weighs 50kg, $25\text{ kcal} \times 50\text{ kg} = 1250\text{ kcal/day}$	
Your recommended intake: _____ kcal/day If you are on PD, minimise the calories from carbohydrates.	

PROTEIN

When kidneys fail, they are unable to filter protein waste products such as urea from body or an abnormally high amount of protein in urine, resulting in foamy or soapy urine.

Protein requirement should contain $\geq 50\%$ of High Biological (Good quality) Value, such as: egg, meat, chicken, fish



Functions of protein:

- Essential for tissue growth, repair and maintenance
- Fight infections by boosting the immune system

Pre-Dialysis

Require LESS protein to prevent the risk of waste products building up to a high level.

Recommended Amount of Protein Intake per day:
0.6 - 0.8g/kg body weight

e.g. : A person who weighs 50kg
 $0.6 \times 50\text{kg} = 30\text{g}$
 $0.8 \times 50\text{kg} = 40\text{g}$
30-40g/day

Your recommended intake: _____ g/day

Dialysis

Require MORE protein to replace the lost protein during dialysis.

Recommended Amount of Protein Intake per day:
1.2 - 1.3g/kg body weight

e.g. : A person who weighs 50kg
 $1.2 \times 50\text{kg} = 60\text{g}$
 $1.3 \times 50\text{kg} = 65\text{g}$
60-65g/day

Your recommended intake: _____ g/day

POTASSIUM

When kidneys fail, potassium accumulates in blood. High levels of potassium in the blood cause muscles weakness, abnormal heartbeat, leading to heart failure.

Functions of potassium:

- Keeps a normal water balance
- Keeps the heart beating steadily
- Conducts nerve impulse and muscle contraction



Pre-Dialysis

UNRESTRICTED
unless there is abnormally high level of potassium in blood.

Dialysis

Recommended Amount of Potassium Intake per day:
2000mg

Tip to increase potassium level:
Eat a variety of vegetable and fruits daily.

Tips to control potassium level:

- AVOID high potassium foods, CONSUME foods that contain low to moderate level of potassium instead.
- Soak vegetables in a large volume of water and drain to allow potassium to leach out
- Cut or slice into smaller pieces when soaking in water to increase potassium loss
- Drain canned fruits and vegetables before eating
- Control the intake of low-potassium food

PHOSPHATE

When kidneys fail, phosphorus accumulates and causes calcium to be drawn out from the bones, causing them to become weak and brittle. These damages may lead to other problems such as muscle aches, pain and bone disease.

Functions of phosphate:

- Critical for bone formation
- Need for healthy strong bones, along with calcium
- Essential buffer used in the excretion of acid by the kidney

Pre-Dialysis

Dialysis

Recommended Amount of Phosphorus Intake per day:
800 - 1000mg

Tips to control phosphate level:

- Limit foods high in phosphate such as processed meats, milk and other dairy products
- Avoid foods high in phosphate such as chocolate, dried fruits, nuts
- Take phosphate binders with meals and snacks.
Phosphate binders bind with the phosphorus in your intestine. The bound phosphorus will pass in your motion

SODIUM

When kidneys fail, the ability to excrete sodium is reduced. High levels of sodium result in retention of water and hence increase blood pressure, leading to edema (swelling) and excessive thirst. This affects the fluid restriction of patients with CKD.



Pre-Dialysis

Dialysis

Recommended Amount of Sodium Intake per day:
2000mg

Tips to limit sodium intake:

- Buy fresh foods, limit intake of processed food (e.g. hotdog, ham, instant noodles)
- Use spices, herbs, and sodium-free seasonings in place of salt
- Rinse canned vegetables, beans, meats, and fish with water before consumption
- Look out for Healthier Choice Symbol (HCS)



Important Note: Do not limit fluids unnecessarily because this may cause damage to the kidney when you are on fluid restriction.

FLUID INTAKE

When kidneys fail, they may not produce as much urine as before, and your body may become overloaded with fluid. This causes fluid retention in the body.

Symptoms of fluid retention:

- Swelling of the legs, hands and face
- Shortness of breath
- Increase in blood pressure

Pre-Dialysis

Haemodialysis

Peritoneal Dialysis

Unrestricted with normal urine output

**Normal Urine Output:
800 - 2000ml**

Recommended Fluid Intake per day:

500 - 1000ml + urine output

Urine output + ultra filtration (UF)

Tips to limit fluid intake:

- Moisten the dry mouth by sipping cold water, eating candies and rinsing mouth
- Limit salty food to reduce thirst
- Drink from a smaller cup
- Measure and divide the fluid allowance throughout the day

Food List



Important Note: RIGHT KIND and CORRECT AMOUNT of protein is vital for patients with CKD to stay healthy!

PROTEIN

High biological value (HBV) proteins contain essential amino acids in a proportion similar to that required by human and are mostly obtained from animal sources.

Sources	High Biological Value Protein
Animal-Based Food	<ul style="list-style-type: none"> • Meat • Poultry • Fish • Eggs whites 
Dairy Products	<ul style="list-style-type: none"> • Yogurt • Milk • Cheese 
Plant-Based Food	<ul style="list-style-type: none"> • Soy products (e.g. tofu) 

Low biological value proteins lack one or more essential amino acids and are mostly found in plants.

Sources	Low Biological Value Protein
Plant-Based Food	<ul style="list-style-type: none"> • Legumes • Grains • Nuts • Seeds • Vegetables 

POTASSIUM

Sources	Low (< 200mg)	Medium (200mg – 350mg)	High (> 350mg)
---------	------------------	---------------------------	-------------------

Vegetables

*1 Serve
= 100g (3/4 cup) cooked
= 100g raw nonleafy
= 150g raw leafy



- Bean sprout
- Bitter gourd
- Brinjal
- Capsicum
- Cucumber
- French bean
- Frozen vegetables
- Hairy gourd
- Kang kung
- Lettuce
- Long bean
- Onion
- Peas, green
- Spring onion
- Tempeh
- Zucchini

- Asparagus
- Carrot
- Cauliflower
- Celery
- Chilli
- Chinese cabbage
- Chives
- Ladies finger
- Leeks
- Lentils
- Peas
- Pumpkin
- Snow peas
- Sweet Corns
- Tomato

- Bamboo shoot
- Beans
- Beets
- Broccoli
- Chick peas
- Kale
- Legumes
- Lotus root
- Mushroom
- Peanut
- Potato
- Seaweed
- Spinach
- Sweet potato
- Water chestnut
- Yam



Fruits



- Apple (1 small)
- Blueberries (1/2 cup)
- Canned fruits (1/2 cup)
- Cranberries (100g)
- Dragonfruit (1/2 fruit)
- Durian (2 seeds)
- Grapes (10 small)
- Guava (1/2 fruit)
- Lemon (1 small)
- Lime (1 whole)
- Longan (10 medium)
- Mangosteen (4 medium)
- Pear (1 small)
- Pineapple (1 wedge)
- Watermelon (1 wedge)

Low (< 150mg)

Medium (150mg – 250mg)

High (> 250mg)

- Cherry (10 medium)
- Chiku (1 1/2 medium)
- Duku (10 medium)
- Grapefruit (1/2 medium)
- Langsat (10 medium)
- Lychee (6 medium)
- Orange (1 small)
- Papaya (1 wedge)
- Peach (1 medium)
- Plum (2 small)
- Pomelo (3 segments)
- Raspberries (1 cup)
- Strawberries (1 cup)
- Tangerines (1 medium)

- Apricots (4 small)
- Avocado (1 medium)
- Banana (1 small)
- Custard apple (1 medium)
- Dates (2 pieces)
- Dried fruits (20g)
- Figs (2 small)
- Honeydew (1 slice)
- Jackfruit (2 seeds)
- Kiwi (1 medium)
- Mango (1/2 medium)
- Pomegranate (1/2 medium)
- Prunes (4 pieces)
- Rockmelon (1 slice)
- Soursop (1 slice)



PHOSPHATE

Sources	Low Phosphate	High Phosphate
Vegetables & Fruits	All fruits & vegetables are low in phosphorous	
Meat, Nuts & Beans	<ul style="list-style-type: none"> • Egg white • Fish • Meat • Poultry 	<ul style="list-style-type: none"> • All sort of seafood e.g. crayfish, oyster • Sardines • Anchovies (ikan bilis) • Organ meat e.g. liver, intestine • Bone-based soups e.g. chicken feet and pork bone • Bean products e.g. all forms of nuts, seeds, bean soup
Dairy Products	<ul style="list-style-type: none"> • Low fat cheese • Rice milk • Sherbet or popsicle • Non-dairy creamer • Pudding or custard made with non-dairy creamer • Cream soups made with water 	<ul style="list-style-type: none"> • Cheese • Cottage cheese • Custard • Ice cream • Milk • Pudding • Cream soups made with milk • Yoghurt 
Beverages	<ul style="list-style-type: none"> • Non-cola (flavoured drinks) • Lemon-lime soda • Rice milk, unfortified • Non-dairy creamer (ingredient list without the letter term of "phos") 	<ul style="list-style-type: none"> • Ale • Beer • Chocolate drinks • Cocoa • Dark colas • Malted drinks e.g. Milo, Horlicks
Others	<ul style="list-style-type: none"> • Non-bran cereal, rice cereals, or corn flakes • White bread (high-fibre) • White rice • Pasta • Light salt/low fat popcorn • Honey • Jam or jelly • Hard candy, fruit flavors or jelly beans 	<ul style="list-style-type: none"> • Bran cereals • Brewer's yeast • Nuts • Seeds • Wheat germ • Whole grain products e.g. brown rice, wholemeal bread, wholemeal pasta • Caramels • Peanut butter • Chocolate bar

SODIUM

Sources	Low Sodium	High Sodium
Vegetables & Fruits	<ul style="list-style-type: none"> Any fresh fruits Any fresh vegetables Frozen vegetables (without added sauce) Canned vegetables that are low in sodium or have no salt added Low sodium vegetable juice Frozen or dried fruit (unsweetened) Canned fruit (packed in water or 100% juice) 	<ul style="list-style-type: none"> Canned vegetables e.g. pickled olives and pickles 
Bread, Cereals and Grains	<ul style="list-style-type: none"> Rice or pasta Unsalted popcorn 	<ul style="list-style-type: none"> Instant noodles Ready-to-eat meals Popcorns
Meat, Nuts and Beans	<ul style="list-style-type: none"> Fish or shellfish Chicken or turkey breast without skin Lean cuts of beef or pork Unsalted nuts and seeds Peas and beans Canned beans labeled "no salt added" or "low sodium" Eggs 	<ul style="list-style-type: none"> Hotdogs or sausages Ham Canned meats e.g. luncheon meats, corned beef Dried fish Salted nuts and seeds Canned beans
Dairy Products	<ul style="list-style-type: none"> Low- or reduced-sodium cheese 	<ul style="list-style-type: none"> Cheese 
Dressing, Oils and Condiments	<ul style="list-style-type: none"> Unsalted margarine and spreads with no trans fat Vegetable oil e.g. canola, olive, peanut, or sesame Sodium-free, light mayonnaise and salad dressing Low-sodium soy sauce Low-sodium broth Low-sodium oyster sauce Vinegar 	<ul style="list-style-type: none"> Margarine and butter Mayonnaise and salad dressings Soy sauce Broth Oyster sauce Tomato sauce Chilli sauce Fish sauce Marinades 
Seasonings	<ul style="list-style-type: none"> Herbs, spices, or salt-free seasoning blends Chopped vegetables e.g. garlic, onions and peppers Lemons and limes 	<ul style="list-style-type: none"> Salt

Portion Control

Choosing kidney-friendly foods is a great start, but eating too much of such foods can be a problem. Therefore, good portion control is very important in a kidney-friendly meal plan.

Why is Portion Control Important?

When your kidneys are not functioning as well as they should, they are unable to remove wastes built up in the blood and excess fluid.

When you overeat, wastes and extra fluid build up, and can cause problems to the heart, bone and other health problems. In addition, it may speed up the progression to kidney failure.

Tips For Portion Control

- Learn about portion size
- Measure and weigh food
- Do not skip meals
- Eat slowly, and stop eating when you are full.
- Avoid eating while doing something else, such as watching TV or driving
- Do not eat directly from the package of the food came in
- Check the nutrition information panel on a food product to learn the true serving size
- Check with your dietitian on your daily requirement



Household Liquid Measurements

Not only can household liquid measurements be used for liquids such as water and milk, they can also be used for solids such as flour and sugar.

