

Annex B: Gift Suggestions for Dialysis Patients

Food Category

Food is essential for everyone and dialysis patients need to watch out for nutrients such as protein, phosphate, potassium, fluid and carbohydrates (if a patient has diabetes) on top of others.

Tip! Know your blood test and choose the right foods. Eat in moderation.

1. Antioxidant-booster fruit basket

- Choose low or moderate potassium fruits based on the list below to suit their needs
- High potassium fruits need to be avoided by most haemodialysis patients



Low Potassium	Moderate Potassium	High Potassium
Apple, dragon fruit, guava, lemon, lime, mangosteen, pear, pineapple, water apple, watermelon	Chiku, orange, papaya, passion fruit, peach, plum, persimmon, plum, pomelo, strawberry, raspberry, tangerine	Apricot, avocado, banana, honeydew, jackfruit, mango, kiwi, prunes, custard apple, nectarine, pomegranate, fig, dates, dried fruit, soursop

2. Power Snack

- Go for fresh foods
- For savoury snacks, opt for high protein snacks such as those that contain egg, chicken, fish or meat:
 - Egg tart
 - Chicken curry puff
 - Chicken pau
 - Chicken pie
 - Chicken Siew mai
 - Chicken bun
 - Tuna bun
 - Chicken wrap
 - Chicken roll
 - Chicken / mutton kebab
 - Chicken / mutton tikka
 - Chicken dumplings



- Chicken / tuna / egg sandwich
- Hard-boiled egg
- Lean meat satay (no peanut gravy)

- Avoid pre-packaged products as they usually have a higher sodium content such as:
 - Coconut products (e.g. kaya)
 - Oats or wholegrain products
 - Sardine
 - Nuts

Note! Homemade muffins / cakes can be healthier by cutting down the sugar and fat content. You can also replace baking powder with cream of Tatar and baking soda.

Hot food needs to be served hot while cold food needs to be served cold. Ensure there is sufficient storage period if you plan to give frozen food.

3. Exotic Protein Booster

Birds nest, sea cucumber and abalone provide a good source of protein and they are low in potassium and phosphate



4. Beverages

- Recommended beverages include:
 - Mineral water
 - Unsweetened tea bags
 - Chinese tea
 - Plain tea
 - Black coffee
 - Reduced sugar / unsweetened drinks (e.g. chrysanthemum tea, green tea)
 - Homemade lemonade
 - Pudding made with non-dairy creamer
 - Unfortified rice milk, etc.



**As dialysis patients have reduced ability to pass urine, it is important for them to control their fluid intake

Non-Food Category

1. Kitchen ware

Kitchen ware may be a good helper to encourage dialysis patients to have healthy and nutritious meals at home

Recommendations include:

- Toaster
- Electrical steamer pot/cooker
- Non-stick pan
- Slow cooker
- Insulated lunch box
- Storage container
- Measuring bottle (500ml)
- Thermo flask (250ml)



If you, your friends or relatives on dialysis need further information, do approach your doctor, nurse or dietitian.