



DIET FOR CKD

Stage 1 & 2

1. Keep a healthy weight.

My current BMI is _____. I need to _____ my weight.

My healthy weight is _____.

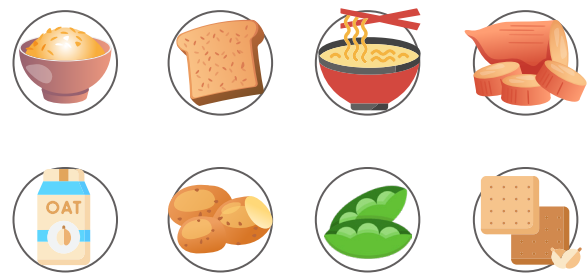
2. Choose complex carbohydrates in moderate and consistent portions and limit food contain with simple carbohydrates to control blood glucose (sugar) within normal range.

- Simple carbohydrates are simple sugar found in white sugar, brown sugar, honey, jam, kaya, syrup, candy, chocolate, ice-cream, cake, carbonated drinks and etc.
- Complex carbohydrates are cereal and cereal products – rice, oats, biscuit, idli, dosa, noodles, bread; starchy vegetables – potato, corn, yam, sweet potato, pumpkin and legumes; and etc.

Simple Carbohydrates



Complex Carbohydrates



3. Limit sodium intake from added salt or high sodium food or condiments to control blood pressure.

High sodium food sources:

- Table salt
- Sauce/seasoning: Prawn paste, sour plum powder, shrimp paste, cinalok, oyster sauce, soy sauce, chicken essence/anchovies' cube, MSG, tom yam pastes, tomato sauce, chili sauce, BBQ sauce, Bovril, marmite
- Processed meat: Sausage, burger meat, bacon, ham, nugget, squid ball, fish ball, meat ball
- Processed food: Canned food, instant noodles
- Preserved/pickled food: Salted vegetables, salted fish, salted egg, dry shrimp, anchovies
- Snack: Poppadum, potato chips, salted peanut/cashew, pickled snack
- Fast food: Hamburger, pizza, French fries, mashed potato, cheese

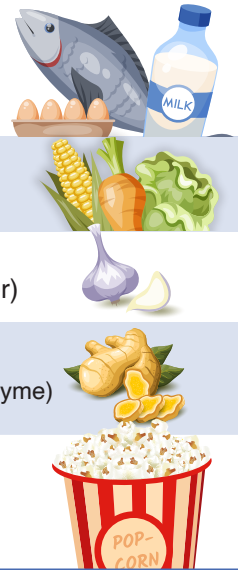
What has high sodium?

- Table salt
- Seasonings like soy sauce, teriyaki sauce, garlic salt or onion salt
- Most canned foods and frozen dinners (unless they say "low sodium")
- Pickled, cured, smoked or processed meats, like ham, bacon, sausage and cold cuts
- Salted snackfoods, like chips and crackers
- Canned or dehydrated soups like packaged noodle soup
- Most restaurant foods, take-out foods and fast foods



What has less sodium or none?

- Fresh foods: Fruits, vegetables, meat, fish and poultry dairy products (milk, eggs, cheese)
- Frozen vegetables
- Fresh seasonings (garlic, onion, lemon juice, pepper)
- Fresh or dried herbs and spices (basil, bay leaf, curry, ginger, sage, thyme)
- Unsalted popcorn, pretzels, plain tortilla or corn chips



4. Have moderate amounts of lean protein choices which is lower in unhealthy fats.

(Dietitian will provide the personalized servings of protein per day)

My current protein intake is _____ servings a day, I need to control protein intake to _____ servings a day.

Animal Protein

Poultry and Meat

Seafood

Milk Products

Plant Protein

Soy Products

Legumes and Lentil

Protein Food



Egg (medium)
1 nos



Fish (cutlet, raw)
1/4 cutlet (40g)



Milk 240ml



Tofu (soft) 3/4
pieces (90g)



Dhal Gravy
1/2 cup



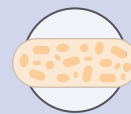
Chicken (raw,
without skin) 1/2
drumstick/breast



Fish (medium, raw)
1/2 pc (40g)



Milk Powder
(skin/full cream)
4 tablespoons



Tempeh 1 piece (45g)



Mung Bean (cook)
3/4 cup



Chicken Wing
(medium, raw) 1 pcs (92g)



prawns (medium, raw)
6 pieces



Cheese 2 slices
(30g)



Fucok 1 1/2 sheets
(30g)



Chickpeas (cook)
1/2 cup



Lean Meat (raw)
1 matchbox size (40g)



Squid (medium, raw)
1 whole (40g)



Yogurt 3/4 cup
(170ml)

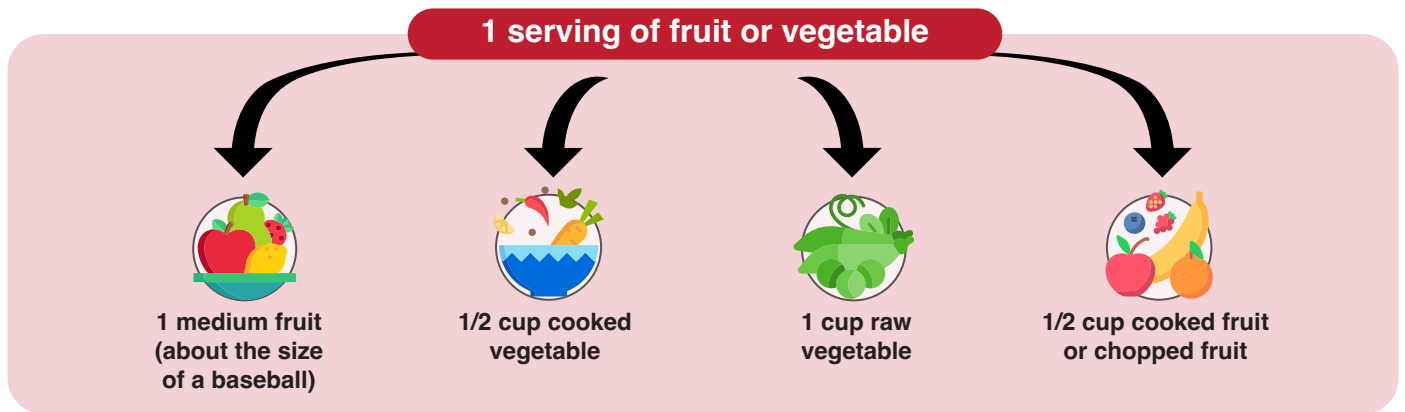


Soy Milk 160ml



Baked Beans
3/4 cup

5. Have adequate fiber from fruits and vegetables - aim for at least 3 servings of vegetables a day and 2 servings of fruits a day.



6. Aim to have enough fluid (ideally water) to stay hydrated unless it is restricted by a doctor.
I need to have _____ of fluid intake a day.

7. Choose healthy cooking methods.

I am taking _____, I will reduce the intake to _____ per week.

