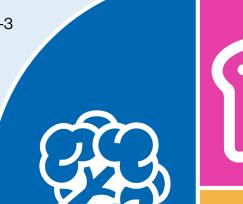
## **How Do I Balance a Kidney and Diabetic Diet?**

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!



Squash (summer, spaghetti, zucchini)

**Bell Peppers** 





### **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
Chicken sodium)

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

# **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!



# **Try it Out!**

	Protein	Veggies	Carbohydrate	Healthy Fat	Flavor
Sample Meal #1	3 oz. Chicken Breast	1 cup Green Beans	<ul> <li>17 Small Grapes (1 carb serving)</li> <li>2/3 cup Pasta Salad (2 carb servings)</li> <li>3 carb servings</li> </ul>	1 tbsp Italian Dressing for Pasta Salad	Salt Free Chicken Seasoning
Sample Meal #2	3 oz. Hamburger	<ul> <li>¼ cup Mushrooms</li> <li>1½ cups cucumbers and onions</li> </ul>	<ul> <li>Hamburger</li> <li>Bun (2 carb servings)</li> <li>½ cup Assorted Fruit (1 carb serving)</li> <li>=3 carb servings</li> </ul>	1 tbsp Mayo for Hamburger	Mustard
Sample Meal #3	Scrambled Eggs (2 eggs)	<ul><li>¼ cup Onions</li><li>¼ cup Red Peppers</li><li>¼ cup Mushrooms</li><li>¼ Zucchini</li></ul>	<ul> <li>1 cup of Oatmeal (2 carb serving)</li> <li>1½ cup strawberries (1 carb serving)</li> <li>=3 carb servings</li> </ul>	Non-Stick Spray Oil	Cinnamon Seasoning

		Protein	Veggies	Carbohydrate	Healthy Fat	Flavor
Day1	Breakfast					
	Lunch					
	Dinner					
Day 2	Breakfast					
	Lunch					
	Dinner					

For more information or to file a grievance, please contact:

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