

# Annex A: Meal Catering Guidelines for Haemodialysis (HD) patients

A well-balanced diet is important for dialysis friends and friends with end stage kidney failure as their kidney is no longer functioning at its full capacity. When planning a menu for dialysis friends, consider the following key nutrients: Protein, Phosphorous, Potassium, Salt, Fluid. More information can be found [here](#). If you have ample budget, cater for all by including two menu options for dialysis and healthy individuals. In addition, when catering meals, suggest for all dishes to be prepared with less oil, salt, and sugar and for sauces to be served on the side.

## Dishes & Menu Suggestions

### Grains and others

- Choose refined grains for dialysis friends as they are lower in phosphate compared with wholemeal or wholegrain alternatives.
- Recommended staple food: Steamed white rice
- Fried rice or noodle (without anchovies and dried shrimp)
- Fried Vegetarian Bee Hoon
- Healthy individuals should choose wholemeal or wholegrain options where possible

### Meat and others

- If budget allows, consider including both meat- and vegetarian- protein food sources.
- Consider healthier cooking methods, e.g., choose baked/grilled/roasted over deep fried options.
- Request for gravy/sauces to be served on the side to reduce salt intake:
  - Example, choose roast chicken / baked fish with salsa sauce on the side over curry options.
- Choose boneless chicken and fish fillet if possible, as it is easier for elderly with chewing difficulty.
- Good protein food sources include:
 

○ Lemon Chicken	○ Tandoori Chicken	○ Beef and Vegetable Skewer
○ Pepper Chicken	○ Pan Fried fish	○ Juicy Meatball
○ Grilled Chicken/Fish	○ Satay without peanut sauce	○ Black Pepper Beef
○ Roasted Chicken		



## Meat and others

- Vegetarian protein options include:
  - Fu Yong Egg
  - Egg Beancurd
  - Baked / Fried Tau Kua
  - Dhal

## Fruits and vegetables

- Choose [lower potassium](#) fruits and vegetables.
- If having salad, request for gravy or sauces to be served on the side to reduce salt and sugar intake.
- Recommended salad or vegetables and fruit include: Garden Salad (cucumber, tomato, carrot, and lettuce)
- Fresh fruit is always the best option!

## High protein snacks

- Choose high protein snacks to help our dialysis friend increase their protein intake.
- Recommended snacks include:
  - Steamed Siew Mai
  - Har Kau
  - Chicken roll
  - Chicken tikka

## Desserts

- Choose lower K fruits as desserts.
- Request for desserts to be prepared with lower sugar and served in smaller portions.
- Avoid choosing coconut based and bean-containing desserts such as bubur chacha, yam paste, chendol, red or green bean soup, malay kuehs due to higher phosphate content.
- Avoid choosing ice-cream, jelly, pudding or sorbet to reduce fluid intake in dialysis friends.
- Omit desserts containing nuts and chocolates due to their higher phosphate content.
- Instead, consider the following options:
  - Lower-sugar muffins, assorted plain mini cake slice, assorted mini swiss roll or plain agar-agar without fruit cocktail prepared with less sugar

## Beverages

- Plain water is always the best choice.
- Choose unsweetened black coffee/tea w/ provision of sugar and creamer on the side as milk is high in phosphate and is not suitable for dialysis friends.
- Serve beverages with small cups (100-150ml) to help our dialysis friends control their fluid intake.
- Recommended beverages include:
  - Black coffee
  - English Tea
  - Chinese Tea

This meal catering menu is only for suggestion. Kindly approach a dietitian if you want to have more varieties in your menu. If your friends / relatives on dialysis need further information, do encourage them to contact their doctor, nurse or dietitian.

