



Snack SMART this CNY

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 popcorn	Shrimp rolls

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.



Indulge in **moderation** and opt for the **dialysis-friendly** food choices!



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!



SCAN ME



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!

Chicken Bak Kwa

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



SCAN ME



SCAN ME



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 sliced lean pork, 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 drain 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: <ul style="list-style-type: none"> - Stir fried spinach with scallop - Braised mushroom with fish maw and broccoli 	Lower K dishes: <ul style="list-style-type: none"> - Sautéed scallop with leek - Braised sea cucumber with black fungus
High PO4 dishes: <ul style="list-style-type: none"> - Chicken soup - Cereal prawn - Salted egg yolk dishes - Glutinous rice with Chinese sausage 	Lower PO4 dishes: <ul style="list-style-type: none"> - Crispy roasted chicken - Pan fried prawn with garlic - Steamed fish - Pork chop with pineapple 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, avoid the high K and PO4 foods. E.g. Chinese sausage, cashew nuts, gravy and soup.



Reminder: Take your phosphate binders with food!