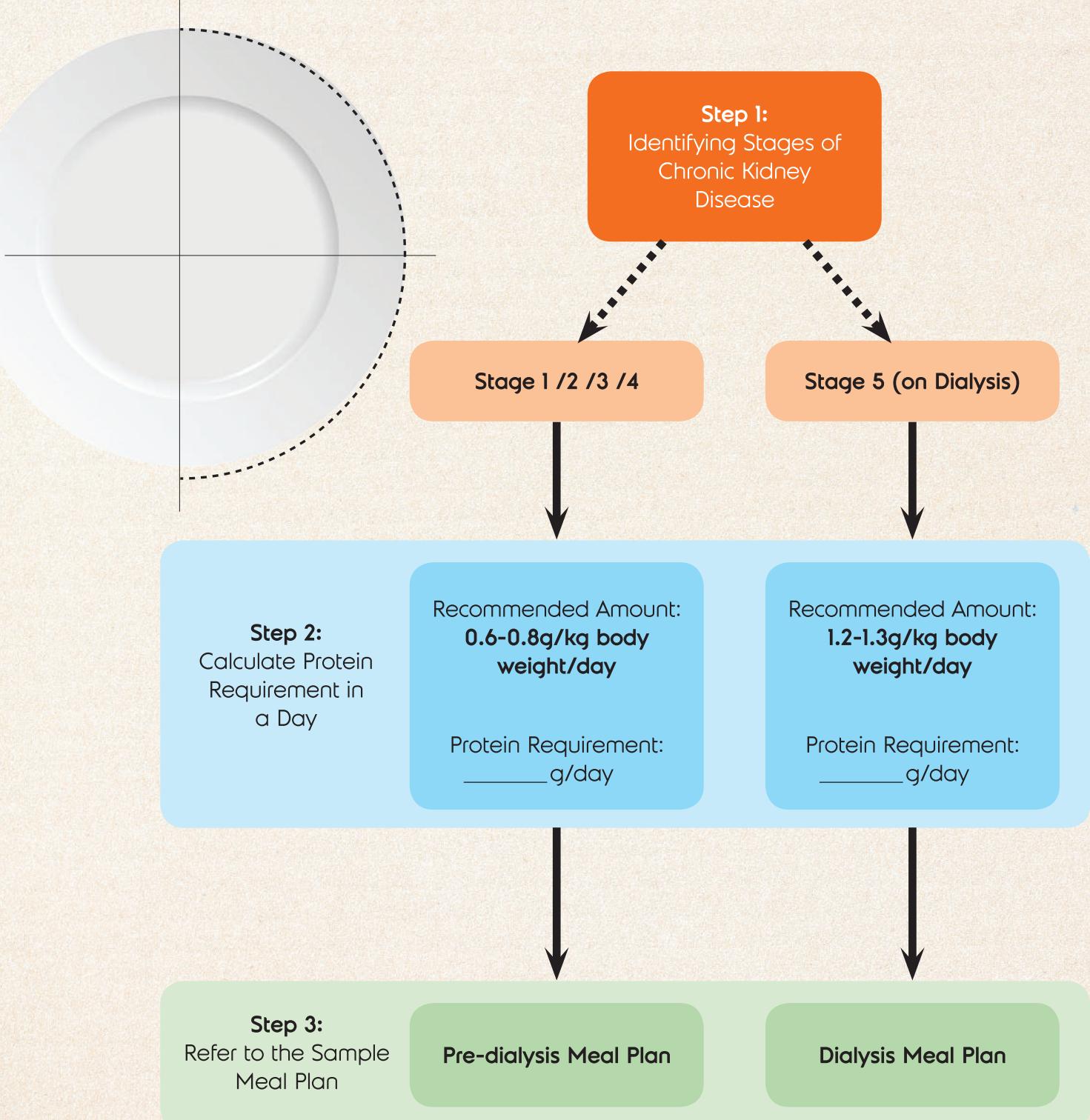
		Teaspoon (tsp)	Tablespoon (tbsp)	Cup	Militres (ml)
¼ teaspoon	=	¼	-	-	1.25
½ teaspoon	=	½	-	-	2.5
1 teaspoon	=	1	⅓	-	5
¼ tablespoon	=	¾	¼	-	3.75
½ tablespoon	=	½	½	-	7.5
1 tablespoon	=	3	1	⅛	15
¼ cup	=	12	4	¼	60
½ cup	=	24	8	½	200
1 cup	=	48	16	1	240

Miscellaneous		Equivalent
1 pinch	=	⅛ teaspoon or less

Renal-Friendly Meal Plan

Not sure what to eat? Or how to mix and match your daily meals using this book?

Not to worry! Just follow the steps below!



Meal Plan

Recipe's Coding

- A** Breakfasts **B** Meats (Pre-dialysis) **C** Meats (Dialysis)
- D** Vegetables
- E** One-Pot (Pre-dialysis) **F** One-Pot (Dialysis) **G** High Protein Snacks

	Pre-dialysis Meal Plan		Haemodialysis Meal Plan		Peritoneal Dialysis Meal Plan	
	Choice of Recipe	Protein	Choice of Recipe	Protein	Choice of Recipe	Protein
Breakfast	A	8-10g	A	8-10g	A	8-10g
Lunch	B D * + 1 bowl of Rice/Noodle (200g) OR E	~15g	C D * + 1 bowl of Rice/Noodle (200g) OR F	~20g	C D * + 1 bowl of Rice/Noodle (200g) OR F	~20g
Dinner	B D * + 1 bowl of Rice/Noodle (200g) OR E	~15g	C D * + 1 bowl of Rice/Noodle (200g) OR F	~20g	C D * + 1 bowl of Rice/Noodle (200g) OR F	~20g
Snack	2 servings of low potassium fruits	~1g	G + 2 servings of low potassium fruits	9-11g	G + 2 servings of high potassium fruits	9-11g

*Your fruits and vegetables choices may change according to your blood potassium level

Sample Meal Plan

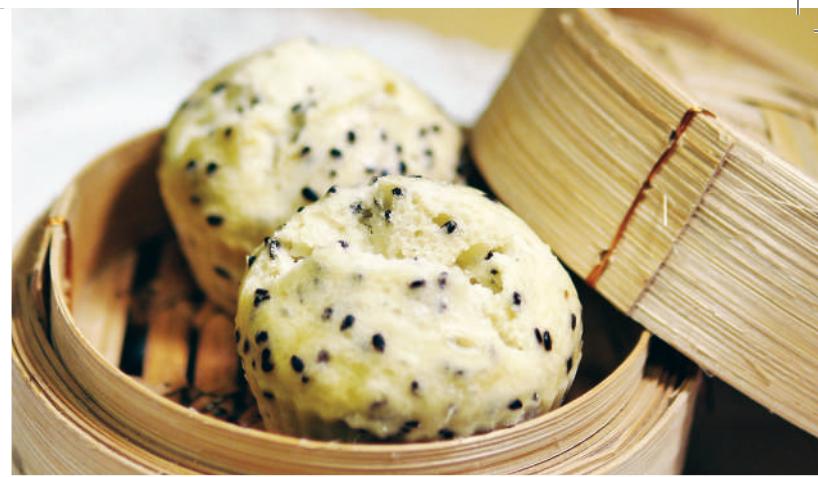
	Pre-dialysis Meal Plan		Dialysis Meal Plan	
	Example: A person who weighs 50kg $0.6 \times 50\text{kg} = 30\text{g}$ $0.8 \times 50\text{kg} = 40\text{g}$ Requirement: 30-40g/day		Example: A person who weighs 50kg $1.2 \times 50\text{kg} = 60\text{g}$ $1.3 \times 50\text{kg} = 65\text{g}$ Requirement: 60-65g/day	
	Choice of Recipe	Protein	Choice of Recipe	Protein
Breakfast	Apple Cinnamon Pancake	9.5g	French Toast	10.1g
Lunch	Chicken Wing and Carrot Stew	10.7g	Fish Puttu	14.3g
	Stir-fried Kang Kong with Wolfberries	2.5g	Curry Okra	3.0g
	1 Bowl of Rice	~3.0g	1 Bowl of Rice	~3.0g
Dinner	Nasi Goreng	14.4g	Claypot Chicken Rice	20.7g
Snack	2 servings of low potassium fruits	~1.0g	Bread Pudding + 2 servings of low/high potassium fruits*	11.0g ~1.0g
	Total Protein	-41.1g	Total Protein	-63.1g

*Refer to the Food List for choices of low or high potassium depending on your potassium level



CHAPTER ONE:

Breakfast



- Apple Cinnamon Pancake
- Black Sesame Steamed Cupcakes
- Chicken and Vegetable Bread Cups
- Chinese Dumplings

- Egg & Tomato-In-The-Hole
- French Toast
- Mee Chiang Kueh
- Vegetarian Tomato Based Pizza





**25
Minutes**

**Serves
4**

BREAKFAST

Apple Cinnamon Pancake

Fluffy homemade pancakes with moist apple cubes and a dash of cinnamon; a perfect sweet treat to have for a weekend brunch.

A Pre-dialysis & Dialysis

Ingredients	Quantity
Low fat milk	1 cup
Plain flour	1½ cup
Apple, ½" cubed	1 medium (140g)
Egg	1 medium
Vegetable oil	1 tbsp
Sugar	2 tbsp
Ground cinnamon	2 tbsp
Baking powder	½ tbsp

Nutrition Information

Serving Size: 160g (2 pieces)

Energy.....	328 kcal
Protein.....	9.5 g
Total Fat	7.0 g
- Saturated Fat.....	1.5 g
- Cholesterol.....	42 mg
Carbohydrate.....	55.3 g
- Dietary Fibre.....	3.3 g
Potassium.....	280 mg
Phosphorous.....	176 mg
Sodium.....	246 mg

Instructions

1. Dry mixture: Mix flour, baking powder and ground cinnamon in a large bowl.
2. Wet mixture: Mix egg, milk, sugar and oil in a medium bowl.
3. Combine and stir in the wet mixture into the bowl of dry mixture until a smooth texture is reached. Then, add in the apple cubes.
4. Coat a nonstick skillet with oil over medium heat. Using ¼ cup of batter for each pancake, cook until the edges are dry and bubbles begin to appear. Flip over and cook for 2 minutes, or until golden brown.

**Chef
Tips**

Top it off with fresh fruits* and drizzle with maple syrup for a sweet finish!

Serves
4



BREAKFAST

Black Sesame Steamed Cupcakes

Soft and fluffy steamed cupcake with a slight crunch from the black sesame; you will definitely love it!

A Pre-dialysis & Dialysis

Ingredients	Quantity
Low fat milk	1 cup
Cake flour	1 1/4 cup
Sugar	1/4 cup
Egg	1 medium
Olive oil	1 tbsp
Black sesame	1 tbsp
Baking powder	1/2 tsp
Salt	1/4 tsp

Nutrition Information

Serving Size: 140g (2 cupcakes)

Energy.....	193 kcal
Protein.....	8.0 g
Total Fat.....	8.4 g
- Saturated Fat.....	1.8 g
- Cholesterol.....	42 mg
Carbohydrate.....	51.1 g
- Dietary Fibre.....	1.1 g
Potassium.....	201 mg
Phosphorous.....	164 mg
Sodium.....	389 mg

Instructions

1. Preheat the steamer.
2. Stir-fry the sesame in a wok over medium heat until fragrant, and set aside.
3. Mix flour and baking powder in a medium bowl.
4. Whisk egg, sugar and salt in a large bowl until slightly foamy, then stir in milk and olive oil until well combined. Next, fold in the flour mixture and sesame.
5. Fill 3/4 of the muffin cup with batter and steam for 15-20 minutes.

**Chef
Tips**

To check for doneness, insert a skewer or toothpick and ensure it comes out clean.



Serves
4

BREAKFAST

Chicken & Vegetable Bread Cups

Crispy toasted bread cups filled with the goodness of crunchy vegetables and succulent chicken chunks.

A Pre-dialysis & Dialysis

Ingredients	Quantity
White bread, without crust	8 slices
Chicken breast, cubed	68g
Green capsicum, cubed	½ medium (45g)
Red capsicum, cubed	½ medium (45g)
Celery, cubed	1 stalk (40g)
Vegetable oil	½ tbsp
Oyster sauce	½ tbsp
Sugar	½ tbsp

Nutrition Information

Serving Size: 110g (2 pieces)

Energy.....	222 kcal
Protein.....	10.5 g
Total Fat	6.2 g
- Saturated Fat.....	0.8 g
- Cholesterol.....	10 mg
Carbohydrate.....	29.9 g
- Dietary Fibre.....	2.6 g
Potassium.....	199 mg
Phosphorous.....	110 mg
Sodium.....	401 mg

Instructions

1. Preheat oven to 200 °C.
2. Roll the bread slices until flattened using a rolling pin. Press the flattened bread into the moulds of a muffin tray and toast them till the bread turns crispy. Set aside to cool.
3. Heat oil in a pan over medium heat and stir-fry celery, capsicums and chicken until the chicken is cooked.
4. Season with oyster sauce and sugar and stir until well combined.
5. Spoon $\frac{1}{4}$ of the chicken and vegetables mixture into each toasted bread cup.

*Chef
Tips*

Try with other
fresh
vegetables*

Serves
4



BREAKFAST

Chinese Dumpling

Enjoy this lighthearted breakfast item that is packed with a mixture of tender chicken and sweet carrot bits.

A Pre-dialysis & Dialysis

Ingredients	Quantity
Chicken breast, minced	135g
Dumpling skin	12 skins
carrot, minced	1 medium (60g)
Sesame oil	2 tbsp
Low sodium soy sauce	1 tbsp
Ginger, minced	1 tbsp (12g)
Spring onion, chopped	1 tbsp (8g)
White pepper	1 tsp

Nutrition Information

Serving Size: 86g (3 dumplings)

Energy.....	186 kcal
Protein.....	10.7 g
Total Fat.....	9.8 g
- Saturated Fat.....	1.6 g
- Cholesterol.....	20 mg
Carbohydrate.....	14.0 g
- Dietary Fibre.....	0.8 g
Potassium.....	166 mg
Phosphorous.....	97 mg
Sodium.....	333 mg

Instructions

1. Filling: Mix minced meat, carrot, ginger and spring onion in a medium bowl. Marinate it with soy sauce, white pepper and sesame oil for 15 to 20 minutes.
2. Scoop a tablespoon of the filling into the centre of the dumpling skin. Fold the skin into half to make a semi-circle and pinch the edges to seal.
3. Boil the dumplings in a large pot until the dumplings float.

