

Many CNY goodies are not only energy dense, high in sugar, but also K and PO4! Snack SMART according to the tips provided!

Plan your day ahead

 Have some high protein snack (e.g. meat dumpling, egg tart) before CNY house visiting. You may over-eat CNY goodies with an empty stomach.

Eat this, not that!

• Reach out for the lower calories, sugar, K or PO4 goodies.

Eat this	Not that
Kueh bangkit	Peanut cookies
Butter cookies	Chocolate chip cookies
Kueh bahulu	Pineapple tart
Unsalted/ lightly salted	Shrimp rolls
popcorn	

Eat in moderation

- Set a limit to how many snacks you can eat.
- Engage in conversation to divert your attention.

Drink sensibly

- · Ask for a smaller cup and always fill up less than half of your cup.
- If you are diabetic, choose unsweetened beverages, such as water and unsweetened tea.

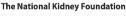
















Happy Chinese New Year with Mindful Eating

Celebrating Chinese New Year (CNY) in a dialysis friendly way helps to ensure you are getting what you need, and staying away from what will put your health at risk.

Try these **Recipes & Tips** in the following pages for a burden free CNY!



Healthy Yu Sheng with Passion Fruit

High in fibre Lower in sugar, fat and sodium For dialysis patients: ½ of a dessert plate is just nice!



Lower in sugar and sodium Each piece contains 9g of protein, which is equivalent to 3 egg whites!







Oven Baked Prawn with Spicy Oriental Mandarin Sauce

Up to 60% lesser sodium by replacing commercial chilli sauce with homemade spicy mandarin sauce

Kindly approach DC / Scan the QR codes available for full recipes.



Hot pot Reunion Dinner

- 1 Make your own soup base
 - Commercial soup bases are high in sodium which can increase your thirst.
 - Opt for homemade vegetable stock using celery, carrot and onion for a healthier soup base.
 - → Scan the QR code for vegetable stock recipe.
 - · Avoid taking the soup for your fluid control!



2 Choose the **RIGHT** protein

- Eating enough protein is important for dialysis patients.
- Choose fresh over processed & lean over fatty cut meat, for lesser sodium (Na), potassium (K), phosphate (PO4), and fats.
 E.g. Choose <u>sliced lean pork</u>, fish, egg instead of luncheon meat, pork belly, crabstick.
- **Fun fact**: Sea cucumber and abalone are also good sources of protein for dialysis patients. However, remember to <u>drain</u> or avoid the braised gravy.

3 Choose the **RIGHT** vegetables*

- Opt for **low K** vegetables, such as Chinese cabbage, lettuce, canned button mushroom (drained and rinsed), carrot instead of broccoli, lotus root and potato.
- 4 Less dipping sauce
 - Commercial dipping sauces are high in Na.
- Avoid dipping sauce or make your own sauce with garlic, onion, pepper and lemon juice for lesser Na.

*Note: Peritoneal Dialysis patients may not require to limit K intake as strictly as haemodialysis patients.



Reunion Dinner - Dining out

Follow the "Check, Choose, Ask, and Be Flexible" tips for a dialysis friendly reunion dinner when eating out.

Check and Choose

Check	Choose
High K dishes:	Lower K dishes:
- Stir fried spinach with	- Sautéed scallop with leek
scallop	- Braised sea cucumber with
- Braised mushroom with fish	black fungus
maw and broccoli	
High PO4 dishes:	Lower PO4 dishes:
- Chicken soup	- Crispy roasted chicken
- Cereal prawn	- Pan fried prawn with garlic
- Salted egg yolk dishes	- Steamed fish
- Glutinous rice with Chinese	- Pork chop with pineapple
sausage	sauce
	- Fried rice/ white rice

Ask

- Ask the restaurants if they can make special arrangements.
 E.g. Fresh fruit platter instead of usual desserts, e.g. yam paste, chilled mango puree which are high in K.
- Ask for sauces to be served separately.

Be flexible

• If unable to ask for a swap, <u>avoid</u> the high K and PO4 foods. E.g. Chinese sausage, cashew nuts, gravy and soup.



Reminder: Take your phosphate binders with food!

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