

# How Do I Balance a Kidney and Diabetic Diet?

It's understandable to be confused or not sure where to start when choosing foods to fit medical advice. Take a look at how to simplify your decision making when it comes to working with your diabetes and kidney diet. Follow the steps to build your plate and your confidence!

## Pick Non-Starchy Veggies

**Fill 1/2 your plate.** (Choose at least 2-3 servings. Serving = 1/2 cup)

Asparagus  
Brussel Sprouts  
Broccoli  
Cabbage  
Cauliflower  
Carrots  
Celery  
Radishes  
Mushrooms  
Onions  
Leeks  
Green beans  
Salad Greens  
Eggplant  
Cucumber  
Scallions  
Bell Peppers  
Squash (summer, spaghetti, zucchini)



## Choose Your Carbs

**Fill 1/4 of your plate.**

This is the section that will affect your blood sugars. See next pages for a list of kidney friendly carbohydrates (carbs).



## Pick Your Protein (3 oz)

**Fill 1/4 of your plate.**

Eggs (2)	Seafood
Egg Whites	Plain Greek
Tofu	Yogurt (3/4 cup)
Meat	Cottage Cheese
Pork	(1/2 cup low sodium)
Chicken	



## Add Healthy Fat (choose at least 1)

Unsalted Butter	Salad Dressing (1 tbsp)
Nuts (10 pieces)	Cream Cheese (1-1½ tbsp)
Nut Butter (1/2 tbsp)	Flax Seeds (2 tbsp)
Sour Cream (2 tbsp)	Chia Seeds (1 tbsp)
Mayonnaise (1 tbsp)	Avocado or Coconut Oil (1 tbsp)

## Add Flavor

Unsalted Butter	Olive and Canola Oil
Spices	Vinegar (Red Wine, Balsamic)
Sugar Substitutes	Mustard
Fresh Lemons/Limes	Non-Stick Spray Oil
Fresh Herbs	

# Choosing your Kidney Friendly Carbohydrates

## Remember:

- If carb counting: 15 grams of total carbs= 1 carb serving (all foods below are ~15 grams of carbohydrates).
- Consult with a registered dietitian for balanced food choices and recommended carbohydrate intake.
- Although added sugars are included in the total carbohydrate section on a food label, you should still limit the amount of added sugars in the foods you eat.

## Fruits

- Apple (1 small)
- Applesauce (1/2 cup)
- Blackberries (3/4 cup)
- Blueberries (3/4 cup)
- Cherries (1/2 cup)
- Canned Fruit (1/2 cup)
- Raspberries (3/4 cup)
- Pear (1 small)
- Strawberries (1¼ cup)
- Grapes (17 small)
- Cranberries (1 cup fresh)
- Pineapple (3/4 cup)
- Plum (2 medium)
- Mandarin Oranges (Canned-3/4 cup)
- Lemon/Lime (2 small)



## Grains

- (Look for whole grains and fiber rich foods)
- Rice (1/3 cup)
  - Plain Roll (1 small)
  - Grits (1/2 cup)
  - Cream of Wheat (1/2 cup)
  - Popcorn (3 cups)
  - Oatmeal (1/2 cup)
  - Whole Grain Bread (1 slice)
  - Quinoa (1/3 cup)
  - English Muffin (1/2 muffin)
  - Hot Dog or Hamburger Bun (1/2 bun)
  - Tortilla (1 small- 6 inch)
  - Barley (1/3 cup)
  - Pasta (1/3 cup)
  - One Medium Muffin
  - One Medium Pancake
  - Crackers (6 crackers)
  - Biscuit (1 medium biscuit)
  - Two Rice Cakes (4 inch)
  - Bagel (1/4 of a bagel)

## Starchy Veggies

- Corn (1/2 cup)
- Winter Squash (butternut, acorn= 3/4 cup)
- Green Peas (1/2 cup)
- Turnips (2 cups)
- Mixed Veggies with Corn or Peas (1/2 cup)
- Hummus (1/3 cup)
- Parsnip (1/2 cup)
- Spaghetti Squash (1½ cup)
- Lentils (1/2 cup)



## Dairy

- (Renal diet recommends ½ cup milk or yogurt a day due to potassium, phosphorus, calcium content)
- Almond Milk (1 cup=3.4g of carbohydrates)
  - Rice Milk (3/4 cup)
  - Unsweetened coconut milk (1 cup)

**Contact the Dietitian at your Dialysis Facility to Discuss What Other Foods Would Work Best to Balance the Renal and Diabetic Diet!**

To find more kidney friendly carb choices, [visit the CDC website](https://www.cdc.gov).



[esrd.qsource.org](https://esrd.qsource.org)

# Try it Out!

	Protein	Veggies	Carbohydrate	Healthy Fat	Flavor
<b>Sample Meal #1</b>	3 oz. Chicken Breast	1 cup Green Beans	<ul style="list-style-type: none"> <li>• 17 Small Grapes (1 carb serving)</li> <li>• 2/3 cup Pasta Salad (2 carb servings)</li> </ul> = 3 carb servings	1 tbsp Italian Dressing for Pasta Salad	Salt Free Chicken Seasoning
<b>Sample Meal #2</b>	3 oz. Hamburger	<ul style="list-style-type: none"> <li>• ¼ cup Mushrooms</li> <li>• 1½ cups cucumbers and onions</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger</li> <li>• Bun (2 carb servings)</li> <li>• ½ cup Assorted Fruit (1 carb serving)</li> </ul> =3 carb servings	1 tbsp Mayo for Hamburger	Mustard
<b>Sample Meal #3</b>	Scrambled Eggs (2 eggs)	<ul style="list-style-type: none"> <li>• ¼ cup Onions</li> <li>• ¼ cup Red Peppers</li> <li>• ¼ cup Mushrooms</li> <li>• ¼ Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of Oatmeal (2 carb serving)</li> <li>• 1¼ cup strawberries (1 carb serving)</li> </ul> =3 carb servings	Non-Stick Spray Oil	Cinnamon Seasoning

		Protein	Veggies	Carbohydrate	Healthy Fat	Flavor
<b>Day 1</b>	Breakfast					
	Lunch					
	Dinner					
<b>Day 2</b>	Breakfast					
	Lunch					
	Dinner					

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