

Manage your diet with diabetes and kidney disease

Build kidney-friendly meals

It's important to keep your blood sugar levels balanced when you have diabetes, especially when you're also living with kidney disease. Maintaining a healthy blood sugar by controlling the amount of carbohydrates (carbs) you eat and choosing kidney-friendly foods may help prevent other complications that can happen when your blood sugar levels are too high or too low.

Understand how carbs work

Carbs are broken down into glucose (sugar) to provide energy to the body. Too many or too few carbs in your meal can cause your blood sugar to go too high or too low. To keep your blood sugar levels balanced, it's important to identify and control the amount of carbs you eat in each meal throughout the day. Carbs are found in breads, grains, cereals, fruit, dairy products, sugary foods and drinks, and some vegetables like potatoes, corn, beans, and peas.

Identify and count carbs in food and drinks

It's easier to plan healthy meals when you know that 1 carb choice is equal to 15 grams of carbs. For example, each item below is 1 carb choice:

- /// 1 small piece or ½ cup of fruit
- /// ½ cup of high-carb vegetables
- /// ½ cup of dairy
- /// 1 slice/piece or ½ cup of bread, cereal, or grains

Using these guidelines, along with the activities in this handout, you'll be on your way to building kidney-friendly meals that will help you manage diabetes and kidney disease. Your dietitian will also make recommendations based on your calorie needs, activity level, medications, and blood sugar level.



Learn more about how to take control of your health and feel your best with diabetes and kidney disease at [FreseniusKidneyCare.com/Diabetes](https://www.FreseniusKidneyCare.com/Diabetes).

Healthy carb choices

Work through these activities to help you better understand how to make healthier carb choices throughout the day.

Remember: 1 carb choice = 15 grams of carbs
 2 carb choices = 30 grams of carbs
 3 carb choices = 45 grams of carbs



TIP: Check food labels to make sure you are eating the right serving size.

Activity 1

Build a balanced breakfast

How many carb choices are in this meal?

- /// ½ cup of blueberries
- /// 1 egg
- /// ½ cup of Greek yogurt
- /// 1 piece of toast with sugar-free jelly

Answer: _____

Activity 2

Lower the carb count

There are 5 carb choices in this meal. How can you make this a lower-carb meal?

- /// 3-ounce beef burger
- /// 1 medium ear of corn
- /// 1 burger bun
- /// 1 cup pasta salad

Answer: _____

Activity 3

Understand nutrition labels

How many carb choices are in this food?

Nutrition Facts	
10 servings per recipe	
Serving size	1/4 cup dry (45g)
<hr/>	
Amount per serving	
Calories	170
<hr/>	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars 0%	
Protein 6g	

Answer: _____

Answer key: Build a balanced breakfast: 3; Lower the carb count: Reduce portions or use half or no bun; Understand nutrition labels: A little under 2 carb choices (1.9)