



PRE-DIALYSIS COOK BOOK

A culinary guide designed to inspire and empower you on your path to kidney health



INTRODUCTION

Welcome to "NKF Pre-Dialysis Cookbook", tailored specifically for pre-dialysis patients. This book is designed to provide you with delicious and nutritious meal options that align with your dietary needs and restrictions.

For those on the verge of embarking on a dialysis journey, dietary choices become pivotal. A well-balanced diet tailored to support kidney health is paramount. This cookbook is a result of our dedication to empowering you with flavorful and nutrient-rich recipes that align with pre-dialysis dietary needs.

We've selected ingredients that are gentle on the kidneys, yet rich in essential nutrients, ensuring you can savor each bite while taking care of your health. Our mission is to transform your pre-dialysis dietary experience into a delightful and satisfying culinary adventure. Let this cookbook be your trusted companion, guiding you towards a healthier, happier life. It is important to note that while these recipes are suitable for pre-dialysis patients, individual dietary requirements may vary, and we strongly encourage you to consult with a registered dietitian for personalized guidance. Remember, always prioritize your health and consult with a healthcare professional for personalized dietary advice.

Here's to your well-being and delicious possibilities that lie ahead. Bon Appétit and good health!

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STIR-FRIED GLASS NOODLES



2 Pax



Easy

Nutrition Information

One Serving

Energy (Kcal)	462
Protein (g)	9.2
Carbohydrate (g)	46
Fat (g)	27.4
Dietary Fibre	3.42
Sodium (mg)	541
Phosphorus (mg)	152
Potassium (mg)	361





INGREDIENTS

- | | |
|---|--------------------------|
| >80g mung bean noodles a.k.a. glass noodles | >2 red chilies, chopped |
| >200g long cabbage,sliced | >2 cloves garlic, minced |
| > 1/2 carrot, julienned | > 1 tsp oyster sauce |
| >1/2 green capsicum,sliced | > 1/2 tsp sugar |
| >1/2 tsp sesame oil | > 1 tsp light soy sauce |
| >3 Tbsp vegetable oil | >1/8 tsp white pepper |
| | >2 eggs |

METHOD

1.Begin by soaking the mung bean noodles in warm water for approximately 10 minutes until they become soft. Drain them and set them aside.

2.Beat the eggs along with sesame oil. Heat the pan, add 1 Tbsp oil and quickly at the eggs. Scramble them for 20-30 seconds, cook until they are just almost done. Set them aside.

3.Heat the remaining 2 Tbsp of oil in the pan over medium-high heat. Add the garlic and cook until it become fragrant. Then, add the cabbage, carrots and capsicum, turning the heat to high. Stir-fry for 2 minutes.

4.Introduce the soaked noodles to the pan and add the cooked eggs. Stir-fry, incorporating the condiments. Stir everything together until the noodles become tender. If the noodles appear dry, you may add a little water.

VEGETARIAN BIRYANI



6 Pax



Medium

Nutrition Information

One Serving

Energy (Kcal)	477
Protein (g)	13
Carbohydrate (g)	67.9
Fat (g)	17.7

Sodium (mg)	631
Phosphorus (mg)	290
Potassium (mg)	428



INGREDIENTS

(A) PASTE BLEND

- >2 red onions
- >5 cloves garlic
- >1/2 inch ginger

(B) BIRYANI RICE

- >5 blocks (60gm) firm tofu,cubed
- >1 tsp garam masala
- >2 cups (183g) rinsed basmati rice
- >1/2 Tbsp margarine
- >1 star anise
- >1 cinnamon stick
- >4 cardamom pods
- >5 cloves
- >1 pandan leaf,knotted
- >1 yellow onion,sliced
- >Paste blend A
- >1 tomato, sliced
- >3.5 tsp biryani powder
- >1/2 cup of water
- >6 tsp oil

(C) RICECOOKER METHOD

- >1 cup (60g) evaporated milk
- >3 cups of water
- >1 cup cauliflower, chopped
- >1/2 carrot, julienned
- >1/2 cup long bean, chopped