**Chef
Tips**

Serve it with black vinegar and ginger slices.



Serves
4

BREAKFAST

Egg & Tomato-On-The-Hole

Crispy toasts with fresh juicy tomato slices and eggs delivering a sweet and savory fix.

A Pre-dialysis & Dialysis

Ingredients	Quantity
White bread	8 slices
Eggs	4 medium
Tomato, sliced into 4	1 small (120g)
Margarine, unsalted	2 tbsp
Black pepper, grounded	1 tsp
Oregano, dried	1 tsp

Nutrition Information

Serving Size: 130g (2 slices)

Energy.....	276 kcal
Protein.....	11.8 g
Total Fat	12.9 g
- Saturated Fat.....	6.6 g
- Cholesterol.....	176 mg
Carbohydrate.....	24.5 g
- Dietary Fibre.....	2.6 g
Potassium.....	233 mg
Phosphorous.....	132 mg
Sodium.....	351 mg

Instructions

1. Cut a 2-inch round from the center of 4 pieces of bread, reserving the round.
2. Spread butter on each of the uncut bread and place the cut-bread on top.
3. Place the sliced tomato then crack the egg in the hole, and season with 1 to 2 pinches of black pepper and oregano.
4. Toast the bread and the rounds in the toaster for 10 to 15 minutes until the egg is set with a runny yolk.

**Chef
Tips**

Try other herbs such as dried basil or mixed herbs.

Serves
4



BREAKFAST

French Toast

Soaked in a mixture of beaten eggs with milk and cinnamon, enjoy this classic toast for breakfast.

A Pre-dialysis & Dialysis

Ingredients	Quantity
White bread	8 slices
Low fat milk	½ cup
Egg white	2 medium
Egg	1 medium
Vanilla extract	1 tsp
Ground cinnamon	2 tsp

Nutrition Information

Serving Size: 100g (2 slices)

Energy.....	187 kcal
Protein.....	10.1 g
Total Fat.....	2.6 g
- Saturated Fat.....	0.8 g
- Cholesterol.....	40 mg
Carbohydrate.....	28.6 g
- Dietary Fibre.....	2.5 g
Potassium.....	165 mg
Phosphorous.....	108 mg
Sodium.....	310 mg

Instructions

1. Whisk the egg, milk, vanilla extract and cinnamon in a medium bowl. Then, pour the mixture into a shallow bowl that is wide enough to place a slice of bread.
2. Dip both sides of the bread into the egg mixture evenly.
3. Pan-fry the bread slices over medium heat until browned on both sides.

*Chef
Tips*

Top it off with fresh fruits* and drizzle with maple syrup for a sweet finish!



35
Minutes



**Serves
4**

BREAKFAST

Mee Chiang Kueh

A pleasantly soft and chewy old-fashioned breakfast food.

A Pre-dialysis & Dialysis

Ingredients	Quantity
Plain flour, sifted	1½ cups
Red bean paste	4 tbsp
Egg	1 medium
Sugar	2 tbsp
Egg white	1 medium
Vegetable oil	1 tbsp
Vanilla essence	1 tbsp

Nutrition Information

Serving Size: 120g (1 slice)

Energy.....	291 kcal
Protein.....	8.7 g
Total Fat	8.1 g
- Saturated Fat.....	1.6 g
- Cholesterol.....	38 mg
Carbohydrate.....	55.0 g
- Dietary Fibre.....	2.8 g
Potassium.....	158 mg
Phosphorous.....	98 mg
Sodium.....	31 mg

Instructions

1. Whisk egg and sugar in a medium bowl. Stir in oil until well combined.
2. Add ¼ cup of water and flour into the mixture and mix thoroughly.
Stir in another ¼ cup of water and vanilla essence into the batter.
3. Coat a large flat frying pan with oil over medium heat.
Pour the batter to fully cover the pan.
4. When the batter is set, transfer the pancake to a plate to cool.
5. Spread the red bean paste on the pancake. Fold into half and cut the pancake into 4.

**Chef
Tips**

To prevent it from breaking, ensure that batter is fully set on pan and browned before flipping it.

Serves
4



BREAKFAST

Vegetarian Tomato Based Pizza

A simple and appetizing tomato-based pizza topped with juicy vegetables served on a wrap.

A Pre-dialysis & Dialysis

Ingredients	Quantity
Tomato paste	4 tbsp
Mozzarella cheese, grated	¾ cup
Tortilla wrap	4 pcs
Green capsicum, sliced	½ medium (48g)
White onion, sliced	½ medium (45g)
Tomato, chopped	1 medium (40g)
Olive oil	4 tsp
Fresh basil, chopped	4 tsp

Nutrition Information

Serving Size: 120g (1 pizza)

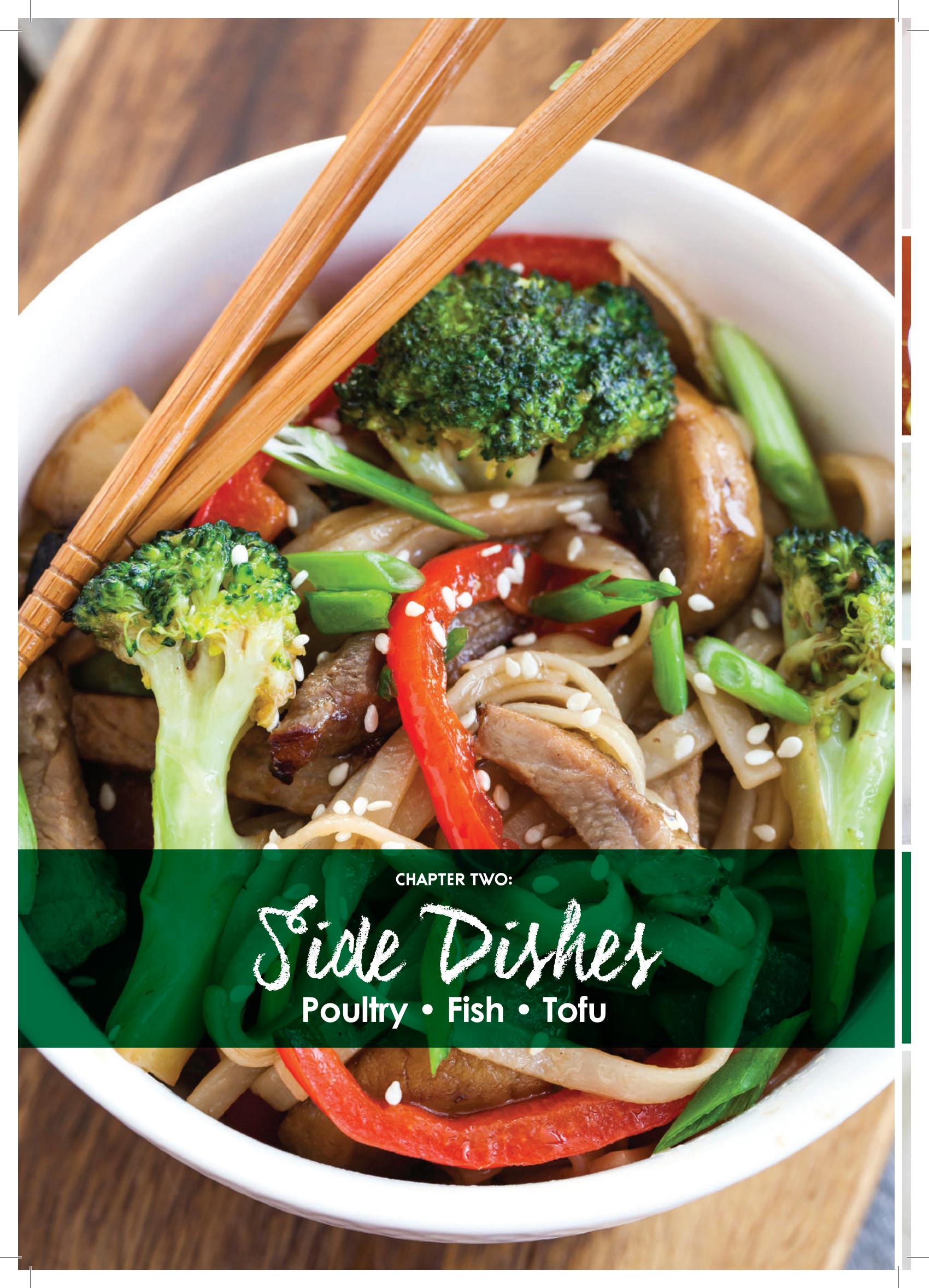
Energy.....	197 kcal
Protein.....	9.0 g
Total Fat.....	11.1 g
- Saturated Fat.....	4.2 g
- Cholesterol.....	15 mg
Carbohydrate.....	14.1 g
- Dietary Fibre.....	2.5 g
Potassium.....	371 mg
Phosphorous.....	155 mg
Sodium.....	338 mg

Instructions

1. Preheat oven to 200°C.
2. Place the tortillas on a large baking tray. Spread 1 teaspoon of olive oil and 1 tablespoon of tomato paste on each tortilla.
3. Top them with equal amounts of tomatoes, green capsicum, onion, mozzarella cheese and fresh basil.
4. Bake for 5 to 10 minutes, or until the cheese melts and the edges of the tortillas turn golden brown.

**Chef
Tips**

Add in tuna or chicken if you need a protein boost.



CHAPTER TWO:

Side Dishes

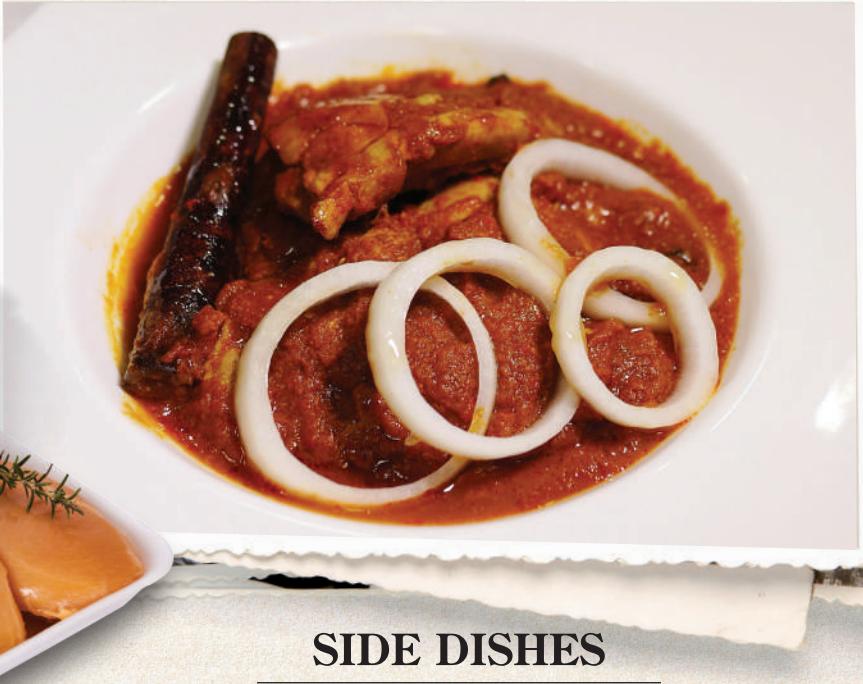
Poultry • Fish • Tofu



- Ayam Masak Merah
- Chicken Wing & Carrot Stew
- Claypot Braised Tofu with Vegetables
- Fish Puttu
- Methi Murgh

- Singgang
- Steamed Egg with Minced Chicken
- Steamed Ginger Fish Fillet
- Stir-fried Chicken with Black Fungus
- Stir-fried Chicken with Onion & Capsicum





Serves
4

SIDE DISHES

Ayam Masak Merah

Juicy tender chicken simmered in a perfect combination of tangy and spicy gravy.

B Pre-dialysis

Ingredients	Quantity
Chicken breast, 2" cubed	135g
White onion, chopped	1 large (110g)
Tomato paste	2 tbsp
Vegetable oil	1 tbsp
Garlic, minced	1 tbsp
Dried red chilli, deseeded	6 chillies (4g)
Salt	½ tsp
Cinnamon stick	1 stick

C Dialysis

Increase quantity of chicken breast to 270g

Instructions

1. Blend onion, garlic and dried chillies together to make a paste.
2. Heat oil in a pan, over medium heat and add in the paste, tomato paste and cinnamon stick and cook until fragrant.
3. Add in ¾ cup of water along with chicken breast and bring it to a boil.
4. Continue cooking over low heat for 10 minutes, or until the gravy thickens and the chicken is cooked.

Pre-dialysis Nutrition Information

Serving Size: 75g

Energy.....	85 kcal
Protein.....	8.5 g
Total Fat.....	4.1 g
- Saturated Fat.....	0.4 g
- Cholesterol.....	20 mg
Carbohydrate.....	2.6 g
- Dietary Fibre.....	1.5 g
Potassium.....	245 mg
Phosphorous.....	106 mg
Sodium.....	352 mg

Dialysis Nutrition Information

Serving Size: 115g

Energy.....	122 kcal
Protein.....	15.8 g
Total Fat.....	4.9 g
- Saturated Fat.....	5.0 g
- Cholesterol.....	40 mg
Carbohydrate.....	2.3 g
- Dietary Fibre.....	1.1 g
Potassium.....	351 mg
Phosphorous.....	185 mg
Sodium.....	365 mg

Chef Tips

Soak the dried chilli in hot water for an easier removal of seeds.

