

STREETS **YOUR STORY**

The Rotary HD Centre Johor Bahru dish of **steamed seabass with vegetables**.



Participants **collecting their provisions at the pantry**.

Dialysis patients learn to cook healthy

COOK OFF: Participants from four dialysis centres recently took part in the 'So you think you can cook? Wok it!' cooking competition organised by Fresenius Medical Care

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FIFTEEN nurses and dialysis patients from four dialysis centres showed off their cooking skills in the inaugural *So you think you can cook? Wok it!* cooking competition at Ar19Culinary Studio in Damansara Heights, here, recently.

Donning chef hats and aprons, they cooked healthy dishes that were suitable for dialysis patients.

The competition was organised by Fresenius Medical Care (FMC), and was aimed at promoting a healthy diet among dialysis patients and cultivating a healthy hobby.

The participants were from The Rotary HD Centre Johor Bahru, Zhi En Dialysis Centre Johor, MAA Medicare Dialysis Centre Butterworth, and MAA Medicare Dialysis Centre Jalan Ipoh, Kuala Lumpur.

FMC managing director Lim Siow Sheong said the company was committed towards its corporate social responsibility (CSR) of creating a healthier society.

"FMC is the world's largest integrated provider of products and services for individuals undergoing dialysis because of chronic kidney failure.

"As part of our CSR initiatives, we organised a variety of events within four years to encourage patients to enhance their quality of life.

"The competitions are also to have patients hone their culinary skills so that they can practise a healthier lifestyle.

"Studies show that about 60 per cent of dialysis patients suffer from diabetes and hypertension due to unhealthy eating habits.

"Our average diet contains too much sugar, salt and fat.

"We want to educate them on reducing the amount of sugar and salt in their diets, and using less oil when cooking. We also want to encourage them to steam their food, rather than fry it, as this is a more nutritious way of cooking," said Lim.

Lim added that the competition also served to have patients focus on a positive activity, instead of their disease.

"A person who is diagnosed with kidney failure often feels depressed and frustrated.

"We want to overcome their negative thoughts by keeping them busy with healthy activities," said Lim.

The participants were divided into four groups of at least four team members.

Each group had to cook either fish or chicken using their own recipe.



Nurses also teamed up with dialysis patients in the **competition**.

Rotary HD Centre and MAA Medicare Dialysis Centre Jalan Ipoh were assigned to cook fish, while Zhi En Dialysis Centre and MAA Medicare Dialysis Centre Butterworth had to prepare chicken dishes.

Like the reality show, *Masterchef Malaysia*, the contestants had to select their provisions from a pantry and immediately cook the dishes in an hour.

The entries were judged based on nutritional value, methods of cooking, creativity, taste, presentation and cleanliness.

They were monitored by professional judges Khairil Anwar Ibrahim, the Prestigious Culinary Arts and Hospitality College chef lecturer, chef Ryan Khang, the *myNourishment* magazine editor-in-chief, and Lim.

After cooking, the contestants were required to present the dishes to the

judges and explain why their dish was suitable for dialysis patients.

At the end of the competition, the MAA Medicare Dialysis Centre emerged as the winner.

The group's steamed mushroom met the requirement of being healthy, balanced, creative and delicious.

The group walked away with vouchers worth RM1,000.

One of the winning team members, Misenah Jauri, who is a dialysis patient, said she had a great part in the competition.

"I have always loved cooking since I was young. This contest focuses on healthy food for patients.

"Throughout the competition, I got to know about my disease better and having so much fun cooking with my friends. I also got to meet

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Participants used **minimal sugar and salt** in their dishes. Pix by Surianie Mohd Hanif

"Studies show that about 60 per cent of dialysis patients suffer from diabetes and hypertension due to unhealthy eating habits. Our average diet contains too much sugar, salt and fat."



Lim Siow Sheong, Fresenius Medical Care managing director

friends from other dialysis centres," said the 52-year-old.

MAA Medicare Dialysis Centre Jalan Ipoh won the second prize, while MAA Medicare Dialysis Centre Butterworth and The Rotary HD Centre won third and consolation prizes, respectively.

They won Aeon vouchers worth RM800 (for the second prize), and RM600 (third prize).

Consolation prize winners won vouchers worth RM300.

Another dialysis patient Liew Mooi Lian, 50, hoped that the FMC will or-

ganise more of such cooking competitions in future.

"I really enjoyed this activity because I gained more knowledge about a healthy diet. We had to think out of the box to ensure the food was balanced, healthy and delicious.

"This competition also builds teamwork and strengthens relationships among nursing staff and patients," said Liew.

The event ended with the launch of a book comprising recipes of dishes cooked in a competition.



Jasvinder Kaur (right) from MAA Medicare Dialysis Centre Jalan Ipoh explaining about her group's dish to the judges.



Lim Shiow Shong (second from left), **Khairil Anwar Ibrahim** (right) and **Ryan Khang** were the judges of the competition.