

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

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!