Serves
4



SIDE DISHES

Chicken Wings & Carrot Stew

Tender chicken wings and sweet carrot chunks immersed in delectable homemade sauce.

B Pre-dialysis

Ingredients	Quantity
Chicken wings	6 medium (250g)
Carrot, chucks	1 medium (60g)
Low sodium soy sauce	1 tbsp
Vegetable oil	½ tbsp
Ginger, sliced	3 slices (7g)
Sesame oil	1 tsp
Dark soy sauce	1 tsp

Pre-dialysis Nutrition Information

Serving Size: 120g

Energy.....	176 kcal
Protein.....	10.7 g
Total Fat	14.2 g
- Saturated Fat.....	3.8 g
- Cholesterol.....	55 mg
Carbohydrate.....	1.1 g
- Dietary Fibre.....	0.7 g
Potassium.....	172 mg
Phosphorous.....	110 mg
Sodium.....	290 mg

Dialysis Nutrition Information

Serving Size: 140g

Energy.....	222 kcal
Protein.....	14.1 g
Total Fat	18.1 g
- Saturated Fat.....	4.9 g
- Cholesterol.....	73 mg
Carbohydrate.....	1.2 g
- Dietary Fibre.....	0.7 g
Potassium.....	210 mg
Phosphorous.....	143 mg
Sodium.....	302 mg

Chef Tips

Insert a chopstick into chicken wings; If it comes out smoothly with no resistance, it is fully cooked.

Instructions

1. Marinate chicken wings with low sodium soy sauce, dark soy sauce and sesame oil, in a large bowl for 15 minutes.
2. Heat oil in a wok over medium heat and stir-fry ginger until fragrant.
3. Add in chicken and carrots, stirring frequently, and cook for 3 minutes.
4. Pour ½ cup of water into the wok and bring it to a boil.
5. Cover with a lid and simmer over low heat for 20 minutes, or until the chicken wings are cooked.



Serves
4

SIDE DISHES

Claypot Braised Tofu with Vegetables

A familiar Zi Char dish made up of crispy tofu cubes, combined with the natural sweet crunch of the carrots and honey peas.

B Pre-dialysis

Ingredients	Quantity
Firm tofu, ½" cubed	300g
Carrot, sliced	½ medium (61g)
Honey peas	12 medium (40g)
Dried mushroom, soaked, sliced	2 medium (24g)
Oyster sauce	1 tbsp
Corn starch	1 tbsp
Sesame oil	½ tbsp
Vegetable oil	½ tbsp

C Dialysis

Increase quantity of firm tofu to 450g

Instructions

1. Heat ¼ tablespoon of oil in a pan over medium-high heat and pan-fry the tofu until golden brown.
2. Seasoning: Mix water and 1 tablespoon of cornstarch in a small bowl to form a paste. Add oyster sauce and sesame oil, and set aside.
3. Heat ¼ tablespoon of oil in the claypot or pot, and stir-fry mushroom until fragrant. Add honey peas, carrot and the pan-fried tofu.
4. Pour in the seasoning mixture. Cover with a lid and allow it to simmer for 10 minutes.

Pre-dialysis Nutrition Information

Serving Size: 130g

Energy.....	164 kcal
Protein.....	10.1 g
Total Fat.....	10.2 g
- Saturated Fat.....	1.4 g
- Cholesterol.....	0 mg
Carbohydrate.....	5.0 g
- Dietary Fibre.....	6.3 g
Potassium.....	184 mg
Phosphorous.....	205 mg
Sodium.....	281 mg

Dialysis Nutrition Information

Serving Size: 170g

Energy.....	211 kcal
Protein.....	14.6 g
Total Fat.....	13.0 g
- Saturated Fat.....	1.8 g
- Cholesterol.....	0 mg
Carbohydrate.....	5.0 g
- Dietary Fibre.....	8.9 g
Potassium.....	233 mg
Phosphorous.....	295 mg
Sodium.....	296 mg

Chef Tips

To prevent oil from splattering when frying, drain as much water as you can from the tofu.

Serves
4



SIDE DISHES

Fish Puttu

A traditional Krela dish, made with shredded fish, stir-fried in various natural Indian spices.

B Pre-dialysis

Ingredients	Quantity
Dory fish	170g
Red onion, sliced	1 medium (80g)
Green chilli, chopped	3 medium (50g)
Vegetable oil	1 tbsp
Mustard seeds	½ tsp
Salt	½ tsp
Turmeric powder	¼ tsp
Curry leaves	9 leaves

Pre-dialysis Nutrition Information

Serving Size: 90g

Energy.....	92 kcal
Protein.....	10.0 g
Total Fat	4.5 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	27 mg
Carbohydrate.....	2.0 g
- Dietary Fibre.....	1.9 g
Potassium.....	317 mg
Phosphorous.....	134 mg
Sodium.....	329 mg

Dialysis Nutrition Information

Serving Size: 115g

Energy.....	116 kcal
Protein.....	15.5 g
Total Fat	4.8 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	43 mg
Carbohydrate.....	2.0 g
- Dietary Fibre.....	1.9 g
Potassium.....	450 mg
Phosphorous.....	204 mg
Sodium.....	351 mg

C Dialysis

Increase quantity of dory fish to 270g

Instructions

1. Pre-heat the steamer.
2. Steam the fish until it is cooked and shred it into small pieces.
3. Heat oil in a wok over medium heat and stir-fry onion, green chillies and mustard seeds until the mustard seeds begin to pop.
4. Add curry leaves, turmeric powder and salt and stir-fry constantly until fragrant.
5. Mix in the shredded fish and leave it to cook over low heat for 3 minutes.

Chef Tips

Add chilli padi for the extra spiciness!



Serves
4

SIDE DISHES

Methi Murgh

Methi, also known as fenugreek, brings out a distinctive and unique flavour in this dish.

B Pre-dialysis

Ingredients	Quantity
Chicken breast, 1.5" cubed	180g
Tomato, sliced	1 medium (90g)
Green chilli, chopped	2 chilli (50g)
Vegetable oil	½ tbsp
Fenugreek leaves	1 cup
Fenugreek seeds	½ tsp
Salt	½ tsp
Turmeric powder	¼ tsp

C Dialysis

Increase quantity of chicken breast to 270g

Instructions

1. Marinate chicken with green chilli, fenugreek seeds, turmeric powder and salt, in a bowl, for 20 minutes.
2. Heat oil in a pan over medium heat and cook the marinated chicken until it is half-cooked.
3. Add tomatoes, fenugreek leaves and ½ cup of water. Cover with a lid to allow it to simmer for 5 minutes, or until the chicken is fully cooked and the tomatoes have softened.

Pre-dialysis Nutrition Information

Serving Size: 80g

Energy.....	75 kcal
Protein.....	10.5 g
Total Fat.....	2.7 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	27 mg
Carbohydrate.....	1.1 g
- Dietary Fibre.....	1.6 g
Potassium.....	224 mg
Phosphorous.....	122 mg
Sodium.....	307 mg

Dialysis Nutrition Information

Serving Size: 105g

Energy.....	98 kcal
Protein.....	15.5 g
Total Fat.....	3.1 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	40 mg
Carbohydrate.....	1.1 g
- Dietary Fibre.....	1.6 g
Potassium.....	292 mg
Phosphorous.....	179 mg
Sodium.....	317 mg

Chef Tips

Served best with Indian flatbread or plain chapatti.

**Serves
4**



SIDE DISHES

Singgang

A flavorsome and healthy traditional Malay fish soup.

Pre-dialysis Nutrition Information

Serving Size: 130g

Energy.....	67 kcal
Protein.....	10.5 g
Total Fat	1.0 g
- Saturated Fat.....	0.1 g
- Cholesterol.....	27 mg
Carbohydrate.....	2.9 g
- Dietary Fibre.....	1.7 g
Potassium.....	378 mg
Phosphorous.....	147 mg
Sodium.....	63 mg

Dialysis Nutrition Information

Serving Size: 155g

Energy.....	86 kcal
Protein.....	14.9 g
Total Fat	1.2 g
- Saturated Fat.....	0.2 g
- Cholesterol.....	39 mg
Carbohydrate.....	2.9 g
- Dietary Fibre.....	1.7 g
Potassium.....	484 mg
Phosphorous.....	203 mg
Sodium.....	81 mg

C Dialysis

Increase quantity of dory fish to 250g

Instructions

1. Add onion, ginger and 2 cups of water in a medium pot. Simmer for 3 minutes.
2. Add turmeric powder, assam paste, chilli padi and salt into the pot and mix well. Then, add okra, tomatoes and fish.
3. Cover with a lid and allow it to simmer for 15 minutes or until everything is well cooked.

Chef Tips

Try other fish like Tuna, Mackerel or Seabass!



Serves
4

SIDE DISHES

Steamed Egg with Minced Chicken

Simple ingredients that make up this easy, tasty and hassle-free steamed egg dish.

B Pre-dialysis

Ingredients	Quantity
Chicken breast, minced	100g
Egg, beaten	2 medium
Egg white, beaten	2 medium
Sesame oil	1 tsp
Low sodium soy sauce	1 tsp
White pepper	1 tsp
Salt	1 pinch

Pre-dialysis Nutrition Information

Serving Size: 90g

Energy.....	71 kcal
Protein.....	9.8 g
Total Fat.....	3.4 g
- Saturated Fat.....	0.9 g
- Cholesterol.....	90 mg
Carbohydrate.....	0.3 g
- Dietary Fibre.....	0.1 g
Potassium.....	118 mg
Phosphorous.....	96 mg
Sodium.....	143 mg

Dialysis Nutrition Information

Serving Size: 120g

Energy.....	97 kcal
Protein.....	15.4 g
Total Fat.....	3.8 g
- Saturated Fat.....	1.1 g
- Cholesterol.....	105 mg
Carbohydrate.....	0.3 g
- Dietary Fibre.....	0.1 g
Potassium.....	193 mg
Phosphorous.....	158 mg
Sodium.....	152 mg

Chef Tips

Gently shake the bowl to make sure the egg is no longer runny.

Serves
4



SIDE DISHES

Steamed Ginger Fish Fillet

Soft and tender dory fish fillets drenched in a simple Chinese style sauce made from soy sauce, sesame oil and five-spice powder.

B Pre-dialysis

Ingredients	Quantity
Dory fish fillet	180g
Low sodium soy sauce	1½ tablespoon
Ginger, finely sliced	¼ small ginger (11g)
Sugar	½ tablespoon
Sesame oil	½ tablespoon
Five-spice powder	2 pinches

Pre-dialysis Nutrition Information

Serving Size: 70g

Energy.....	77 kcal
Protein.....	10.3 g
Total Fat	2.8 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	28 mg
Carbohydrate.....	2.7 g
- Dietary Fibre.....	0.1 g
Potassium.....	264 mg
Phosphorous.....	134 mg
Sodium.....	303 mg

C Dialysis

Increase quantity of dory fish fillet to 270g

Dialysis Nutrition Information

Serving Size: 90g

Energy.....	99 kcal
Protein.....	15.2 g
Total Fat	3.0 g
- Saturated Fat.....	0.4 g
- Cholesterol.....	43 mg
Carbohydrate.....	2.8 g
- Dietary Fibre.....	0.1 g
Potassium.....	383 mg
Phosphorous.....	198 mg
Sodium.....	323 mg

Chef Tips

To check for doneness, use a butter knife to cut the fish. If it cuts through the bottom of the plate, the fish is well cooked.

Instructions

1. Seasoning: Mix soy sauce, sugar, and five-spice powder in a bowl, and set aside.
2. Place the fish on a plate suitable for steaming. Drizzle 1 tablespoon of the seasoning mixture over the fish and scatter with ginger. Cover and refrigerate for 15 minutes.
3. Steam the fish for 8 minutes, or until the fish is cooked. Meanwhile, heat sesame oil and the remaining sauce in a small saucepan over medium heat.
4. Pour the sauce over the steamed fish.



Serves
4



SIDE DISHES

Stir-fried Chicken with Black Fungus

Succulent chicken cubes and crunchy black fungus served with Chinese-style sauce.

B Pre-dialysis

Ingredients	Quantity
Chicken breast, 1.5" cubed	180g
Black fungus, chopped	3 medium (15g)
Red chilli, finely sliced	1 chilli (10g)
Vegetable oil	1 tbsp
Oyster sauce	1 tbsp
Garlic, minced	1 tbsp
Dark soy sauce	1 tsp
Corn starch	½ tbsp

C Dialysis

Increase quantity of chicken breast to 270g

Instructions

1. Marinate chicken with oyster sauce and cornstarch, in a bowl, for 15 minutes.
2. Soak the black fungus with hot water for 15 minutes, or until soft.
3. Heat oil in a wok over medium heat and stir-fry garlic until fragrant.
4. Add in chicken, black fungus and red chilli and stir-fry for 1 minute, or until the chicken is cooked.
5. Season it with dark soy sauce.

Pre-dialysis Nutrition Information

Serving Size: 120g

Energy.....	115 kcal
Protein.....	10.9 g
Total Fat.....	5.5 g
- Saturated Fat.....	0.8 g
- Cholesterol.....	27 mg
Carbohydrate.....	5.8 g
- Dietary Fibre.....	3.5 g
Potassium.....	200 mg
Phosphorous.....	126 mg
Sodium.....	351 mg

Dialysis Nutrition Information

Serving Size: 140g

Energy.....	222 kcal
Protein.....	14.1 g
Total Fat.....	18.1 g
- Saturated Fat.....	4.9 g
- Cholesterol.....	73 mg
Carbohydrate.....	1.2 g
- Dietary Fibre.....	0.7 g
Potassium.....	210 mg
Phosphorous.....	143 mg
Sodium.....	360 mg

Chef Tips

Try with other meats such as beef or fish.

