



EATING GUIDELINES FOR DIABETES AND CHRONIC KIDNEY DISEASE

Introduction

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 of diabetes such as eye problems or nerve problems and help control your thirst.

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, include regular activity and control your weight to lower your risk for heart attack.

Finally, eating a moderate amount of protein is another change you can make to reduce the workload of your kidneys. If you are on dialysis, however, you will need to eat extra protein since dialysis increases protein losses.

Keys to Success for Controlling Your Blood Sugar

1. Eat three meals a day, no more than six hours apart.
2. Try to eat at regular times (even on days when you have dialysis). If you can't eat a meal, make sure you have a snack that contains carbohydrates in place of your meal.
3. Eat the same amount of carbohydrate-containing foods at each meal. Carbohydrate-containing foods break down to sugar when eaten and include grains or starches, fruits, milk products and some vegetables.
4. Avoid simple sugars and sweets such as sugar, regular pop (soda, soft drinks), fruit juices, sweet desserts, candies, jam, and honey. Try using sugar substitutes in your recipes.

The material contained on this fact sheet does not constitute medical advice and is intended for informational purposes only. No one associated with The Kidney Foundation of Canada will answer medical questions via email. Please consult a health care professional for specific treatment recommendations.