



# Nutrition Keynotes



## Guidelines for Individuals with Diabetes and Decreased Kidney Function For Adult Use Only

### Goal:

To slow down the progression of kidney disease.

**Make an appointment to see a registered dietitian as soon as possible.**

<p><b>Protein</b> Eat enough to maintain good health, yet decrease the workload for your kidneys. Protein needs vary with each person.</p>	<p><b>Limit</b> red meats, fish, and poultry to a total of 4 to 7 ounces per day. These foods should be divided among a minimum of 2 to 3 meals per day. Fish or poultry are the preferred choices of protein. Eat two fish meals per week, such as salmon, trout, tuna, or halibut. A ¼ cup cottage cheese or an egg may be substituted for 1 ounce of meat. (Two egg whites or ¼ cup egg substitute is encouraged.) <b>Avoid</b> cured, canned, or smoked meats. Starches and breads also have some protein and should be limited to 6 to 10 servings per day.</p>
<p><b>Phosphorus</b> This mineral may speed up kidney disease. Limit phosphorus if you are told to by a physician or dietitian.</p>	<p><b>Limit</b> milk or yogurt to ½ cup per day. (Nondairy creamer can be used up to ½ cup per day.) <b>Limit</b> nuts; seeds; beans such as pinto beans, kidney beans, and other dried beans; cheese; bran and other high-fiber grains; chocolate; and colas. Allowed diet soda choices include ginger ale, grape, lemon-lime, orange, root beer, and strawberry. Check the label for phosphoric acid. If you are on phosphate binders, be sure to use them with meals, snacks, and nutritional supplements.</p>
<p><b>Potassium</b> Limit these foods <b>only</b> if told to by a physician or dietitian. Severe heart problems occur when potassium is too high or too low.</p>	<p><b>Choose</b> fruit and vegetables up to 4 to 5 servings of ½ cup each per day. Foods high in potassium may be limited. These include apricots, avocados, bananas, dried fruits, melons, oranges, prunes, leafy greens (spinach, swiss chard), tomatoes, potatoes, winter squash, dried beans and peas, <b>salt substitutes</b>, and chocolate. <b>Lower potassium choices</b> include ½ cup applesauce, canned peaches, pears, apples, blueberries, grapes, pineapple, ½ cup broccoli, cauliflower, corn, asparagus, carrots, green beans, and zucchini.</p>

### Sample Menu

#### Breakfast

- ¼ cup fresh blueberries
- 1 egg
- ¾ cup cornflakes
- ½ cup nondairy creamer
- 1 slice whole wheat toast
- trans-fat-free margarine
- coffee with artificial sweetener

#### Lunch

- 2 slices French bread
- 1–3 oz. turkey
- lettuce
- mayonnaise
- ½ cup coleslaw
- 17 small grapes
- diet noncola soda

#### Dinner

- 2–3 oz. roast beef
- 1 cup brown rice
- ½ cup green beans
- green salad with fresh vegetables, olive oil, and vinegar
- trans-fat-free margarine
- small pear
- unsweetened tea

#### Snack

- 3 square graham crackers
- ½ cup 1% milk

(over)

<p><b>Sodium/Salt</b> Sodium may raise blood pressure and increase fluid retention.</p>	<p><b>Avoid</b> salt, and seasonings and sauces containing salt or sodium; smoked and cured foods, such as cured meats, pickles, olives, and cheese; and canned foods (except for those canned without salt). Processed foods, including most frozen dinners, soups, and salty snack foods, should also be avoided.</p> <p>You may use vinegar, lemon, or lime to add flavor.</p> <p><b>Do not use salt substitutes containing potassium, except on your physician's recommendation.</b></p> <p>When eating out, ask for salt to be left out during preparation.</p>
<p><b>Fats</b> Use more if you need to gain weight and less if you need to lose weight.</p>	<p><b>Olive and canola oils are the recommended fats, replacing saturated, trans, and other fats and oils</b> (including butter and margarine). Trans-fat-free margarine is fine.</p> <p><b>Avoid foods high in trans fats</b> (these foods will have the words “partially hydrogenated oils” on the ingredients list), such as store-bought crackers, cookies, cakes, pies, pastries, flour tortillas, and margarine. Read the label for other foods high in trans fats.</p> <p>There is a risk of malnutrition if you do not eat enough calories.</p>
<p><b>Sugar</b> This should be avoided, unless blood sugar is low (below 60).</p>	<p>As kidney failure progresses, you may have more low blood sugar reactions. Choose one of the following to treat low blood sugar:</p> <ul style="list-style-type: none"> <li>• 3 to 4 glucose tablets</li> <li>• 1 tablespoon syrup</li> <li>• ½ cup regular apple or cranberry juice</li> <li>• ½ cup regular soda (except cola)</li> <li>• ½ cup fruit-flavored drink</li> <li>• 2 to 3 hard candies</li> <li>• 5 to 6 LifeSavers</li> <li>• 1 tablespoon table sugar</li> </ul> <p>Avoid molasses, caramel, carob, and chocolate.</p>
<p><b>Guidelines for Controlling Diabetes</b></p>	<ol style="list-style-type: none"> <li>1. Eat three balanced meals per day, spacing them 4 to 5 hours apart. A balanced meal includes protein, starches, fruits, and vegetables.</li> <li>2. <b>Do not skip meals.</b></li> <li>3. Limit fruit to a small serving with meals.</li> <li>4. Artificial sweeteners and diet soft drinks (except colas) may be used.</li> <li>5. If you are on insulin, you may need to have a bedtime snack with starch, protein, and fat.</li> <li>6. Use psyllium seed (Metamucil or Konsyl) as a low-potassium, low-phosphorus source of fiber. Fiber can improve blood sugar control, prevent constipation, and lower cholesterol.</li> </ol>
<p><b>Fluids</b> Talk with your physician about the amount of fluids you should have.</p>	<p>Drink to quench thirst. Avoid salty foods because they increase thirst. Drinks with caffeine may cause a temporary rise in blood pressure.</p>

For more information, please contact your registered dietitian or local Health Education Department.