Serves
4



SIDE DISHES

Stir-fried Chicken with Onion & Capsicum

Juicy chicken cubes paired with crunchy green capsicum, giving this savory dish a slight sweet fix.

B Pre-dialysis

Ingredients	Quantity
Chicken breast, 1.5" cubed	180g
White onion, finely sliced	½ medium (45g)
Green capsicum, sliced	½ medium (24g)
Ginger, juice	2 tbsp (30ml)
Low sodium soy sauce	1 tbsp
Vegetable oil	1 tbsp
Garlic, minced	1 tbsp
Oyster sauce	½ tbsp

C Dialysis

Increase quantity of chicken breast to 270g

Instructions

1. Marinate chicken with low sodium soy sauce, oyster sauce and ginger juice in a bowl for 20 minutes.
2. Heat oil, in a frying pan, over medium heat and stir-fry onion and garlic until fragrant.
3. Add chicken and green capsicum and stir-fry for 5 minutes, or until the chicken is cooked.

Pre-dialysis Nutrition Information

Serving Size: 90g

Energy.....	105 kcal
Protein.....	11.1 g
Total Fat	5.5 g
- Saturated Fat.....	0.8 g
- Cholesterol.....	27 mg
Carbohydrate.....	2.3 g
- Dietary Fibre.....	1.2 g
Potassium.....	220 mg
Phosphorous.....	59 mg
Sodium.....	319 mg

Dialysis Nutrition Information

Serving Size: 140g

Energy.....	128 kcal
Protein.....	16.1 g
Total Fat	5.8 g
- Saturated Fat.....	0.9 g
- Cholesterol.....	40 mg
Carbohydrate.....	2.2 g
- Dietary Fibre.....	1.2 g
Potassium.....	287 mg
Phosphorous.....	73 mg
Sodium.....	329 mg

Chef Tips

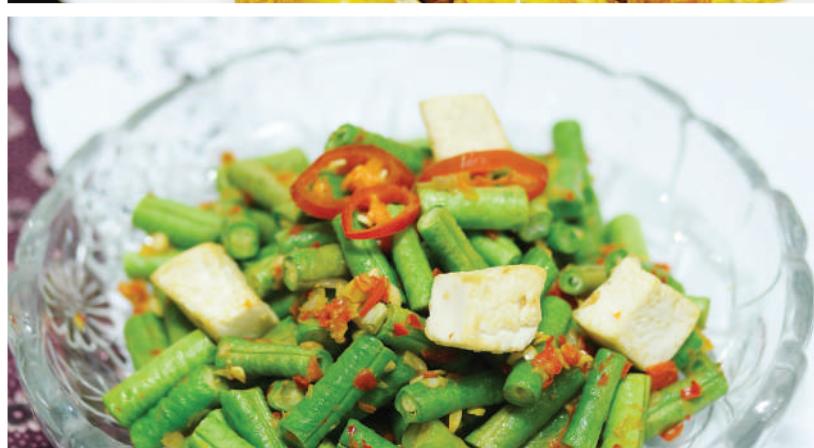
Try with other vegetables* for the extra crunch!



CHAPTER THREE:

Side Dishes

Vegetables



- Curry Okra
- Indian Cauliflower with Tomato Curry
- Okra with Homemade Sauce
- Sambal Long Bean

- Stuffed Eggplant with Minced Chicken & Carrot
- Vegetable Curry
- Wintermelon with Ground Meat Simmer
- Zucchini with Oyster Sauce





Serves
4



SIDE DISHES

Curry Okra

Okra, also known as lady's fingers, cooked in a spicy tangy gravy that explodes with flavor in every bite.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Okra, chopped	3 cups (360g)
Tomato, sliced	2 medium (180g)
Red onion, sliced	1 small (40g)
Curry powder	1 tbsp
Vegetable oil	1 tbsp
Garlic, chopped	½ tbsp
Chilli padi, chopped	1 chilli
Salt	½ tsp

Nutrition Information

Serving Size: 100g

Energy.....	83 kcal
Protein.....	3.0 g
Total Fat.....	4.6 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	0 mg
Carbohydrate.....	5.2 g
- Dietary Fibre.....	4.6 g
Potassium.....	414 mg
Phosphorous.....	87 mg
Sodium.....	295 mg

Instructions

1. In a frying pan, fry onion, garlic and chilli padi until fragrant.
2. Add curry powder, tomato and ¼ cup of water. Stir constantly, mash and cook the tomatoes until they soften.
3. Mix in okra and salt. Continue cooking until the gravy thickens and okra is cooked to liking.

*Chef
Tips*

Pair the dish with minced meat such as chicken or beef and serve it over rice.

Serves
4



35
Minutes



SIDE DISHES

Indian Cauliflower with Tomato Curry

Crunchy crispy roasted cauliflower to be dipped into spicy tangy tomato curry.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Cauliflower, chopped	3½ cups (360g)
Tomato, sliced	2 medium (180g)
Tomato paste	1 tbsp
Vegetable oil	1 tbsp
Turmeric powder	1 tsp
Curry powder	1 tsp
Salt	½ tsp
Curry leaves	7 leaves

Nutrition Information

Serving Size: 155g

Energy.....	97 kcal
Protein.....	2.8 g
Total Fat.....	4.6 g
- Saturated Fat.....	0.3 g
- Cholesterol.....	0 mg
Carbohydrate.....	3.8 g
- Dietary Fibre.....	3.5 g
Potassium.....	429 mg
Phosphorous.....	65 mg
Sodium.....	343 mg

Instructions

Indian Cauliflower:

1. Preheat oven to 175°C.
2. Cut the cauliflower into bite size pieces and place onto the baking tray.
3. Mix ½ tablespoon of oil, curry leaves, turmeric powder and ¼ teaspoon of salt in a small microwavable bowl. Heat up the mixture in the microwave for 30 seconds.
4. Toss the cauliflower in a medium bowl together with the mixture until the cauliflower is coated. Spread it out on the baking tray to allow even baking.
5. Roast the coated cauliflower in the oven for 20 minutes, or until it becomes golden brown and has crispy edges.

Tomato Curry:

1. Heat the rest of the oil in a pan and add the tomatoes over medium heat. Mash and cook the tomatoes until they soften. Add tomato paste and mix well.
2. Add curry powder, ¼ teaspoon of salt and ¼ cup of water and simmer for 5 minutes, or until the gravy thickens.

Chef
Tips

Try with other vegetables* like carrots, zucchini or eggplants.



Serves
4

SIDE DISHES

Okra with Homemade Sauce

A simple okra dish with an easy homemade mouth-watering sauce.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Okra, cut into 1.5"	25 medium (300g)
Garlic, minced	1 tbsp
Oyster sauce	½ tbsp
Sesame oil	½ tbsp
Vegetable oil	½ tbsp
Corn starch	½ tbsp
Low sodium chicken broth cube	¼ cube

Nutrition Information

Serving Size: 80g

Energy.....	71 kcal
Protein.....	1.7 g
Total Fat.....	4.9 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	0 mg
Carbohydrate.....	4.0 g
- Dietary Fibre.....	2.4 g
Potassium.....	211 mg
Phosphorous.....	51 mg
Sodium.....	173 mg

Instructions

1. Broth: Dissolve chicken broth cube with ½ cup of hot water in a bowl and set aside.
2. Seasoning: Mix oyster sauce, corn starch and sesame oil, in a bowl and set aside.
3. Boil the okra for 3 minutes, or until the okra softens, and lay the cooked okra on a serving plate.
4. Heat oil in a saucepan over medium heat and stir-fry the garlic. Remove from the pan and pat dry using paper towels.
5. Boil half of the broth in the same saucepan. Stir in the remaining broth and seasoning mixture until the sauce thickens.
6. Pour the sauce over the okra and top with the toasted garlic.

**Chef
Tips**

Be careful not to overcook the okra, or they will become really soft and slimy.

Serves
4



30
Minutes



SIDE DISHES

Sambal Long Beans

A classic Malay all-time favourite; crunchy long beans stirred in together with homemade sambal goodness.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Long beans, chopped	3 cups (360g)
Firm tofu, cubed	50g
Shallots, chopped	3 whole (80g)
Red chilli, chopped	3 chillies (75g)
Garlic, chopped	2 tbsp
Vegetable oil	1 tbsp
Salt	½ tsp

Nutrition Information

Serving Size: 152g

Energy.....	94 kcal
Protein.....	4.6 g
Total Fat.....	4.8 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	0 mg
Carbohydrate.....	4.5 g
- Dietary Fibre.....	7.0 g
Potassium.....	348 mg
Phosphorous.....	90 mg
Sodium.....	305 mg

Instructions

1. Sambal: Blend shallots, garlic and red chilli together until fine.
2. Add ½ tablespoon of oil in a wok over low heat and fry the sambal mixture with salt. Add ½ tablespoon of water to prevent the mixture from drying.
3. Add the long beans and ¼ cup of water. Leave to simmer for 20 minutes, or until long beans are soft yet still crunchy. Add an additional ¼ cup of water if the long beans are drying up.
4. On a separate pan, add the remaining oil and pan fry tofu under medium heat. Cook until the tofu is golden brown and mix in with the long beans.

Chef
Tips

Try with other vegetables* like eggplant or okra.



45
Minutes



**Serves
4**

SIDE DISHES

Stuffed Eggplant with Minced Chicken & Carrot

Mouth-watering and juicy eggplants stuffed with marinated minced chicken and carrot.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Eggplant	1½ large (350g)
Carrot, minced	1 medium (60g)
Chicken breast, minced	50g
Low sodium soy sauce	1 tbsp
Spring onion	1 tbsp
Corn starch	1 tsp

Nutrition Information

Serving Size: 120g

Energy.....	40 kcal
Protein.....	3.9 g
Total Fat.....	0.5 g
- Saturated Fat.....	0.1 g
- Cholesterol.....	7 mg
Carbohydrate.....	3.7 g
- Dietary Fibre.....	2.8 g
Potassium.....	230 mg
Phosphorous.....	64 mg
Sodium.....	190 mg

Instructions

1. Filling: Combine minced chicken, minced carrot, corn starch and soy sauce together and marinate for 15 to 20 minutes.
2. Preheat the steamer.
3. Slice the eggplants into 1-inch thickness, cut the slices crosswise, and stuff them with the fillings.
4. Place the stuffed eggplants on a heatproof dish. Steam for 20 minutes, or until the eggplant becomes soft and the minced meat is cooked.



**Chef
Tips**

Try replacing
minced chicken
with minced beef
or shredded fish.

**Serves
4**



SIDE DISHES

Vegetable Curry

A crunchy mixture of vegetables in a flavorful homemade curry.



D Pre-dialysis & Dialysis

Ingredients	Quantity
Cabbage, chopped	1/4 small (180g)
Long bean, 2" long	1 cup (100g)
Low fat milk	1/3 cup
Carrot, sliced	1/2 medium (30g)
Curry powder	3 tablespoon
Vegetable oil	1 tablespoon
Curry leaves	6 leaves
Salt	1/2 teaspoon

Nutrition Information

Serving Size: 120g

Energy.....	111 kcal
Protein.....	5.0 g
Total Fat.....	5.5 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	2 mg
Carbohydrate.....	9.4 g
- Dietary Fibre.....	2.8 g
Potassium.....	415 mg
Phosphorous.....	132 mg
Sodium.....	334 mg

Instructions

1. Heat oil in a wok over medium heat and stir-fry curry leaves and curry powder until fragrant.
2. Add cabbage, long beans, carrots and 1/2 cup of water. Pour additional water, if needed, until vegetables are half submerged in water.
3. Cover with a lid and simmer for 15 minutes, or until everything is well cooked.
4. Season with salt and stir in low fat milk.

*Chef
Tips*

Try with other vegetables* such as eggplants or cauliflower!



Serves
4

SIDE DISHES

Winter Melon with Ground Meat Simmer

Sweet juicy winter melon cubes and minced chicken immersed a in simple homemade gravy.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Winter melon, 1.5" stripes	2 cups (360g)
Chicken breast, minced	50g
Low sodium soy sauce	1 tbsp
Vegetable oil	1 tbsp
Ginger, minced	1 tbsp
Sugar	1 tsp
Oyster sauce	1 tsp
Corn starch	1 tsp

Nutrition Information

Serving Size: 120g

Energy.....	75 kcal
Protein.....	4.0 g
Total Fat.....	4.8 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	7 mg
Carbohydrate.....	2.4 g
- Dietary Fibre.....	3.1 g
Potassium.....	292 mg
Phosphorous.....	54 mg
Sodium.....	245 mg

Instructions

1. Heat oil in a pan over medium heat and stir-fry chicken and ginger for 2 minutes, or until the chicken is cooked.
2. Add winter melon, oyster sauce, sugar and ½ cup of water.
3. Cover with a lid and simmer for 5 minutes, or until the winter melon becomes transparent.
4. Season with soy sauce.
5. Mix corn starch and 1 tablespoon of water to form a paste. Stir in to thicken sauce.

**Chef
Tips**

To prevent serving mushy winter melon, be careful not to overcook them.

