

Dialysis patients get useful tips

Voluntary health organisation teaches group how to shop better for groceries

IT WAS a moment of excitement and anticipation for dialysis patients from various National Kidney Foundation centres in the Klang Valley when they went grocery shopping under a community nutrition project "Let's Go Shopping".

The patients, accompanied by NKF staff went to Aeon Big in Tropicana City Mall to learn how to shop for groceries suitable for patients suffering from kidney failure.

NKF's dietitians also guided the patients on reading and understanding food labels as well as selecting products that were kidney-friendly.

NKF public education head Maznifah Abd Fatah said, "The project serves a dual purpose — to impart knowledge on how to shop for groceries appropriate for our patients'

diet requirements as well as to choose the right portion suitable for their overall health."

The patients were happy to apply the tips they had gained and assisted one another during their outing. After shopping, they were given goodie bags sponsored by Aeon Big.

The group then proceeded to have lunch at Kenny Rogers. A lucky draw was held and winners from the draw were given food vouchers sponsored by the eatery.

Maznifah thanked Aeon Big store manager Kumaran Suppayah and his assistants, as well as Kenny Rogers outlet assistant manager Mazlie Osman for their hospitality. Both were presented with NKF Certificate of Appreciation.



Happy group: Dialysis patients from various NKF centres in the Klang Valley posing in front of the eatery in Tropicana City Mall.