METHOD

1. Start by blending all the ingredients listed under (A) and set the mixture aside.
2. Marinate the tofu with garam masala for half an hour. Heat a pot with 1 Tbsp of oil, then shallow fry the tofu until it turns golden brown. Set it aside.
3. In the same pot, add the remaining oil and margarine. Once the oil is hot, add star anise, cinnamon stick, cardamom pods and cloves. Fry them until they become fragrant.
4. Incorporate the blended paste and fry over medium heat.
5. Add the onion and sauté it until it becomes translucent.
6. Introduce knotted pandan leaves.
7. Once the onion and paste are well-cooked, add the biryani powder and stir for a while. Add some water and the tomato.
8. Season with salt.
9. Transfer the basmati rice into the pot, making sure all the rice is evenly coated with the paste. Then, transfer this mixture to a rice cooker.
10. In the rice cooker, pour in the evaporated milk and water.
11. Add all the vegetables. Next, add the tofu and stir gently.
12. Cook the rice as usual in the rice cooker.
13. Garnish with fried shallots and coriander (optional). Serve the tofu biryani rice while hot.



PRAWN BROCCOLI AGLIO OLIO



2 Pax



Easy

Nutrition Information

One Serving

Energy (Kcal)	474
Protein (g)	16
Carbohydrate (g)	58.4
Fat (g)	19.4
Dietary Fibre	3.7
Sodium (mg)	464
Phosphorus (mg)	232
Potassium (mg)	415



INGREDIENTS

- | | |
|---------------------------------|------------------------------|
| >140g spaghetti,dry | >1 wedge lemon juice |
| >1/4 cup pasta water | >1/8 tsp blackpepper |
| >5 cloves garlic, thinly sliced | >100g broccoli, chopped |
| >2 Tbsp olive oil | >1/2 whole red chili, sliced |
| >50g prawn, peeled & deveined | |

METHOD

- 1.Bring 5 litres of water to a boil and add 1 Tbsp of salt to it.
- 2.Cook the pasta according to the instructions on the packet. In the final 2 minutes of cooking, add the broccoli to the boiling water.
3. Heat olive oil in saute pan over medium heat. Cook the prawns for about 2 minutes on each side until they are fully cooked. Set them aside.
4. Add the garlic and cook for one minute, or until it reaches a lightly toasted, golden brown colour. Add pasta water as needed.
- 5.Reduce the heat to medium and add the prawns, broccoli and pasta. Cook for 1-2 minutes until everything is heated through. Serve while hot.



18 Dumpling



Medium

CHAI KUIH

INGREDIENTS

(A) FILLING

- >225g turnip (jicama), shredded
- >72g carrot, julienned
- >9g black fungus, soaked & sliced
- >5 tsp dried prawn, soaked & chopped
- >1/2 tsp sugar
- >1/2 tsp white pepper
- >1/2 tsp corn starch + 1 Tbsp water
- >1 tsp sesame oil
- >1/2 tsp salt

(B) SKIN

- >120g wheat flour
- >80g tapioca flour
- >1/4g salt
- >2 tsp vegetable oil
- >250ml boiling water

Nutrition Information

One Serving (3 Dumplings)

Energy (Kcal)	216
Protein (g)	3.3
Carbohydrate (g)	34.8
Fat (g)	7.5
Dietary Fibre	1.3
Sodium (mg)	324
Phosphorus (mg)	45
Potassium (mg)	135





METHOD

- 1.Preheat a pan, add oil and saute the dried prawns until they become fragrant.
- 2.Reduce the heat to medium-low, add all the vegetables,cover and cook for 8 minutes, stirring occasionally, until the vegetables have softened.
- 3.Incorporate sugar, salt and pepper. Turn the heat to high and cook until the water has evaporated. Stir in the corn starch, then turn off the heat. Set the filling aside to cool.
- 4.In a mixing bowl,combine wheat flour, tapioca flour and salt.
- 5.Pour boiling water into the flour mixture and mix with a spatula while the dough is hot.
- 6.Gradually add oil. When the dough is cool enough to handle, knead it until you have smooth and shiny dough.
- 7.Divide the dough into 18 portions, each weighing 25 grams. Cover them with cling wrap to prevent drying.
- 8.Press and flatten the dough into round shapes.
- 9.Fill each round with the vegetables filling, then fold and seal.
- 10.Steam the dumplings over medium heat for 8 minutes in a steamer.
- 11.Lightly coat the dumplings with oil while they are still hot. They are now ready to serve.