Serves
4



SIDE DISHES

Zucchini with Oyster Sauce

A simple fragrant vegetable dish that captures the natural sweetness of the zucchini and carrots, with black fungus giving the extra crunch.

D Pre-dialysis & Dialysis

Ingredients	Quantity
Zucchini, finely sliced	1 large (180g)
Carrot, finely sliced	2 medium (120g)
Chicken stock	1/4 cup
Black fungus, chopped	3 medium (15g)
Vegetable oil	1 tbsp
Oyster sauce	1 tbsp
Garlic, minced	1 tbsp
Corn starch	1 tsp

Nutrition Information

Serving Size: 120g

Energy.....	82 kcal
Protein.....	1.4 g
Total Fat.....	5.0 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	0 mg
Carbohydrate.....	7.4 g
- Dietary Fibre.....	4.9 g
Potassium.....	234 mg
Phosphorous.....	41 mg
Sodium.....	324 mg

Instructions

1. Soak black fungus in hot water for 15 minutes.
2. Sauce: Mix oyster sauce and chicken stock in a small bowl and set aside.
3. Heat oil in a wok over medium heat and stir-fry garlic until fragrant. Add zucchini, carrot and black fungus. Stir-fry for 1 minute and then stir in the sauce mixture.
4. Cover with a tight fitting lid and simmer for 1 minute. Mix corn starch and 1 tablespoon of water to form a paste. Stir in to thicken sauce.

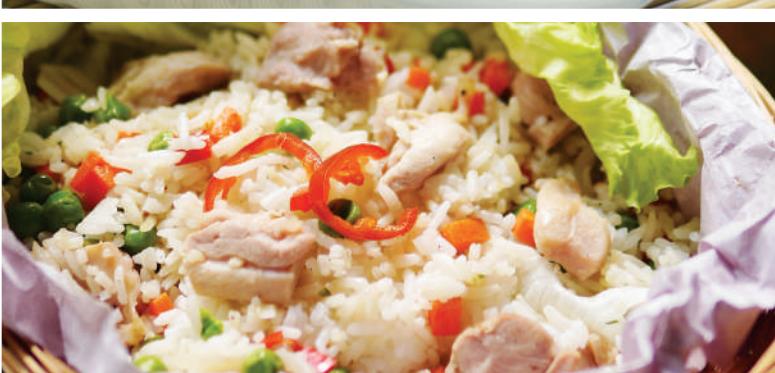
*Chef
Tips*

Try with other vegetables* such as eggplant or cauliflower!



CHAPTER FOUR:

One-Pot Meals



- Chinese Herbal Chicken Mee Suah
- Claypot Chicken Rice
- Curried Rice with Fish
- Dong Fen with Minced Chicken & Hairygourd
- Macaroni Goreng

- Masala Noodles
- Nasi Goreng
- Pumpkin Chicken Congee
- Stir-fried Bee Hoon
- Stir-fried Mee Tai Mak



55
Minutes

Serves
4

ONE-POT MEALS

Chinese Herbal Chicken Mee Sua

A soup packed with hearty flavours from a blend of spices and seasonings.

E Pre-dialysis

Ingredients	Quantity
Chicken, with bones	1/3 small (270g)
Mee sua	4 bundles (200g)
Carrot, sliced	2 large (72g)
White onion, chopped	1/2 onion (45g)
Low sodium soy sauce	2 tbsp
Black vinegar	1 tsp
Cinnamon stick	1 stick
Star anise	2 pieces
Green capsicum, cubed	1/2 medium (48g)

F Dialysis

Increase quantity of chicken to 400g

Instructions

1. Add chicken, cinnamon stick and star anise, in a large pot, and fill water enough to cover an inch above the chicken. Simmer over medium heat for 30 minutes, or until the chicken is falling apart from the bones. Meanwhile, remove the foam from the surface as it builds up.
2. Transfer the chicken onto a plate and remove the spices from the liquid. Add onion and carrots, and simmer for 5 minutes.
3. Add capsicum, soy sauce, vinegar and mee sua and simmer for 10 minutes, or until mee sua is cooked. Meanwhile, shred chicken with forks, discarding the bones. Add the shredded chicken to the pot.

Pre-dialysis Nutrition Information

Serving Size: 180g

Energy.....	170 kcal
Protein.....	14.0 g
Total Fat.....	7.1 g
- Saturated Fat.....	2.2 g
- Cholesterol.....	50 mg
Carbohydrate.....	11.7 g
- Dietary Fibre.....	1.7 g
Potassium.....	278 mg
Phosphorous.....	160 mg
Sodium.....	404 mg

Dialysis Nutrition Information

Serving Size: 200g

Energy.....	227 kcal
Protein.....	20.4 g
Total Fat.....	10.7 g
- Saturated Fat.....	3.3 g
- Cholesterol.....	75 mg
Carbohydrate.....	11.7 g
- Dietary Fibre.....	1.7 g
Potassium.....	364 mg
Phosphorous.....	229 mg
Sodium.....	421 mg

Chef Tips

Be careful not to overcook the mee sua or it will become soggy.

**Serves
4**



ONE-POT MEALS

Claypot Chicken Rice

Tender chicken cubes and sweet carrot chunks served in a pot.

E Pre-dialysis

Ingredients	Quantity
White rice, uncooked	1½ cups
Carrot, small chunks	4 medium (240g)
Chicken breast 2" cubed	180g
Vegetable oil	1 tbsp
Oyster sauce	1 tbsp
Sesame oil	2 tsp
Dark soy sauce	½ tbsp
Ginger, grated	1 tsp

F Dialysis

Increase quantity of chicken breast to 300g

Instructions

1. Marinate chicken breast with oyster sauce, dark soy sauce and ginger in a medium bowl for 15 minutes.
2. Heat oil in a wok over medium heat and add carrots, the marinated chicken breast and the remaining marinade. Cook for 3 minutes, or until the chicken is cooked.
3. Add the uncooked rice into the wok and mix until well combined.
4. Transfer the mixture into a rice cooker and add water to a level of 1 inch above the rice. Drizzle the top with sesame oil.
5. Cook for 15 minutes, or until the rice is tender, for 15 minutes. Fluff the rice with a scoop.

Pre-dialysis Nutrition Information

Serving Size: 230g

Energy.....	444 kcal
Protein.....	15.7 g
Total Fat	12.8 g
- Saturated Fat.....	1.8 g
- Cholesterol.....	27 mg
Carbohydrate.....	65.3 g
- Dietary Fibre.....	3.0 g
Potassium.....	358 mg
Phosphorous.....	227 mg
Sodium.....	400 mg

Dialysis Nutrition Information

Serving Size: 250g

Energy.....	468 kcal
Protein.....	20.7 g
Total Fat	13.1 g
- Saturated Fat.....	1.9 g
- Cholesterol.....	40 mg
Carbohydrate.....	65.3 g
- Dietary Fibre.....	3.0 g
Potassium.....	426 mg
Phosphorous.....	284 mg
Sodium.....	409 mg

Chef Tips

Marinate chicken overnight for a more flavorful taste.



Serves
4

ONE-POT MEALS

Curried Rice with Fish

Fresh juicy fish, steamed atop fragrant curry-flavoured rice, with carrots that bring out a tint of sweetness and basil leaves folded in to complete this delectable dish.

E Pre-dialysis

Ingredients	Quantity
White rice, uncooked	1½ cup
Dory fish, raw	200g
Red onion, chopped	1 medium (80g)
Carrots, diced	½ medium (40g)
Curry powder	2 tsp
Olive oil	½ tbsp
Fresh basil leaves	1 tsp
Salt	½ tsp

F Dialysis

Increase quantity of dory fish to 270g

Instructions

1. Heat oil in a rice cooker and stir fry onions and carrots for 7 minutes or until the carrots are soft. Add curry powder and cook till fragrant.
2. Add rice, salt and enough water to cover the rice. Leave the rice to cook for 10 minutes.
3. When the rice is almost turning opaque, nestle the fish on top of the partially cooked rice. Cover and cook for 5 minutes, until the rice and fish are cooked.
4. Mix in basil leaves and fluff the rice with a fork.

Pre-dialysis Nutrition Information

Serving Size: 170g

Energy.....	332 kcal
Protein.....	14.6 g
Total Fat.....	3.0 g
- Saturated Fat.....	0.4 g
- Cholesterol.....	26 mg
Carbohydrate.....	61.5 g
- Dietary Fibre.....	2.1 g
Potassium.....	406 mg
Phosphorous.....	241 mg
Sodium.....	342 mg

Dialysis Nutrition Information

Serving Size: 190g

Energy.....	353 kcal
Protein.....	20.0 g
Total Fat.....	2.9 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	43 mg
Carbohydrate.....	61.5 g
- Dietary Fibre.....	1.5 g
Potassium.....	467 mg
Phosphorous.....	292 mg
Sodium.....	357 mg

Chef Tips

Try adding in fresh sliced chilli padi for the extra spicy taste.

**Serves
4**



ONE-POT MEALS

Dong Fen with Minced Chicken & Hairygourd

Smooth and silky dong fen combined with soft hairygourd and tender chicken bits.

E Pre-dialysis

Ingredients	Quantity
Chicken breast, minced	220g
Dong fen, uncooked	¾ packet (200g)
Hairygourd	1½ cup
Low sodium soy sauce	1½ tbsp
Sesame oil	1 tbsp
Garlic, minced	1 tbsp
Vegetable oil	½ tbsp
Sugar	1 pinch

F Dialysis

Increase quantity of chicken breast to 320g

Instructions

1. Soak dong fen in water for 15 minute. Meanwhile, mix sesame oil and 2 tablespoons of soy sauce in a large bowl.
2. Blanch the soaked dong fen in boiling water for 30 seconds. Then, remove and soak it in cold water.
3. Toss the noodles with the seasoning mixture, until well mixed.
4. Heat oil in a wok over medium heat and stir-fry garlic until fragrant. Add minced chicken and hairygourd and stirfry for 3 minutes, or until the chicken is cooked.
5. Add dong fen, 1 tablespoon of low sodium soy sauce, sugar and enough water to cover the dong fen. Cover the wok with a lid and braise for 2 minutes, or until the water evaporates.

Pre-dialysis Nutrition Information

Serving Size: 230g

Energy.....	219 kcal
Protein.....	14.3 g
Total Fat	7.9 g
- Saturated Fat.....	1.3 g
- Cholesterol.....	33 mg
Carbohydrate.....	21.4 g
- Dietary Fibre.....	2.4 g
Potassium.....	341 mg
Phosphorous.....	177 mg
Sodium.....	467 mg

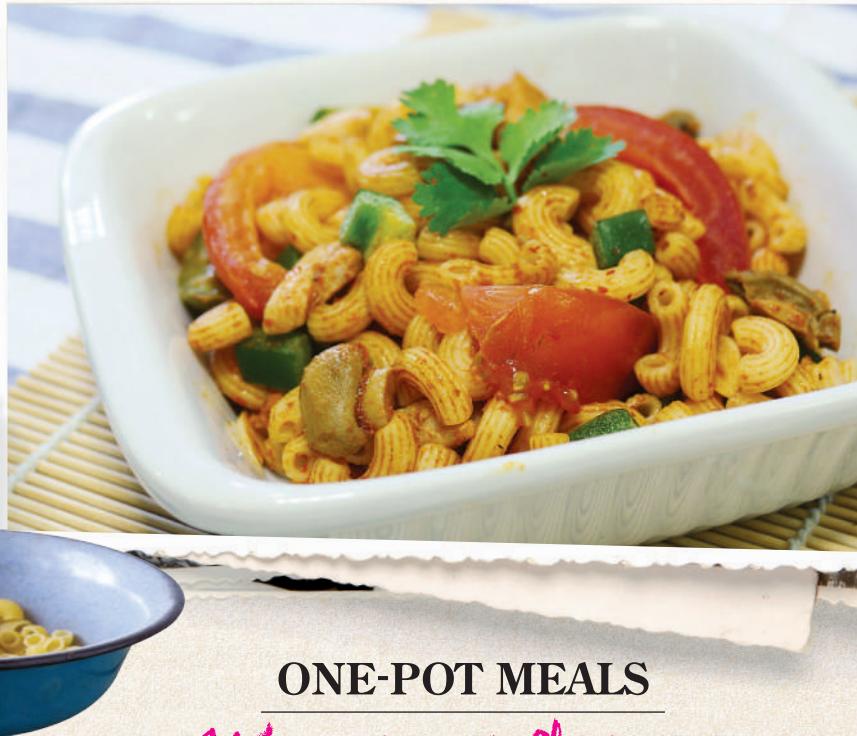
Dialysis Nutrition Information

Serving Size: 250g

Energy.....	245 kcal
Protein.....	19.9 g
Total Fat	8.3 g
- Saturated Fat.....	1.4 g
- Cholesterol.....	47 mg
Carbohydrate.....	21.4 g
- Dietary Fibre.....	2.4 g
Potassium.....	416 mg
Phosphorous.....	240 mg
Sodium.....	477 mg

Chef Tips

Stir-fry dong fen gently to prevent it from breaking into short strands.



Serves
4

ONE-POT MEALS

Macaroni Goreng

An easy and tasty western dish with a local Malay touch to it; fit for a weekend brunch.

