

CREATING HEALTHY MEALS



THE National Kidney Foundation (NKF) of Malaysia celebrated the World Kidney Day 2018 recently.

The event featured a series of activities, including a zumba fitness dance, a health talk, a cooking demonstration, free health screening and an exhibition on organ donation.

At the event, NKF launched its first Haemodialysis Cookbook in collaboration with Chef Brian Chen or Abang Brian, founder of Young Chef Academy, and

one of the eight finalists in the Masterchef Malaysia Season One competition.

"The NKF team and I spent six months to complete this book as we wanted to ensure that all recipes are suitable for haemodialysis patients as well as their family. With this cookbook, we want to convey the message that it is possible to prepare meals that meet their nutritional needs without sacrificing flavour," said Chen.



In Brief

By Lili Lajman