



# DIET FOR CKD

## Stage 3-5

### 1. Keep a healthy weight.

My current BMI is \_\_\_\_\_. I need to \_\_\_\_\_ my weight. My healthy weight is \_\_\_\_\_.

### 2. Control protein to a lesser amount to prevent the kidney from working harder to filter waste.

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

Animal Protein			Plant Protein	
Poultry and Meat	Seafood	Milk Products	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)  
4tablespoons



Tempeh 1 piece (45g)



Mung Bean(cook)  
3/4 cup



Chicken Wing  
(medium,raw) 1pcs(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

### 3. 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; milk and milk products; fruits.



### 4. 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, cincalok, 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

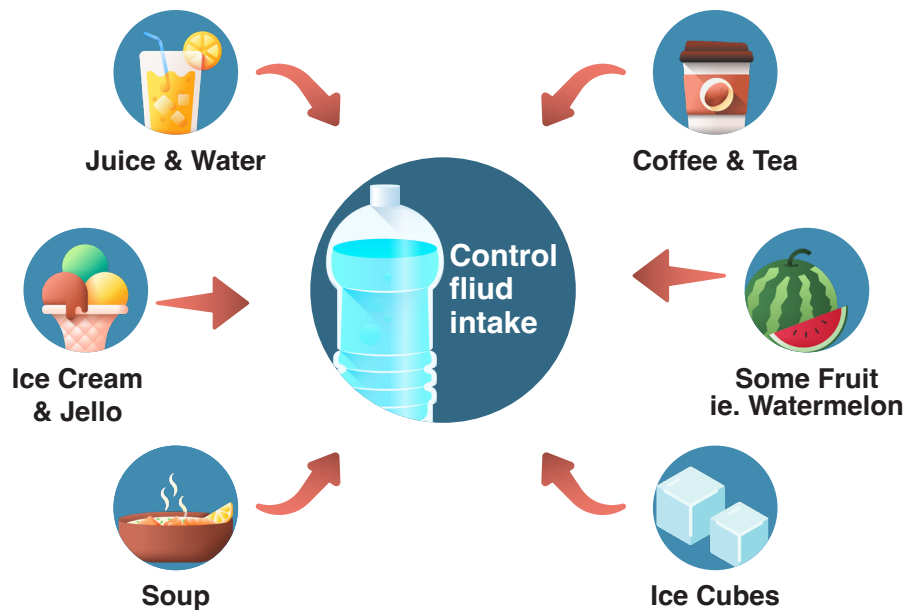
What has high sodium?	
• Table salt	
• Seasonings like soy sauce, teriyaki sauce, garlic salt or onion salt	
• Most canned foods and frozen dinners (unless they say "low sodium")	
• Pickled, cured, smoked or processed meats, like ham, bacon, sausage and cold cuts	
• Salted snackfoods, like chips and 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	

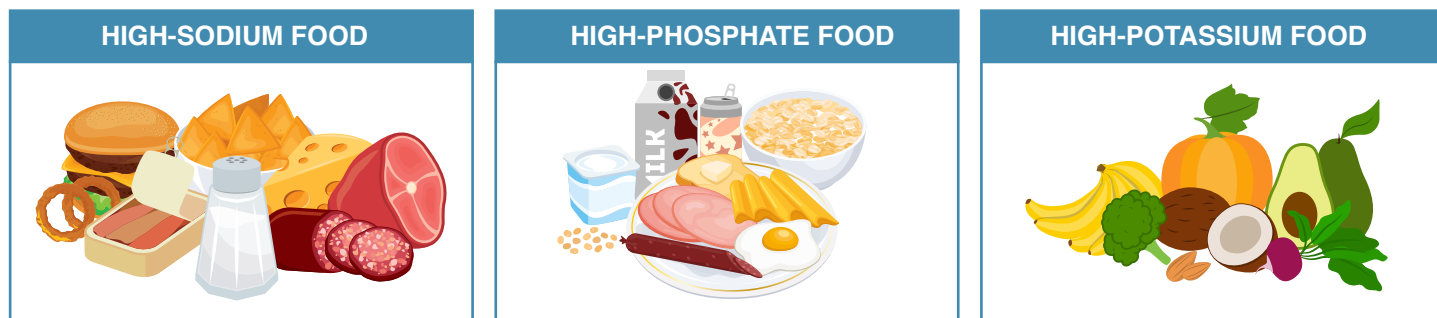


**5. You may need to limit your total fluid intake according to doctor's advice.**

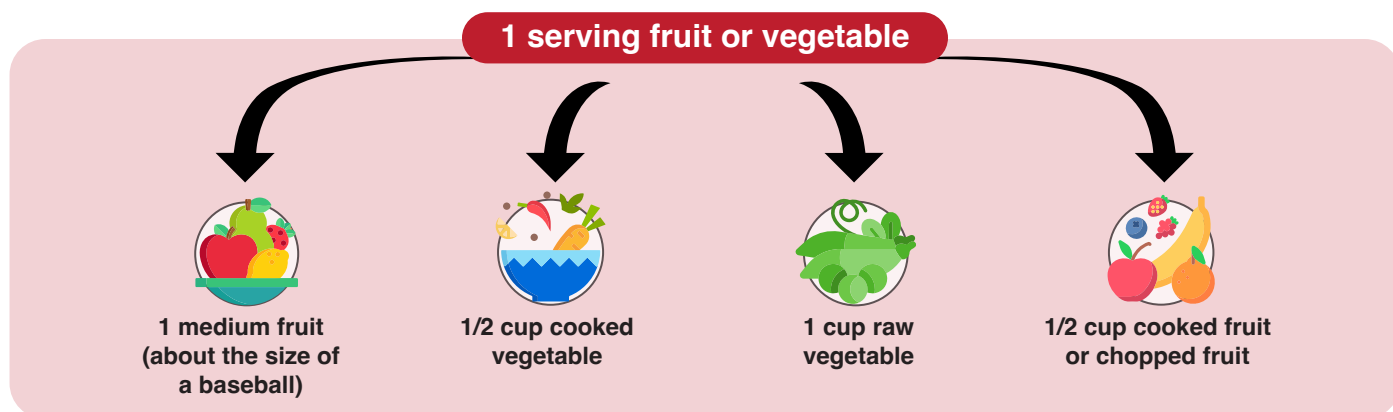
I need to control my fluid intake to \_\_\_\_\_ a day.



**6. You may need to control your mineral intake (such as potassium, phosphorus) according to doctor's or dietitian's advice.**



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



**8. Choose healthy cooking methods.**

I have taken \_\_\_\_\_, I will reduce the intake to \_\_\_\_\_ a week.

**Practise healthy cooking methods**



Baking



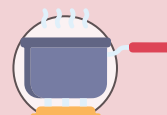
Stir-frying



Steaming



Stewing



Soup



Grilling