E Pre-dialysis

Ingredients	Quantity
Macaroni pasta, uncooked	1 cup
Tomato, diced	2 medium (180g)
Chicken breast 1" cubed	135g
Green capsicum, diced	1 medium (110g)
Button mushroom, sliced	1 cup
Chilli paste	2 tbsp
Vegetable oil	1 tbsp
Salt	1/4 tsp

F Dialysis

Increase quantity of chicken breast to 180g

Instructions

- Fill half of the pot with water and bring it to a boil. Add the pasta with a pinch of salt. Cook the pasta for 5 minutes, with occasional stirring, or until the pasta is 90% cooked. Drain off the water and transfer to a bowl.
- Add oil in a wok over high heat and stir-fry capsicum and mushroom for 30 seconds. Then, add chilli paste along with the boiled pasta and stir-fry for 3 minutes. Season it with salt.

Pre-dialysis Nutrition Information

Serving Size: 200g

Energy.....	304 kcal
Protein.....	15.8 g
Total Fat.....	5.8 g
- Saturated Fat.....	0.8 g
- Cholesterol.....	19.9 mg
Carbohydrate.....	44.5 g
- Dietary Fibre.....	4.3 g
Potassium.....	348 mg
Phosphorous.....	217 mg
Sodium.....	327 mg

Dialysis Nutrition Information

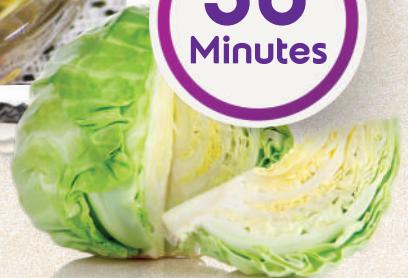
Serving Size: 230g

Energy.....	383 kcal
Protein.....	20.0 g
Total Fat.....	6.6 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	26.6 mg
Carbohydrate.....	56.0 g
- Dietary Fibre.....	4.8 g
Potassium.....	403 mg
Phosphorous.....	271 mg
Sodium.....	332 mg

Chef Tips

Balance out the spiciness with a tablespoon of tomato paste.

**Serves
4**



ONE-POT MEALS

Masala Noodles

The rich flavors of the Indian spices brings out a unique taste in this familiar Chinese noodles dish.

E Pre-dialysis

Ingredients	Quantity
Bee Hoon, uncooked	2/3 packet (270g)
Chicken breast, 1" cubed	300g
Tomato, sliced	1 medium (90g)
Green chilli, chopped	3 chilli
Cabbage, shredded	1/6 medium (25g)
Turmeric powder	1/4 tsp
Garam masala powder	1/4 tsp
Salt	1/4 tsp

F Dialysis

Increase quantity of chicken breast to 320g

Instructions

1. Add green chilli, cabbage and tomatoes, in a wok, and cook for 2 minutes over medium heat.
2. Add 1/2 cup of water, turmeric power, garam masala and salt. Then add vermicelli and mix well.
3. Cover the wok with a lid and leave to simmer for 3 minutes.
4. Remove the cover and allow it to cook until the water is fully absorbed.

Pre-dialysis Nutrition Information

Serving Size: 200g

Energy.....	304 kcal
Protein.....	15.8 g
Total Fat	5.8 g
- Saturated Fat.....	0.8 g
- Cholesterol.....	19.9 mg
Carbohydrate.....	44.5 g
- Dietary Fibre.....	4.3 g
Potassium.....	348 mg
Phosphorous.....	217 mg
Sodium.....	327 mg

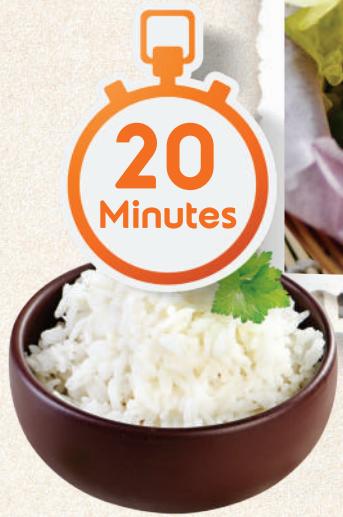
Dialysis Nutrition Information

Serving Size: 230g

Energy.....	383 kcal
Protein.....	20.0 g
Total Fat	6.6 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	26.6 mg
Carbohydrate.....	56.0 g
- Dietary Fibre.....	4.8 g
Potassium.....	403 mg
Phosphorous.....	271 mg
Sodium.....	332 mg

Chef Tips

Try with other low potassium vegetables* such as red and green capsicum!



Serves
4

ONE-POT MEALS

Nasi Goreng

Fragrant rice stir-fried with mixed crunchy vegetables and chicken bits; a popular dish amongst all ethnic group.

E Pre-dialysis

Ingredients	Quantity
White rice, cooked	1½ cup
Chicken breast, chopped	225g
Frozen peas	½ cup
Red onion, chopped	1 medium (80g)
Carrot, diced	½ medium (45g)
Vegetable oil	1 tbsp
Chilli padi, chopped	2 chillies
Salt	½ tsp

F Dialysis

Increase quantity of chicken breast to 300g

Instructions

1. Heat oil in a wok over medium heat and stir-fry onion till fragrant. Add peas, chilli padi, carrots and chicken breast and stir-fry for 8 minutes, or until carrots are soft and chicken turns golden brown.
2. Add rice and soy sauce and cook for 3 minutes, or until the rice is heated up thoroughly. Mix well.

Pre-dialysis Nutrition Information

Serving Size: 220g

Energy.....	233 kcal
Protein.....	14.4 g
Total Fat.....	12.3 g
- Saturated Fat.....	1.7 g
- Cholesterol.....	0 mg
Carbohydrate.....	11.9 g
- Dietary Fibre.....	9.4 g
Potassium.....	263 mg
Phosphorous.....	273 mg
Sodium.....	468 mg

Dialysis Nutrition Information

Serving Size: 270g

Energy.....	296 kcal
Protein.....	20.4 g
Total Fat.....	16.0 g
- Saturated Fat.....	2.2 g
- Cholesterol.....	0 mg
Carbohydrate.....	11.9 g
- Dietary Fibre.....	12.9 g
Potassium.....	329 mg
Phosphorous.....	393 mg
Sodium.....	488 mg

Chef Tips

Try with fish such as Tuna, Barramundi or Mackerel!

**Serves
4**



ONE-POT MEALS

Pumpkin Chicken Congee

Taste the natural sweetness of pumpkin along with tender minced chicken in this bowl of congee.

E Pre-dialysis

Ingredients	Quantity
Rice, uncooked	1½ cup
Pumpkin, cubed	2 cup (240g)
Chicken breast, minced	180g
Sugar	1 tsp
Sesame oil	1 tsp
Salt	½ tsp

F Dialysis

Increase quantity of chicken breast to 270g

Instructions

1. Soak rice for an hour before cooking.
2. Boil 3 cups of water in a pot over high heat. Add in the soaked rice and boil for 10 minutes.
3. Add in pumpkin and minced chicken, mixing evenly under medium heat and cook for 15 minutes. Stir constantly to prevent the porridge from sticking to the pot. Add in more water from time to time if the porridge becomes too dry.
4. Mash the pumpkin and continue to stir until the pumpkin is evenly distributed.
5. Lastly, season with sesame oil, sugar and salt.

Pre-dialysis Nutrition Information

Serving Size: 250g

Energy.....	357 kcal
Protein.....	15.7 g
Total Fat	2.4 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	27 mg
Carbohydrate.....	66.5 g
- Dietary Fibre.....	2.1 g
Potassium.....	376 mg
Phosphorous.....	177 mg
Sodium.....	310 mg

Dialysis Nutrition Information

Serving Size: 270g

Energy.....	380 kcal
Protein.....	20.7 g
Total Fat	2.7 g
- Saturated Fat.....	0.6 g
- Cholesterol.....	40 mg
Carbohydrate.....	66.5 g
- Dietary Fibre.....	2.1 g
Potassium.....	443 mg
Phosphorous.....	284 mg
Sodium.....	319 mg

Chef Tips

For a shorter cooking time, boil or steam the pumpkins beforehand.



35
Minutes



**Serves
4**

ONE-POT MEALS

Stir-fried Bee Hoon

A common tasty and lighthearted hawker dish, made healthier, with less oil and salt added.

E Pre-dialysis

Ingredients	Quantity
Firm tofu, ½" cubed	1/3 packet (400g)
Bee hoon, uncooked	2 bundles (200g)
Green capsicum, sliced	1 medium (100g)
Carrot, finely sliced	1 medium (60g)
Low sodium chicken broth	1/4 cup
Garlic, minced	3 tbsp
Low sodium soy sauce	2 tbsp
Vegetable oil	1 tbsp

F Dialysis

Increase quantity of firm tofu to 600g

Instructions

1. Soak bee hoon for 15 minutes in a bowl of tap water.
2. Heat ½ tablespoon oil in a pan over medium-high heat. Pan-fry tofu until golden brown, and set aside.
3. Heat up the remaining ½ tablespoon oil in a wok over medium-high heat. Stir-fry garlic until fragrant. Then add green capsicum and carrot and continue stir-frying for 5 minutes.
4. Add bee hoon and pan-fried tofu, gently mix everything. Pour in chicken broth and stir-fry until most of the broth is absorbed. Season with low sodium soy sauce, stirring to ensure it is evenly distributed.

Pre-dialysis Nutrition Information

Serving Size: 220g

Energy.....	233 kcal
Protein.....	14.4 g
Total Fat	12.3 g
- Saturated Fat.....	1.7 g
- Cholesterol.....	0 mg
Carbohydrate.....	11.9 g
- Dietary Fibre.....	9.4 g
Potassium.....	263 mg
Phosphorous.....	273 mg
Sodium.....	468 mg

Dialysis Nutrition Information

Serving Size: 270g

Energy.....	296 kcal
Protein.....	20.4 g
Total Fat	16.0 g
- Saturated Fat.....	2.2 g
- Cholesterol.....	0 mg
Carbohydrate.....	11.9 g
- Dietary Fibre.....	12.9 g
Potassium.....	329 mg
Phosphorous.....	393 mg
Sodium.....	488 mg

Chef Tips

Stir-fry bee hoon gently by inserting spatula from the bottom and folding it up.

**Serves
4**



ONE-POT MEALS

Stir-fried Mee Tai Mak

A familiar Chinese dish, with less oil and salt, packed with a variety of flavors and taste.

E Pre-dialysis

Ingredients	Quantity
Mee Tai Mak	2 cups
Bean sprouts	2 cups
Dory fish, 1" cubed	100g
Egg	1 medium
Vegetable oil	1 tbsp
Garlic, minced	1 tbsp
Low sodium soy sauce	½ tbsp
Dark soy sauce	½ tbsp
White pepper	1 pinch

F Dialysis

Increase quantity of dory fish to 220g

Instructions

1. Heat oil in wok over medium heat. Add egg, breaking it lightly, and cook for 1 minute. Push it to the side of the wok and stir-fry garlic until fragrant.
2. Add dory fish and season with soy sauce, dark soy sauce and white pepper. Cook for 3 minutes, or until fish is cooked. Then, add the noodles and cook for 1 minute. Mix well.
3. Lastly, add in the bean sprouts and stir-fry for 3 minutes, or until the bean sprouts are cooked.

Pre-dialysis Nutrition Information

Serving Size: 200g

Energy.....	228 kcal
Protein.....	14.6 g
Total Fat	6.8 g
- Saturated Fat.....	0.9 g
- Cholesterol.....	51 mg
Carbohydrate.....	42.4 g
- Dietary Fibre.....	1.3 g
Potassium.....	226 mg
Phosphorous.....	105 mg
Sodium.....	208 mg

Dialysis Nutrition Information

Serving Size: 230g

Energy.....	253 kcal
Protein.....	20.1 g
Total Fat	7.1 g
- Saturated Fat.....	1.0 g
- Cholesterol.....	66 mg
Carbohydrate.....	42.4 g
- Dietary Fibre.....	1.3 g
Potassium.....	382 mg
Phosphorous.....	182 mg
Sodium.....	234 mg

Chef Tips

Stir-fry Mee Tai Mak gently to prevent it from breaking.

CHAPTER FIVE:

high protein snacks



- Angel Food Cake
- Bread Pudding
- Capsicum & Chicken Quiche
- Chewy Tofu Cranberry Treat

- Chicken Meatballs
- Chicken Sliders
- Frittata
- Steamed Pandan Chicken





Serves
4

HIGH PROTEIN SNACKS

Angel Food Cake

A heavenly ‘food of the angels’; this light, fluffy and spongy sweet treat is definitely a must-try!

G Pre-dialysis & Dialysis

Ingredients	Quantity
Egg white	10 medium
Sugar	1 cup
Cake flour, sifted	1½ cup
Lemon juice	4 tsp
Vanilla essence	1 tsp
Salt	1 pinch

Instructions

1. Preheat oven to 180°C.
2. Whisk egg whites in a mixing bowl on medium-high speed until foamy. Add in lemon juice gradually until a soft peak is formed. Then, slowly add in sugar until a stiff peak is formed. Add vanilla extract and continue whisking.
3. Dry mixture: Mix flour and salt, in a bowl, evenly and sieve.
4. Carefully fold in the dry mixture by cutting down the centre and coming up the sides, using a rubber spatula.
5. Gently spoon the batter into the baking pan with a removable bottom. Spread it evenly to ensure there is no air bubbles trapped.
6. Bake for 30 minutes, or until cake is golden brown and springs back when lightly pressed.

Nutrition Information

Serving Size: 150g (2 slices)

Energy.....	291 kcal
Protein.....	11.0 g
Total Fat.....	0.4 g
- Saturated Fat.....	0.1 g
- Cholesterol.....	0 mg
Carbohydrate.....	59.6 g
- Dietary Fibre.....	1.4 g
Potassium.....	161 mg
Phosphorous.....	55 mg
Sodium.....	143 mg

*Chef
Tips*

Eat it together with fresh fruits* for the refreshing heavenly taste in every bite!

