



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

Diabetes and Kidney Diet Basics

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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