VIETNAMESE SPRING ROLL



6 Rolls



Easy

Nutrition Information

One Serving (3 Rolls)

Energy (Kcal)	446
Protein (g)	3.3
Carbohydrate (g)	52.9
Fat (g)	24.5

Sodium (mg)	179
Phosphorus (mg)	84
Potassium (mg)	302





INGREDIENTS

- | | |
|----------------------------------|-------------------------|
| >6 pcs rice paper | >1/2 cup bean sprouts |
| >1/2 packet soh-hun | >Cooking oil for frying |
| >1 carrot, stripped | >12 lettuce leaf |
| >1 cucumber, deseeded & stripped | >1 bunch mint leaves |
| >2 shallots, chopped | >1 bunch basil leaves |

METHOD

- 1.Begin by boiling the soh-hun in a pot. Once the soh-hun is cooked, drain it thoroughly. Then, cut it into smaller pieces, approximately 2 cm in length.
- 2.Soften the rice paper by soaking it in warm water for about 7 seconds. Place the rice paper flat on a large plate.
- 3.Arrange the soh-hun, carrots, cucumbers, shallots, bean sprouts, lettuce leaves, mint leaves and basil leaves on top of the rice paper.
- 4.Fold the rice paper like an egg roll, ensuring that you tuck in the sides to keep the filling securely inside.
- 5.Repeat these steps with the remaining rice papers and filling.
- 6.Heat some oil in pan, then fry the rolls until they turn golden brown and become crispy. Once done, remove them from the oil and allow them to drain on a paper towel.

NASI CAMPUR



2 Pax



Easy



Nutrition Information

One Serving

Energy (Kcal)	487.5
Protein (g)	14.14
Carbohydrate (g)	65.84
Fat (g)	18.69

Sodium (mg)	617
Phosphorus (mg)	213.5
Potassium (mg)	368

INGREDIENTS

(A) VEGETABLE DISHES

- >1 egg plant
- >5 lady's fingers a.k.a. okra
- >1 bowl cold or iced water

(B) FRIED INDIAN MACKEREL

- >5 lady's fingers

1. Clean the lady's fingers & cook them in a boiling water.
2. Boil for 3 minutes. Quickly drain and run the lady fingers under cold running water.
3. Ready to be served.

(C) FRIED FISH (2 PERSON)

- >1 whole small fish (59.4g)
- >1/2 tsp turmeric powder
- >1 tsp oil

1. Clean the fish & coat it with turmeric powder.
2. Fry the fish as usual, using the normal amount of oil for frying.

(D) SAMBAL GESEK (2 PERSON)

- >2 whole big onion
- >3 whole garlic
- >2 whole red chilies
- >10 whole green bird eye chilies
- >2 tsp oil
- >1/2 tsp salt
- >1/2 pcs lime

1. Saute all the items until it changes the colour.
2. Blend/pound with stone mortar, all the items until half crushed.
3. Serve all with cooked rice.



TAUHU FRIED RICE



1 Pax



Easy

Nutrition Information

One Serving

Energy (Kcal)	541
Protein (g)	13.3
Carbohydrate (g)	69.5
Fat (g)	23

Sodium (mg)	661
Phosphorus (mg)	165
Potassium (mg)	170



INGREDIENTS

- | | |
|-------------------------|---------------------------|
| >200g cooked white rice | > 1 tsp dried prawn |
| >1/4 cup french beans | >1/4 cup julienned carrot |
| >1/2 pcs (60g) tauhu | >1/2 tsp white pepper |
| >1whole egg yolk | > 1/4 tsp salt |
| >1shallot, minced | > 1½ tsp cooking oil |

METHOD

- 1.Heat a wok with 1 tsp of oil and lightly fry the tofu pieces until they turn a golden brown. Set them aside.
- 2.In the same wok,add the remaining oil and swirl around. Add the shallots and toss them until they become fragrant.
- 3.Incorporate the dried prawns, carrots and french beans, cook them until they become tender.
- 4.Add the rice and stir-fry until there are no clumps left.
- 5.Season with salt and pepper to your taste.
- 6.Reintroduce the tofu to the wok and toss until it's thoroughly warmed and blended with the other ingredients. Serve while hot.

BOMBAY TOAST



1 Pax



Easy

Nutrition Information

One Serving

Energy (Kcal)	337
Protein (g)	7.6
Carbohydrate (g)	48.6
Fat (g)	12.1

Sodium (mg)	546
Phosphorus (mg)	72
Potassium (mg)	216



USEFUL TIPS

Potatoes are very high in potassium but you can remove part of the potassium by using these methods.

DOUBLE BOILED METHOD:

Peel and dice or cut potatoes. Place in a large pot of water and bring to a boil, cook for 10 minutes then drain and transfer to fresh water. Boil again for 10 minutes & drain. Please prepare as desire.

