



# Feasting Right This Hari Raya



Hari Raya celebration is not only about indulgence, but also spending **quality time** with family and friends!

With **mindful eating and portion control** during Hari Raya, dialysis patients may avoid unpleasant symptoms such as face and limb swelling, breathlessness, skin itchiness and uncontrolled blood sugar.

## 5 FEASTING RIGHT Tips for Dialysis Patients



### Protein FIRST

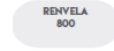


Always include & FINISH protein foods in your meals.



### Take binders with foods

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Plan and distribute your phosphate binders for ALL meals & snacks.

### 2 + 2 servings



Choose low potassium fruits & vegetables.

### Fluid sources



Plan and manage fluid intake.

### Lesser sodium



Leave the gravy behind and use FRESH ingredients.

# A day of Hari Raya

## Breakfast



**Start your day with a nutritious breakfast, e.g.**

- Egg or tuna sandwich/French toast
- White rice with assam pedas fish & brinjal

**Don't forget to take your prescribed medications.**

## Morning tea



**Practise portion control when snacking**

- Limit your festive goodies (e.g. kueh raya) to not more than 3 pieces.
- Take not more than half cup unsweetened drinks, e.g. fruit infused water/soda, unsweetened packet drinks, floral/fruit tea.

## Lunch



**Follow the dialysis plate concept for your lunch**

- Fill  $\frac{1}{2}$  of your plate with protein foods (e.g. fish, chicken, egg, lean meat) and finish it FIRST.
- Fill  $\frac{1}{4}$  of your plate with white rice, beehoon, etc.
- Fill  $\frac{1}{4}$  of your plate with low K vegetables.
- Finish your meal with low K fruits.

## Afternoon tea



**Indulge in moderation during tea time**

- Enjoy quality time with family and friends.
- Portion control for festive goodies and beverages.
- Take Phosphate binder with light bites.

## Dinner



**End your day with a well-planned dialysis-friendly dinner**

- Remember to fill your plate just like lunch!
- Have light dinner if you plan to have supper.

**Self reflect if you have achieved your diet goals.**







**Let's stay active!**

*Do some simple stretching when engaging in conversation.  
Move more at home.*



# What's in my Sweet Treats?

Food item	Sugar Content	Calories	Brisk Walking*
 Kueh bangkit (12g)	0.5 x 	70 kcal	18 mins
 Kueh rose (20g)	1 x 	100 kcal	26 mins
 Bandung (250ml)	6.5 x 	125 kcal	33 mins
 Kueh lapis (50g)	2.5 x 	240 kcal	63 mins
 Pineapple tart (60g)	3.5 x 	280 kcal	74 mins

 = 1 teaspoon (5g) sugar

\*Estimated duration of brisk walking for calorie burning is based on 60kg individual walking at 3.5mph/5.5km/hr.

**Tips:** Limit sugar intake to no more than 25g (5 teaspoons) a day.

- ✓ If you are making Raya goodies, remember to reduce amount of sugar/ butter/ oil/ margarine by  $\frac{1}{4}$  -  $\frac{1}{2}$ .

# What's in my Savoury dish?

Food item	Sodium Content	Calories	Brisk Walking*
 Sayur lodeh (½ bowl, 117g)	<b>550</b> mg	<b>76</b> kcal	<b>20</b> mins
 Assam fish (1 bowl, 184g)	<b>532</b> mg	<b>123</b> kcal	<b>32</b> mins
 Beef rendang (4 pieces, 90g)	<b>446</b> mg	<b>199</b> kcal	<b>52</b> mins
 Ayam panggang (1 piece, 171g)	<b>140</b> mg	<b>287</b> kcal	<b>75</b> mins
 Satay with peanut sauce (10 sticks with 100g sauce)	<b>706</b> mg	<b>481</b> kcal	<b>126</b> mins

\*Estimated duration of brisk walking for calorie burning is based on 60kg individual walking at 3.5mph/5.5km/hr.

**TIPS: Limit sodium intake to no more than 2000mg (~1 teaspoon of salt) a day.**

- ✓ Leaving gravy behind and removing chicken skin will help to reduce sodium and fat intake.