



Ontario Renal Network

Chronic Kidney Disease Nutrition Fact Sheet

Diabetes & Diet



Ontario
Cancer Care Ontario

Diabetes

EATING GUIDELINES FOR DIABETES

If you have both diabetes and chronic kidney disease (CKD), it may seem that the diabetes and kidney diets don't fit well together. However, with careful planning, you can follow your kidney diet and still control your blood sugar. Controlling your blood sugar is an important first step to slowing down the progression of kidney disease. It will also help prevent or minimize other complications associated with diabetes such as eye problems or nerve problems and help control your thirst.

Introduction

Controlling or preventing high blood pressure is another critical part of your care. Avoid salt and high salt foods, and take your blood pressure medication as ordered to keep your blood pressure in check.

Having diabetes and CKD puts you at a higher risk for heart disease. Choose heart-healthy fats, engage in regular activity and control your weight to lower your risk for heart attack.

Eating a moderate amount of protein is another change you can make to reduce the workload of your kidneys. However, if you are on dialysis you will need to eat extra protein since dialysis increases protein loss.

Quick tips to stabilize blood sugar

It can be hard at times to combine both diabetes and kidney diets. Here are some tips to help keep your blood sugar levels stable and 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

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 levels
- Keep serving sizes in mind



Remember:

Regular physical activity will help control blood sugar and may improve your energy level.

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
- Limit added fat (oils, spreads and dressings) to 3–6 tsp. per day
- 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 cooking methods and lower temperatures when cooking

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

Space meals no more than 4–6 hours apart

- If meals are more than 6 hours apart, have a small snack
- An evening snack may be needed; talk with your dietitian

Choose healthy fat

- Choose canola, olive, or flax oils and non-hydrogenated margarine more often

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

Limit alcohol

- 2 or less drinks per day for women and 3 or less drinks per day for men
- 1 drink = 5 oz. of dry wine, 1.5 oz. of hard liquor or 12 oz. of beer (note: beer and some wines are 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



Diabetes

When planning meals use the portion sizes below as a guide:

Vegetables and Fruit

Aim for 5–6 servings of fruits and vegetables per day.
Talk to your dietitian if you are limiting potassium.

Grains and Starches

Maximum per meal: 1 cup or 1 fist = 2 servings

Examples: 1 cup of cereal, pasta or starchy vegetables,
 $\frac{2}{3}$ cup of rice or 2 slices of bread

Meat and Alternatives

Protein needs are different for everyone. Talk to your dietitian about how much protein you need or if you want to include cheese or peanut butter in your diet.

Examples: meat, poultry, fish, eggs, tofu

Fats

Limit the amount of fat to 1 tsp. or the size of the tip of your thumb, per meal.

Milk and Alternatives

Milk may need to be limited; it is high in potassium and phosphorus.

Maximum per day: $\frac{1}{2}$ – 1 cup

Examples: milk, yogurt, alternatives

Your hand can be used as a good measuring tool when planning a meal. Use these as guides:



1 tsp.

Tip of a thumb



1 cup

One fist



3 oz.

Size of your palm with the thickness of your little finger



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