

Annex A: Catering Meal & Eating Out Checklist

Establish Your Budget

- If you have ample budget, you can have 2 menus, one for haemodialysis patients and another for healthy individuals



Healthy Menu Preference

- Check if the caterers provide healthy menu (lower in total fat, saturated fat, sodium, and sugar)



Low Sodium

- Ask for low salt (sodium) cooking as both dialysis and healthy individuals need low salt diet.



Low Sugar

- Opt for low sugar dessert like low sugar cake or mini cake, custard, or muffin



Fluid Control

- Serve the beverages with small cup (100-150ml) can help our dialysis friends control their water intake
- Plain water is the best option



Phosphate Binder

- Remember or gently remind your dialysis friends to bring their phosphate binder before attending any function and to take it together with their food
- Excessive phosphate will cause your body to pull calcium from your bones, hence taking phosphate binder before a meal will help to maintain healthy bones



Low Potassium

- Serve low potassium fruits and vegetables for haemodialysis patients
- The consumption of high potassium food will cause irregular heartbeat, weakness and shortness of breath



Low Phosphorous

- Avoid food high in phosphate such as
 - Chocolate
 - Nuts,
 - Milk and dairy products
 - Fish roe
 - Organ meats
 - Dried prawn
 - Dried fish
 - Wholegrains products like brown rice



Dishes & Menu Suggestions

Salad / Vegetables & Fruit

- Remember to cater low potassium vegetables and/or salad, and low potassium fruit
- If you have 2 lines of menu for haemodialysis friends and healthy individuals, ask for 2 types of vegetables for healthy individuals if budget allow
- Put aside the salad sauce, if possible, to reduce the amount of sodium consumption
- Recommended salad / vegetables and fruit include:
 - Garden Salad (cucumber, tomato, carrot, and lettuce)
 - Coleslaw
 - Fresh fruit is always the best option



Entrees

- Order more protein dishes (Entrees) for our dialysis friends as they require more protein
- More varieties of protein food choices can help to increase their protein intake
- Choose boneless chicken and fish fillet if possible, as it is easier for elderly with chewing difficulty
- Put aside the gravy or sauce, if can, to cut down sodium intake
- Recommended entrees include:
 - Sweet and Sour Chicken
 - Lemon Chicken
 - Pepper Chicken



- Curry Chicken or curry fish
- Grilled Chicken/Fish
- Roasted Chicken
- Tandoori Chicken
- Pan Fried fish
- Satay
- Beef and Vegetable Skewer
- Juicy Meatball
- Black Pepper Beef

Staple Food

- Serve wholemeal / wholegrain for healthy individuals if you have 2 lines of menu
- Wholemeal / wholegrain is not suitable for dialysis friends as they are high in phosphate
- Recommended staple food include:
 - Steamed white rice
 - Fried rice or noodle (without anchovies and dried shrimp)
 - Fried Vegetarian Bee Hoon



Light Snack

- Choose high protein delicacies to help our dialysis friend increase their protein intake
- Recommended light snacks include:
 - Steamed Siew Mai
 - Har Kau
 - Chicken roll
 - Chicken tikka
 - Chicken currypuff



Dessert

- No ice-cream, jelly, pudding or sorbet to reduce the amount of fluid taken by dialysis friends
- Choose low sugar choice and serve in small portion
- Prevent nuts and chocolate choices
- Recommended desserts include:
 - Small cake or muffin
 - Mini custard puff
 - Vanilla Éclair
 - Kueh Sago



Beverages

- Plain water is always the best choice.
- Do not mix coffee or tea with milk as milk is high in phosphate and not suitable for dialysis friends
- Recommended beverages include:
 - Black coffee
 - English Tea
 - Chinese Tea
 - Lemonade



The menu is only for suggestion. Kindly approach a dietitian if you want to have more varieties in your menu. If your friends / relatives on dialysis need further information, do encourage them to contact their doctor, nurse or dietitian.