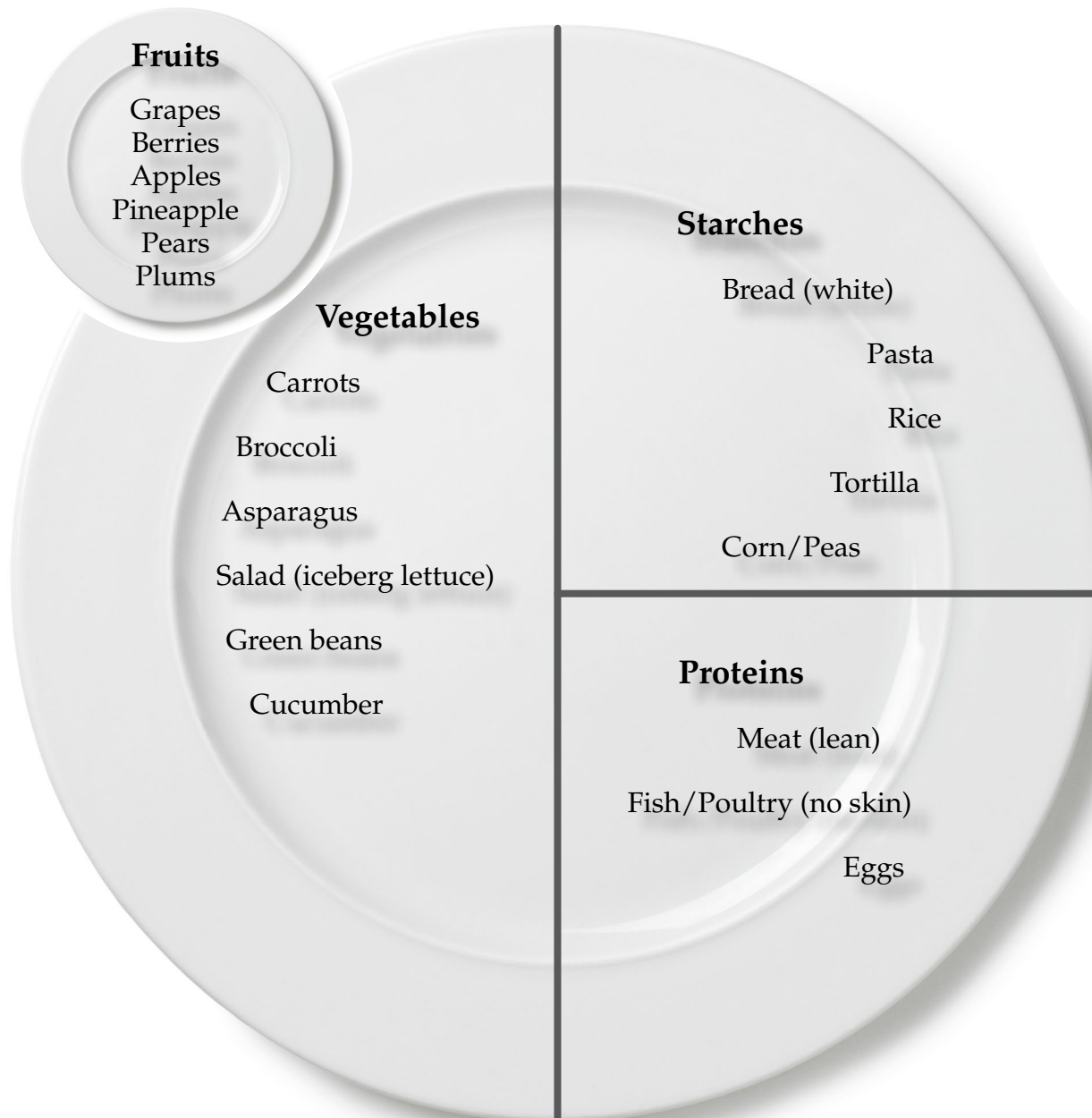


# What Should You Put on Your Plate When You Have Kidney Disease and Diabetes



When you plan your meals, think about what your plate should look like.

### For breakfast:

- $\frac{1}{2}$  of your plate should be starches
- the other  $\frac{1}{2}$  should be split between protein and fruit.

### For lunch and dinner:

- $\frac{1}{2}$  of your plate should include non-starchy vegetables
- the other  $\frac{1}{2}$  should be split between protein and starches
- a small dish of fruit, if you want.

### What to drink:

Sugary drinks and juice can add empty calories and carbohydrates. Limit or avoid drinks that contain sugar such as iced tea, lemonade, soda, flavored waters and any drink that is labeled as "sweetened." Instead, choose:

- 100% juice
- coffee or tea (no sugar)
- diet soda (no cola)
- water.

**(over)**

# What Real Portion Sizes Look Like

When preparing meals, consider these portion sizes:

- pasta or rice:  $\frac{1}{3}$  cup cooked\*
- meat: 3 ounces
- cheese: 1 ounce
- peanut butter or salad dressing: 1 tablespoon
- butter or mayonnaise: 1 teaspoon

\*This portion equals 1 carbohydrate choice. Most people with diabetes can have 3 to 4 carbohydrate choices per meal.

If you choose to have all of your carbohydrate choices in pasta, you will need to avoid other carbohydrate foods such as milk, fruit, starchy vegetables and dessert at that meal.