Serves
4



HIGH PROTEIN SNACKS

Bread Pudding

An old-fashioned dessert made with bitesized bread cubes moistened with rich custard-like goodness and fresh blueberries; the perfect comfort foods!

G Pre-dialysis & Dialysis

Ingredients	Quantity
Low fat milk	2/3 cup
Low fat yoghurt	1/3 cup
White bread, cubed	2½ slices
Silken Tofu	80g
Blueberries	1/3 cup
Egg	2/3 medium
Sugar	2 tbsp
Vanilla essence	1/3 tsp

Nutrition Information

Serving Size: 100g (1 slice)

Energy.....	214 kcal
Protein.....	11.0 g
Total Fat.....	3.5 g
- Saturated Fat.....	1.4 g
- Cholesterol.....	46.7 mg
Carbohydrate.....	33.6 g
- Dietary Fibre.....	1.8 g
Potassium.....	301.7 mg
Phosphorous.....	184 mg
Sodium.....	208 mg

Instructions

1. Preheat oven to 180°C.
2. Arrange bread cubes to cover the base and sides of a casserole dish. Sprinkle the blueberries over the bread.
3. Whisk milk, yoghurt, tofu, egg, sugar, vanilla essence, in a mixing bowl, till well mixed.
4. Gradually pour the mixture over the bread cubes until it is fully covered. Allow the bread to soak in the mixture for 10 minutes.
5. Lastly, bake for 40 minutes.

*Chef
Tips*

Run a knife into the centre of the bread pudding; when it comes out clean, it is done and ready to be served!



Serves
4

HIGH PROTEIN SNACKS

Capsicum & Chicken Quiche

Egg white, crunchy capsicum bits, mini juicy chicken chunks and a dash of herbs all steamed in a cupcake mould; a perfect little snack on the go.

G Pre-dialysis & Dialysis

Ingredients	Quantity
Egg whites	5 medium
Chicken breast	90g
Red capsicum, diced	½ medium (20g)
Yellow capsicum, diced	½ medium (20g)
Red onion, chopped	1 tbsp
Mixed herbs	½ tsp
Spring onion	1g

Nutrition Information

Serving Size: 80g (1½ piece)

Energy.....	62 kcal
Protein.....	10.2 g
Total Fat.....	0.6 g
- Saturated Fat.....	0.2 g
- Cholesterol.....	19.9 mg
Carbohydrate.....	0.9 g
- Dietary Fibre.....	0.6 g
Potassium.....	212 mg
Phosphorous.....	96 mg
Sodium.....	95 mg

Instructions

1. Preheat the steamer.
2. Boil the chicken breast for 3 minutes, or until it is fully cooked. Then, cut the chicken into ½ inch cubes.
3. Whisk together egg white, onions, red and yellow capsicum and mixed herbs in a mixing bowl.
4. Place a few pieces of chicken cubes in each silicone muffin cups and fill each cup with the egg mixture.
5. Top it off with a few more chicken pieces and sprinkle spring onion.
6. Steam quiche for 15 minutes, or until egg white turns opaque.

*Chef
Tips*

Try it with other vegetables* like carrots or celery for the extra crunch!

*Refer to Food List (Potassium)

Serves
4



HIGH PROTEIN SNACKS

Chewy Cranberry Tofu Treats

Freshly-baked mini tofu treats mixed together with sweet cranberry bits and a dash of cinnamon for a tasty and healthier alternative.

G Pre-dialysis & Dialysis

Ingredients	Quantity
Silken tofu	1 packet (300g)
Cake flour, sifted	2 cups
Cranberries	⅔ cup
Sugar	½ cup
Canola oil	½ cup
Cinnamon	1 tsp

Nutrition Information

Serving Size: 100g (5 pcs)

Energy.....	506 kcal
Protein.....	11.0 g
Total Fat.....	17.4 g
- Saturated Fat.....	1.4 g
- Cholesterol.....	0 mg
Carbohydrate.....	73.3 g
- Dietary Fibre.....	5.0 g
Potassium.....	257 mg
Phosphorous.....	145 mg
Sodium.....	18 mg

Instructions

1. Preheat oven to 180°C.
2. Whisk tofu in a mixing bowl until smooth then add sugar and oil. Continue whisking until it is well mixed.
3. Add flour together with the cranberries by cutting down the centre and coming up the sides using a rubber spatula.
4. Roll the dough into balls 1½ inch in diameter and arrange them on a baking tray lined with parchment paper. Ensure there is enough space in between each one.
5. Bake for 20 minutes, or until the scones turn crispy and golden brown.

*Chef
Tips*

Avoid opening the oven door when baking as it will cause a temperature drop and extend the time.



Serves
4

HIGH PROTEIN SNACKS

Chicken Meatballs

Tender succulent minced chicken loaded with crunchy seasoned vegetables.
A familiar taste similar to the traditional Chinese dim-sum, Siew Mai.

G Pre-dialysis & Dialysis

Ingredients	Quantity
Chicken breast, minced	135g
Egg white	2 medium
Carrots, diced	½ medium (45g)
Bread crumbs	1/3 cup
Red onion, chopped	1 small (40g)
Red capsicum, diced	¼ medium (28g)
Salt	¼ tsp
Pepper	¼ tsp

Nutrition Information

Serving Size: 70g (3 pcs)

Energy.....	96 kcal
Protein.....	10.2 g
Total Fat	1.0 g
- Saturated Fat.....	0.3 g
- Cholesterol.....	27 mg
Carbohydrate.....	6.0 g
- Dietary Fibre.....	1.1 g
Potassium.....	247 mg
Phosphorous.....	136 mg
Sodium.....	217 mg

Instructions

1. Preheat the steamer.
2. Mix all the ingredients accordingly in a medium bowl to form paste.
3. Shape the paste into small balls of about two thumb thick, or according to individual preference.
4. Steam the balls for 20 minutes, or until the chicken is fully cooked.

**Chef
Tips**

For a crispy crunch on the outside, pan fry the meatballs using a non-stick pan.

Serves
4



HIGH PROTEIN SNACKS

Chicken Sliders

Homemade chicken patties sandwiched between two fluffy toasted buns layered with crisp lettuce, onions and juicy tomatoes.

G Pre-dialysis & Dialysis

Ingredients	Quantity
Burger bun, cut into half	4 buns
Chicken breast, minced	90g
Tomato, sliced in 4	1 medium (90g)
Egg white	1 medium
Red onion, diced	1 small (40g)
Bread crumbs	½ cup
Lettuce	4 leaves
Low sodium oyster sauce	2 tsp
Cooking oil	1 tsp

Nutrition Information

Serving Size: 150g (1 burger)

Energy.....	174 kcal
Protein.....	10.9 g
Total Fat.....	1.7 g
- Saturated Fat.....	0.4 g
- Cholesterol.....	27 mg
Carbohydrate.....	20.6 g
- Dietary Fibre.....	2.0 g
Potassium.....	326 mg
Phosphorous.....	171 mg
Sodium.....	354 mg

Instructions

1. Patty mixture: Mix minced chicken, egg white, onion, bread crumbs and low-sodium oyster sauce in a large bowl.
2. Shape the patty mixture into small palm-sized pieces.
3. Heat oil in a pan and pan fry the patties over medium heat, turning occasionally on each side. Cook until the patties are golden brown and crispy.
4. Toast the bun in a toaster. Sandwich the lettuce, tomato and a chicken patty in between.

*Chef
Tips*

Try it with other types of meat like lean beef or fish!



Serves
4

HIGH PROTEIN SNACKS

Frittata

All-in-one eggy goodness whisked together with crunchy vegetables and tender chicken bits.

G Pre-dialysis & Dialysis

Ingredients	Quantity
Chicken breast, minced	70g
Egg white	3 medium
Egg	2 medium
Green capsicum, sliced	½ medium (50g)
Red capsicum, sliced	½ medium (50g)
White onion, chopped	½ medium (40g)
Olive oil	½ tbsp
Low sodium soy sauce	1 tsp

Nutrition Information

Serving Size: 80g (1 slice)

Energy.....	103 kcal
Protein.....	10.2 g
Total Fat.....	4.5 g
- Saturated Fat.....	1.1 g
- Cholesterol.....	95 mg
Carbohydrate.....	1.7 g
- Dietary Fibre.....	0.8 g
Potassium.....	253 mg
Phosphorous.....	132 mg
Sodium.....	123 mg

Instructions

1. Beat eggs and egg whites, in a medium bowl, and add in soy sauce.
2. Heat oil in a skillet over medium heat and stir fry the onions with chicken cubes for 3 minutes, or until the chicken cubes are cooked.
3. Add sliced red and green capsicum evenly on the skillet and pour the egg mixture over.
4. Cover with a lid and cook for 20 minutes over low heat, or until the egg is cooked.

*Chef
Tips*

Add in other vegetables* such as celery or cucumbers, giving an extra crunch to the dish!

Serves
4



HIGH PROTEIN SNACKS

Steamed Pandan Chicken

Marinated bite-sized chicken chunks wrapped in aromatic fresh pandan leaves infused with spice; a distinct Thai-inspired snack!

G Pre-dialysis & Dialysis

Ingredients	Quantity
Chicken breast, 2" cubed	180g
Garlic, minced	2 tablespoon
Low fat milk	1/4 cup
Turmeric powder	1 tbsp
Low sodium soy sauce	2 tsp
Sugar	1 tsp
Pandan leaves	8 leaves
Salt	1/4 tsp

Nutrition Information

Serving Size: 90g (2 pcs)

Energy.....	105 kcal
Protein.....	10.6 g
Total Fat.....	2.3 g
- Saturated Fat.....	0.5 g
- Cholesterol.....	40.2 mg
Carbohydrate.....	2.6 g
- Dietary Fibre.....	0.5 g
Potassium.....	295 mg
Phosphorous.....	195 mg
Sodium.....	213 mg

Instructions

1. Marinade the chicken cubes with garlic, low-fat milk, low-sodium soya sauce, sugar, turmeric powder and salt in a medium bowl for 25 minutes.
2. Preheat the steamer.
3. Take a pandan leaf and wrap each chicken chunk in one way. Wrap in another way with the second pandan leaf, covering the whole chicken. Secure it with a toothpick.
4. Steam the pandan chicken for 15 minutes, or until the chicken is fully cooked.

Chef Tips

Enhance the flavour with other types of spices and herbs like cayenne pepper or oregano!

Glossary



A

Albumin the main protein found in blood

Albuminuria a condition where there is too much protein in the urine

Amino acids building blocks of protein

Anemia a condition in which the number of red blood cells is lower than normal

B

Blood urea nitrogen a waste substance found in the blood produced from breakdown of protein

C

Calcium a mineral found mainly in the bones, is essential for healthy bones, muscle contraction, heart action and normal blood clotting

Catheter a soft tube, placed in a large vein, usually in the neck

Chronic Kidney Disease (CKD) a term used to describe a condition with gradual loss of kidney function over time

Creatinine a chemical waste product produced by muscle metabolism and to a smaller extent by eating meat

D

Dialyser a machine often used in dialysis which serves as the functions of the kidneys to remove impurities from the blood.

Dialysis the process of removing waste products from the blood through a machine

E

Edema a condition whereby there is swelling of soft tissues caused by build-up of fluid

Electrolyte minerals in the blood and other body fluids that carry an electric charge

End stage renal disease a state where the kidneys are no longer able to function normally

Excretion the process of waste being removed

G

Glomerular Filtration Rate (GFR) a test to determine kidney function by measuring the amount blood passing through the glomeruli per minute, concluding the stage of kidney disease

Glomeruli a tiny filters found in the kidneys which serve the function of filtering waste from the blood



H

High Biological Value (HBV) A protein with high biological value containing the essential amino acids in a proportion similar to that required by humans

Hemodialysis (HD) a form of dialysis in which the blood is cleansed outside the body by a machine

K

Kidney a bean-shaped organ located near the middle of the back on both sides where they are protected by lower ribs cushioned by the surrounding muscles and fat

Kidney failure a state where the kidneys do not function properly or sufficiently, resulting in the accumulation of waste products and toxic materials

Kidney transplant a surgical procedure to place a functioning kidney from a donor into a person whose kidneys no longer function properly

P

Peritoneal dialysis the process whereby a permanent tube is placed in the peritoneal cavity, allowing a special sterile fluid to be introduced into the abdomen

Phosphate a compound formed when phosphorus combines with oxygen in the body

Phosphate binders substances such as aluminium hydroxide, calcium acetate or calcium carbonate, binds phosphate in the blood, removing it from the body, usually used in the treatment for patient with end stage renal disease who has high phosphate level

Phosphorus a mineral found in a wide variety of foods and mostly in the body's bones and teeth

Potassium a mineral critical in the maintenance of fluid balance, nerve impulse transmissions, and muscle contractions

Pre-dialysis the period of renal failure where kidney function is not functioning well and dialysis preparation should be well underway

Protein a compound commonly found in meat, fish, dairy products and nuts, it is essential for building and repairing of muscles in the body and its breakdown products are removed through the kidneys

R

Renal relating to the kidneys



S

Sodium the principal cation in the extracellular fluids of the body, critical to the maintenance of fluid balance, nerve impulse transmissions, and muscle contractions

U

Urea the principal nitrogen-excretion product of protein metabolism

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