




Tips for a Dialysis-Friendly Feast

By paying more attention to our foods/ingredients, it is easy to achieve a dialysis-friendly and guilt-free festive dish!

Type of dish	Dietary tips
Rice dish Eg. Biryani/Jeera rice 	<ul style="list-style-type: none"> ✓ Flavoured rice is high in sodium and calories. Plain basmati rice will be a better choice. ✓ Always start your meal with protein food first, and eat without gravy. ✓ For vegetarian: Include lentils, legumes, tofu for more protein. ✓ Include a serving of vegetables such as brinjal, capsicum or cabbage for a balanced meal.
Gravy dish Eg. Curry/Masala 	<ul style="list-style-type: none"> ✓ Good protein food sources in gravy dish are chicken, fish curry, chickpea dhal. ✓ Cut down the amount of oil in cooking and replace with water.
Roti dish Eg. Prata/Chapatti 	<ul style="list-style-type: none"> ✓ Add egg(s) or pair with other protein foods for more protein. ✓ Use less oil and choose healthy oil (e.g. canola oil is better than ghee) in cooking.

May this Diwali Bring Fresh Hopes and Good Health!



Mindful Eating During Deepavali

As you celebrate this Festival of Lights with flavourful traditional delights, don't forget to do so in a dialysis-friendly way for a healthier and happier festival.



Let's find out what you can do !

Make protein your best friend

Pair your chapatti with a chicken tikka



Less salt, less thirst

Avoid drenching your food with gravy

Less sweet for a sweeter day

Take only a small piece of sweet treat or share it with your family members for less sugar & calorie intake




*Less potassium (K) is better

Choose lower K fruits and vegetables
 Use whole instead of powdered spices
 Limit or avoid coconut, mango, banana in your diet.
 Leaching helps too!

Healthy fats for a healthy heart

Replace ghee with vegetable oil, eg. canola or peanut oil, for better heart health.



 ***Remarks:** Peritoneal dialysis (PD) patients may not need to be as restrictive as hemodialysis (HD) patients in potassium intake.





Make Your Sweets Less Sweet



General Tips

- Cut the amount of sugar, honey and/or condensed milk used by half to lower sugar intake. Daily sugar intake should be limited to **25g or 5 teaspoons**.
- Limit the amount of oil and ghee to reduce calorie and fat intake. An excessive fat intake may increase risk of cardiovascular diseases.
- Opt for baking or air frying instead of deep frying the food.

Other ways you can make your favourite treats healthier!

Name of treat	Sugar content	Tips
 Sooji Halwa (133g)	43g	✓ Reduce amount of raisins or nuts as they are high in potassium (K) if you need to control K intake
 Pineapple Tarts (20g)	6g	✓ Make your own pineapple jam sugar-free or with less sugar instead of buying ready-made jam
 Gulab Jamun (225g)	87g	✓ Replace part of the sugar with artificial sweetener for the syrup ✓ Limit to 0.5 to 1 piece only due to its high sugar content
 Athirasam (55g)	20g	✓ Use spices such as ground cinnamon for flavour and reduce sugar used




Make Your Savoury Do You Good



General Tips

- Limit the amount of salt used as salt intake increases thirst for dialysis patients who need to control their fluid.
- Treats that contain potatoes are not suitable for haemodialysis patients as potatoes are high in potassium. By boiling cut potatoes and draining away the water, it helps to remove approximately **30%** of its potassium!
- As dialysis patients require a high protein diet, savoury treats with chicken/mutton/prawn filling helps to increase the protein content!

Other ways you can make your favourite treats healthier!

Name of treat	Sodium content	Fat content	Tips
 Vadai (50g)	265mg	9g	✓ Avoid dipping in coconut chutney or dahi if you need to limit potassium intake. ✓ Minced meat vadai (Keema vadai) is a high protein, energy dense snack.
 Samosa (68g)	311mg	11g	✓ Opt for meat/legumes/lentils fillings instead of vegetable samosa to increase protein intake.
 Murukku (22g)	178mg	7g	✓ Prepare with air fryer for less fats. ✓ Limit the amount taken. Save your stomach for other high protein treats!