

Diabetes and Kidney Diet Basics



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



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



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



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

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WHEN PLANNING MEALS



Use the portion sizes below as a 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.

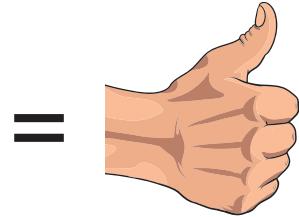
Maximum per DAY:
1/2-1 cup

Examples:
milk, yogurt, alternatives

PORTION GUIDE



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



TIP of thumb



=



Size of the palm and the thickness of your little finger



=



1 fist

Developed by the BC Renal Dietitians Group

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