It can be hard at times to combine both diabetes and kidney diets. Here are some tips to help keep your blood sugars stable and your kidneys healthy.

**Eat Three Meals a Day**
- Eat your first meal within 1-2 hours of waking
- Avoid skipping meals
- If you are not able to eat full meals try 4-6 small meals per day

**Space Meals No More Than Four to Six Hours Apart**
- If meals are more than six hours apart, have a small snack
- An evening snack may be needed—talk with your dietitian

**Eat Balanced Meals**
- Include 3-4 food groups at each meal
- Include one choice from the meat and alternatives group (these have protein)
- Carbohydrates found in grains and starches, fruit, starchy vegetables, dairy and alternatives will turn into sugar and raise your blood sugar level. Keep serving sizes in mind.

**Choose Healthy Fat**
- Choose canola, olive, or flax oils and non-hydrogenated margarine more often
- Limit added fat to 3-6 teaspoons per day (oils, spreads and dressings)
- Choose lower fat dairy products such as skim or 1% milk and low fat cheese (check with your dietitian for the number of servings per day)
- Stew, poach, steam, or boil foods instead of frying. Use moist heat and lower temperatures when cooking.

**Limit Sodium**
- Buy fresh foods more often and cook meals from scratch
- Avoid packaged or processed foods and meals
- Use spices/herbs and salt-free seasonings to flavour foods instead of salt
- Rinse canned foods with water to remove extra sodium

**Avoid Foods with Added Phosphorus**
- Phosphorus can be found as an additive in many processed foods and drinks
- Avoid foods with “phosph” as part of an ingredient name.
- Ask your dietitian if you need to restrict other diet sources of phosphorus

**Limit Alcohol**
- 2 or less drinks per day for women and 3 or less drinks per day for men
- 1 drink = 5 ounces of dry wine, 1.5 ounces of hard liquor or 12 ounces of beer. (Note: beer and some wine is higher in phosphorus)
- Use club soda or diet pop as a mixer (no colas, as they are high in phosphorus)
- Make sure you eat food if you drink alcohol

**Eat Less Sugar**
- Avoid high sugar items like pop, juice, syrup, jam, honey, cakes and pastries
- Sugar substitutes can be used instead of table sugar

**Be Active**
- Regular physical activity will improve blood sugar control and may improve your energy level
- 150 minutes of moderate aerobic activity a week is recommended (this is as little as 20 minutes per day or 50 minutes 3 times per week)
- Try to include 3 days of resistance exercises like weights or stretching
Diabetes and Kidney Diet Basics

When planning meals

Portion guide

Vegetables & Fruit
Aim for 5-6 servings per day of vegetables and fruit. Talk to your dietitian if you are limiting potassium.

Grains & Starches
Maximum per meal: 1 cup or 1 fist = 2 servings
Examples: 1 cup cereal, pasta or starchy vegetables, 2/3 cup rice or 2 slices of bread

Meat & Alternatives
Protein needs are different for everyone. Ask your dietitian how much protein you need and if you want to include cheese and peanut butter in your diet.
Examples: meat, poultry, fish, eggs, tofu

Fats
Limit fat to 1 tsp or an amount the size of the tip of your thumb, per meal.

Milk & Alternatives
Milk may need to be limited; it is high in potassium and phosphorus.
Maximum per day: ½-1 cup
Examples: milk, yogurt, alternatives

Your hands can be used as a good measuring tool when you are planning a meal. Use these as guides:

1 tsp = TIP of thumb
3 oz = Size of the palm and the thickness of your little finger
1 cup = 1 fist

Developed by the BC Renal Dietitians Group