



## 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"> <li>- Stir fried spinach with scallop</li> <li>- Braised mushroom with fish maw and broccoli</li> </ul>	Lower K dishes: <ul style="list-style-type: none"> <li>- Sautéed scallop with leek</li> <li>- Braised sea cucumber with black fungus</li> </ul>
High PO4 dishes: <ul style="list-style-type: none"> <li>- Chicken soup</li> <li>- Cereal prawn</li> <li>- Salted egg yolk dishes</li> <li>- Glutinous rice with Chinese sausage</li> </ul>	Lower PO4 dishes: <ul style="list-style-type: none"> <li>- Crispy roasted chicken</li> <li>- Pan fried prawn with garlic</li> <li>- Steamed fish</li> <li>- Pork chop with pineapple sauce</li> <li>- Fried rice/ white rice</li> </ul>

### # 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!