Boiling tuber cubes and shredded tubers decreased potassium levels by 50% & 75% respectively.

Ref: Bethke PC, Jansky SH. The effects of boiling and leaching on the content of potassium and other minerals in potatoes.

J Food Sci. 2008 Jun;73(5):H80-5. doi: 10.1111/j.1750-3841.2008.00782.x. PMID: 18576999.





INGREDIENTS

(A) MINT CHUTNEY

- | | |
|-----------------------|----------------------|
| >1cup mint leaves | >1/4 tsp lemon juice |
| >1pcs green chillies | >1/4 tsp salt |
| >1/2 inch ginger | >1 tsp water |
| >1/4 tsp chaat masala | |

(B) BOMBAY TOAST

- | | |
|-----------------|---------------------|
| >2 slices bread | >2 slices tomato |
| >1 tsp butter | >2 slices cucumber |
| >1 shallot | >1/2mashed potato |
| >1/4capsicum | >2 tsp mint chutney |

METHOD

- 1.Begin by roughly chopping the ginger and green chili.
- 2.Place the ginger, green chili and mint leaves in a blender.
- 3.Add chaat masala, lemon juice, salt and a bit of water to the blender. Blend until you achieve a smooth consistency. Transfer the chutney to a bowl.
- 4.Spread a layer of butter or margarine onto the bread slices.
- 5.Apply a generous layer of the freshly made mint chutney onto the bread.
- 6.Now, add a layer of mashed potatoes on top of the chutney.
- 7.Arrange slices of cucumber, onion, capsicum, and tomato on the mashed potatoes.
- 8.Toast the sandwiches on both sides until they turn crispy and golden brown. Serve.



“LEMPENG KELAPA”



1 Pax



Easy

Nutrition Information

One Serving

Energy (Kcal)	462
Protein (g)	14
Carbohydrate (g)	64.4
Fat (g)	16.4
Dietary Fibre	
Sodium (mg)	6.3
Phosphorus (mg)	251
Potassium (mg)	126



INGREDIENTS

- >3/4 cup (90g) wheat flour
- >110 ml water
- >1/2 cup (30g) grated fresh coconut
- >1 tsp vegetable oil

METHOD

1. In a large bowl, mix the flour, water and shredded coconut.
2. Allow the mixture to sit for 5 minutes or so while preheating a griddle.
3. Using a 1/3 measuring cup, pour the batter onto a griddle set at medium-low heat.
4. Cook on one side until bubbles form evenly, then flip and cook on the other side until golden brown. Repeat with the remaining batter.
5. Serve hot with sugar or sambal tumis.

NUTRITION TIP:

To maintain a healthier sodium intake, it's advisable to opt for a lighter sambal tumis sauce instead of heavy gravy. If you're managing diabetes be sure to monitor your carbohydrate intake, especially when consuming it with sugar.

GRILL PANCAKE

(APAM BAKAR)



2 Pax



Medium

Nutrition Information

One Serving

Energy (Kcal)	471
Protein (g)	7.6
Carbohydrate (g)	69.5
Fat (g)	18.4

Sodium (mg)	341
Phosphorus (mg)	111
Potassium (mg)	109





INGREDIENTS

- | | |
|----------------------------|---------------------------------|
| >1cup (100g) rice flour | >1/4 tsp salt |
| >1/2 cup (50g) wheat flour | >1 cup water |
| >1/2 tsp yeast extract | >2 tsp unsalted butter |
| >1 tsp sugar | >Grated flesh coconut (topping) |

METHOD

- 1.Prepare the dough : whisk the warm water, yeast and sugar together in the bowl. Cover and allow it to sit for 12-13 minutes.
- 2.Add the salt, rice flour and wheat flour. Whisk everything until the ingredients are fully incorporated, forming a thick consistency.
- 3.Rest the batter for about 15 minutes.
- 4.Heat the pan over medium heat and grease it with butter.
- 5.Pour the batter into the heated pan and cook it until it turns a brownish colour. Flip it to the other side and do the same. Repeat with the remaining batter.
- 6.Serve the apam bakar with grated coconut.

NUTRITION TIP:

We made a modification to the original recipe by omitting bananas to help manage the potassium content.

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START EATING HEALTHIER TODAY

This recipe book is crafted with care to help you discover the joys of cooking delicious, kidney-friendly meals that promote your well-being and health

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