

Go Low... for the Sake of Your Kidneys

Chronic kidney disease (CKD) has been recognized as a leading public health problem worldwide and the global prevalence is 13.4% in 2019. (Lv & Zhang, 2019). The National Health and Morbidity Survey (NHMS) in 2011 showed a 9.07% prevalence of CKD in West Malaysia and a study done by Thamir et al in 2018 illustrated an increase of CKD to 15.48% nationwide (1 in 6 Malaysians). Common risk factors associated with CKD include uncontrolled diabetes, hypertension, excessive use of analgesic medications and autoimmune disorders (Chauhan V, 2019).

If you have these risk factors and reduced kidney function, it is important for you to adopt the right diet to delay the progression of kidney failure. Follow this ABC guide for healthy kidneys:

Adjust Protein Intake

Protein is one of the essential nutrients needed to build and heal muscle and tissue, and fight infection. When you have CKD, your body may not be able to remove all the waste from the protein that you eat. The more protein waste that needs to be removed, the harder the kidneys have to work to get rid of it, causing them to wear out faster. For people with CKD who are not on dialysis, a low protein diet is recommended. Sources of protein include meat and poultry, fish and seafood, eggs, nuts, milk and dairy products, beans and legumes and soy products. Your protein requirement is based on your weight and nutritional status. (NKF, 2019)

Beat the Salt

Uncontrolled hypertension can cause arteries leading to the kidneys to narrow, weaken or harden. These damaged arteries are not able to deliver enough blood to the kidney tissues, and this will eventually lead to kidney damage. To maintain optimal blood pressure, eat a well-balanced diet that is low in sodium. The American Heart Association recommends a sodium intake of not more than 2,300 milligrams (mgs) or 1 teaspoon of salt a day. Those who have hypertension should limit sodium to less than 1,500 mg or 2/3 teaspoon of salt per day. Examples of high sodium food include processed food, canned food, sauces and condiments, fast food and preserved food.



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Carbohydrate control

If you have diabetes, it is important to maintain good glycemic control. Uncontrolled diabetes can damage the blood vessels of the kidney and destroy its filters (Hernandez, 2013). Glycemic control can be monitored through HbA1c readings as it gives you an idea of how well you have controlled your blood glucose over the past 3 months. Complying with your diabetes medication and following a low carbohydrate diet are the keys to maintaining good glucose control.

Eating right for CKD is important as it will help to delay the progression of kidney failure. Consult a dietitian for an individualized nutrition plan for your condition

References

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Recipes Low in Protein

Dragon Fruit Salsa with Crispy Tortilla



Serves :	Preparation time :	Cooking time :
5 pax	15 minutes	30 minutes
Ingredients	Measurements	Notes
Dragon Fruit	200g	Cubed
Green Onion	30g	Chopped
Cilantro / Coriander Stems and Leaves	10 g	Chopped
Lemon or Lime Juice	1 Tablespoon	
Tortilla	3 Pieces	
Olive Oil	1 Tablespoon	

Method

Combine dragon fruit, green onion, cilantro, lime juice and mix gently. Set aside

Cut tortilla into 8 wedges. Brush pita bread with olive oil and toast for 6-8 minutes in the pre-heated oven (180° C) or bake in an air fryer until it is crispy.

Serve the crispy tortilla with the dragon fruit salsa.

Nutrition Content Per Serving

Calories (kcal)	180
Carbohydrate (g)	23
Protein (g)	4
Fat (g)	7
Cholesterol (mg)	0
Fiber (g)	5
Sodium (mg)	420

Trio Colour Pumpkin Rice



Serves :	Preparation time :	Cooking time :
5 pax	20 minutes	15 minutes
Ingredients	Measurements	Notes
Vegetable Oil	4 Tablespoons	
Oyster Mushrooms	1 ½ Cups	Thickly sliced
Garlic	3 Pips	Finely chopped
Onions	1 Medium	Coarsely chopped
Red Chili	1 Medium	Finely sliced
Salt	1 tsp Level	
Black Pepper Corn	½ Teaspoon	Coarsely pounded
Nutmeg	½ Teaspoon	Freshly grated
Fennel Seeds	1 Tablespoon	
Spinach	2 Cups	Coarsely chopped
Chinese Water Chestnuts	1 Cup	Coarsely chopped
Corn Kernels	½ Cup	
Brown Rice (Cooked)	2 Cups Level	Rice should be cold
Pumpkin	1 Cup	Cut into ½ inch cubes and steamed
Spring Onions	1 Sprig	Cut into ½ inch lengths

Method

Heat 2 tablespoons of oil in a nonstick pan. Add the mushrooms, garlic and fry till golden brown.

Add onions, red chili, salt, pepper, nutmeg and fennel seeds and cook till fragrant over medium fire. Add 2 tablespoons of oil if needed.

Add the spinach, chestnuts and corn kernels and continue cooking for another 2 minutes or until the spinach is slightly wilted.

Add the rice and steamed pumpkin and mix until all the ingredients are well combined. Add the spring onions and mix well.

Serve Hot

Nutrition Content Per Serving

Calories (kcal)	260
Carbohydrate (g)	34
Protein (g)	6
Fat (g)	12
Cholesterol (mg)	0
Fiber (g)	5
Sodium (mg)	510

