

What's in my Savoury dish?

Food item	Sodium Content	Calories	Stretching exercise* 
 Sayur lodeh (½ bowl, 117g)	550 mg	76 kcal	33 mins
 Assam fish (1 bowl, 184g)	532 mg	123 kcal	53 mins
 Beef rendang (4 pieces, 90g)	446 mg	199 kcal	87 mins
 Ayam panggang (1 piece, 171g)	140 mg	287 kcal	125 mins
 Satay with peanut sauce (10 sticks with 100g sauce)	706 mg	481 kcal	209 mins

*Duration of exercise for calorie burning based on a 60kg individual.

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.



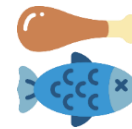
Feasting Right This Hari Raya



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

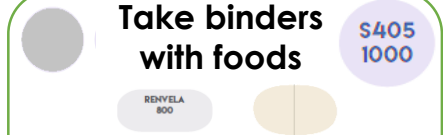
With **mindful eating and portion control** during Hari Raya, dialysis patients may avoid unpleasant symptoms such as face and limb swelling, breathlessness, skin itchiness and uncontrolled blood sugar.

5 FEASTING RIGHT Tips for Dialysis Patients



Protein FIRST

Always include & FINISH protein foods in your meals.



Take binders with foods

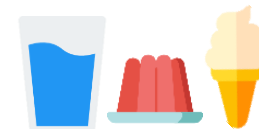
Plan and distribute your phosphate binders for ALL meals & snacks.

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.

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.

Morning tea



Lunch



Follow the dialysis plate concept for your lunch

- Fill ½ of your plate with protein foods (e.g. fish, chicken, egg, lean meat) and finish it FIRST.
- Fill ¼ of your plate with white rice, beehoon, etc.
- Fill ¼ 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	Stretching exercise*
 Kueh bangkit (12g)	0.5 x 	70 kcal	30 mins
 Kueh rose (20g)	1 x 	100 kcal	43 mins
 Bandung (250ml)	6.5 x 	125 kcal	54 mins
 Kueh lapis (50g)	2.5 x 	240 kcal	104 mins
 Pineapple tart (60g)	3.5 x 	280 kcal	122 mins

 = 1 teaspoon (5g) sugar

*Duration of exercise for calorie burning based on a 60kg individual.

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 ¼ - ½.