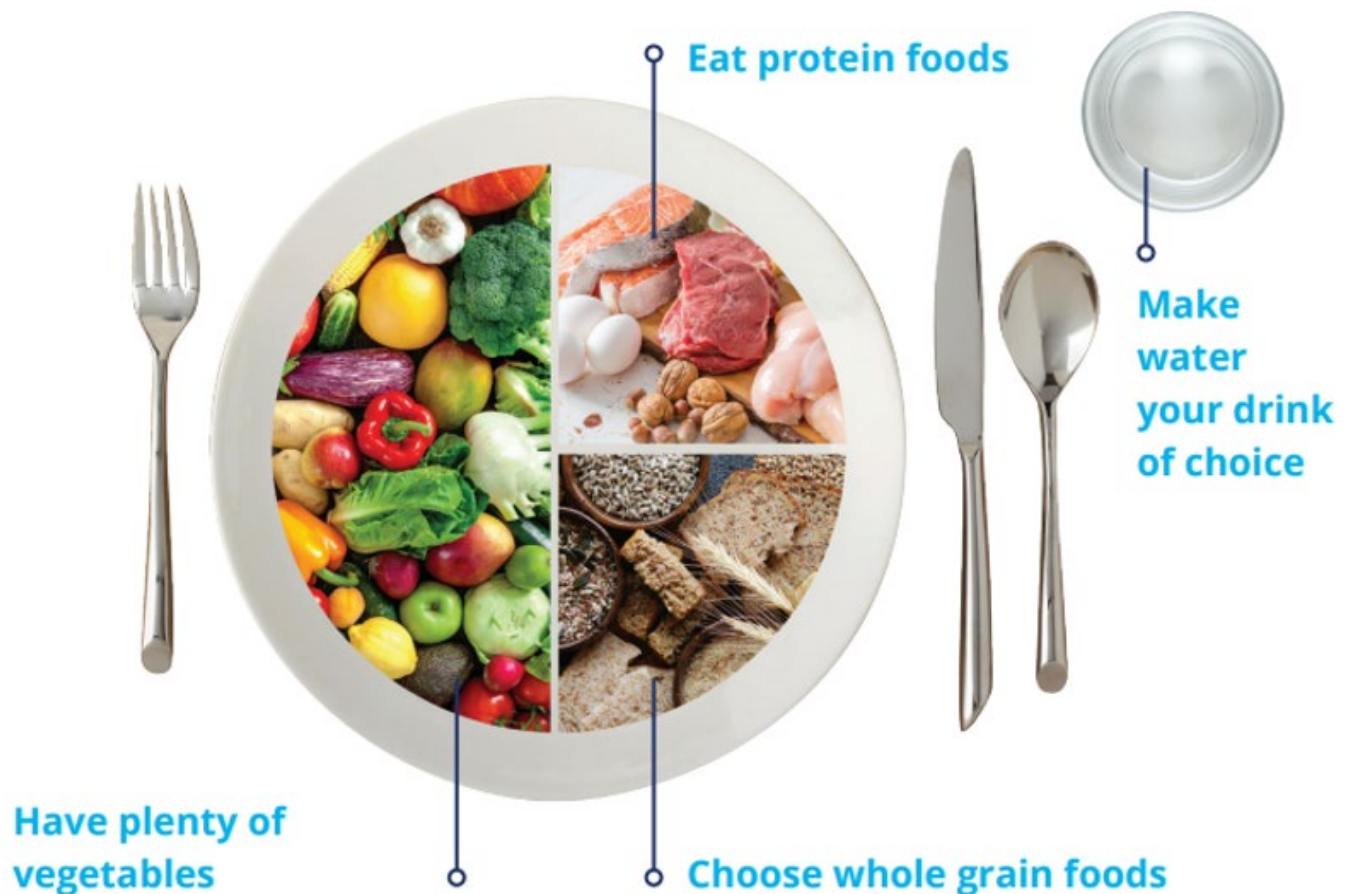


# Healthy Eating for Diabetes and Your Kidneys - Chinese Foods

Here are some tips to help keep your blood sugars stable and your kidneys healthy:

- Eat three meals a day at regular times
- Space meals no more than six hours apart
- Avoid skipping meals
- Eat balanced meals:
  - » Eat more vegetables
  - » Choose lean proteins
  - » Eat small portions of grains and starches
  - » Choose healthy fats
- Aim for two to three small portions of fruit, spread out throughout the day
- Talk to your dietitian if a snack is needed



Modified from: Diabetes Canada "Healthy Eating with Diabetes"  
<https://tinyurl.com/3wdbds7v>



## Foods To Eat

**Vegetables.** Eat at least two different kinds at each meal.



**Lean protein.** Speak with your kidney dietitian about your protein needs.



**Grains and starches** such as brown rice, quinoa, rice vermicelli, mung bean noodles, spaghetti, macaroni, buckwheat noodles, steel-cut oats, whole grain bread and corn.



**Healthy fats** such as canola oil, olive oil, corn oil and peanut oil.



**Unsweetened soy beverage and lower-fat dairy products (1% or fat-free milk, 2% and lower-fat yogurt).** Ask your dietitian about your potassium and phosphate needs.



**Baked, broiled, braised, steamed, poached, stir-fried or sautéed foods.**



**Spices, herbs, and sodium-free seasonings.**



**Water is best.** Talk to your dietitian about your fluid needs.





## Foods To Limit

**Sugar and high-sugar foods and beverages**, such as regular soft drinks, sweetened beverages, juices, desserts, sweet buns, honey, jam, candies and chocolate.



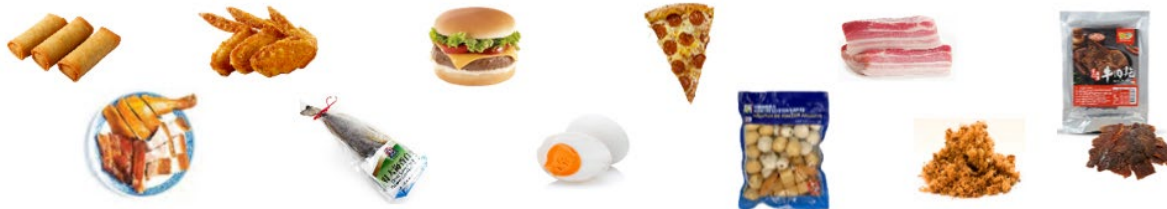
**Grains and starches that are high in glycemic index**, such as sticky rice, sushi rice, congee and rice cakes.



**Saturated and trans fats**, such as butter, lard, chicken fat, poultry skin and coconut oil.



**High-fat, high-sodium foods**, such as deep-fried foods, fast foods, fatty meat, roasted meat, salted fish, salted egg, fish balls, fish cake, dried pork floss and meat jerky.



**Foods with added potassium and/or phosphate**, such as processed meat, instant noodles, processed cheese, egg tofu, non-dairy creamer, and some instant cereals, coffee and tea mixes.



## Alcohol.



*Note: This handout does not replace consultation with your kidney dietitian or health care provider.*