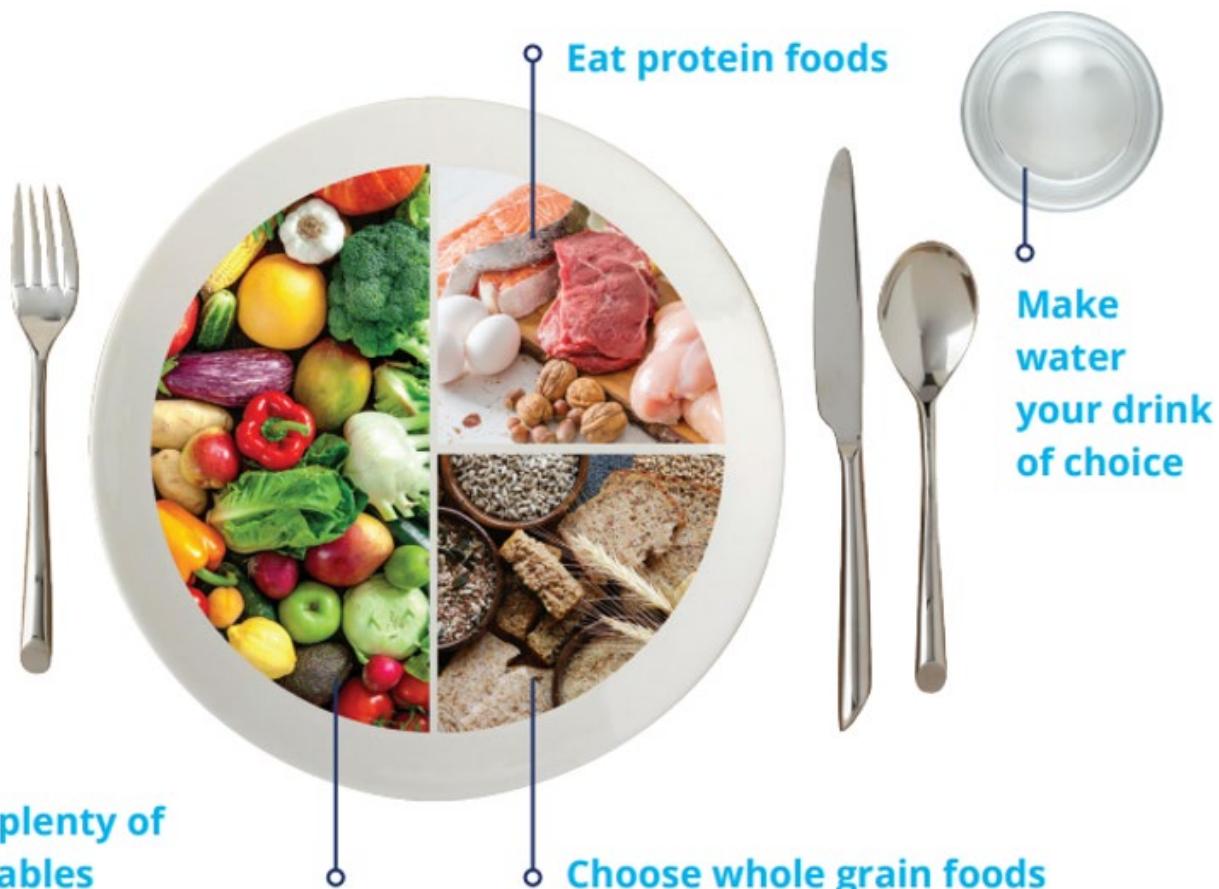


Healthy Eating for Diabetes and Your Kidneys - Chinese Foods

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.



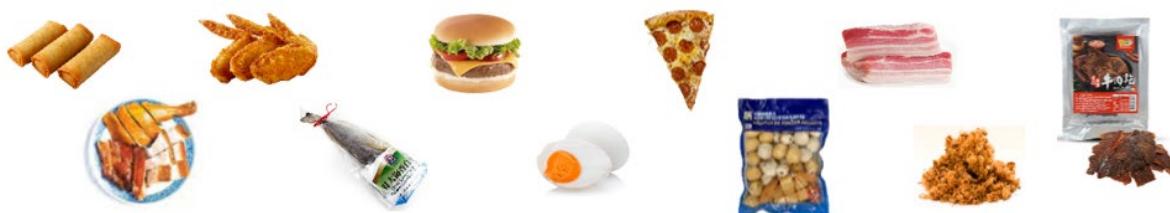
Grains and starches that are high in glycemic index, such as sticky rice, sushi rice, congee and rice cakes.



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.