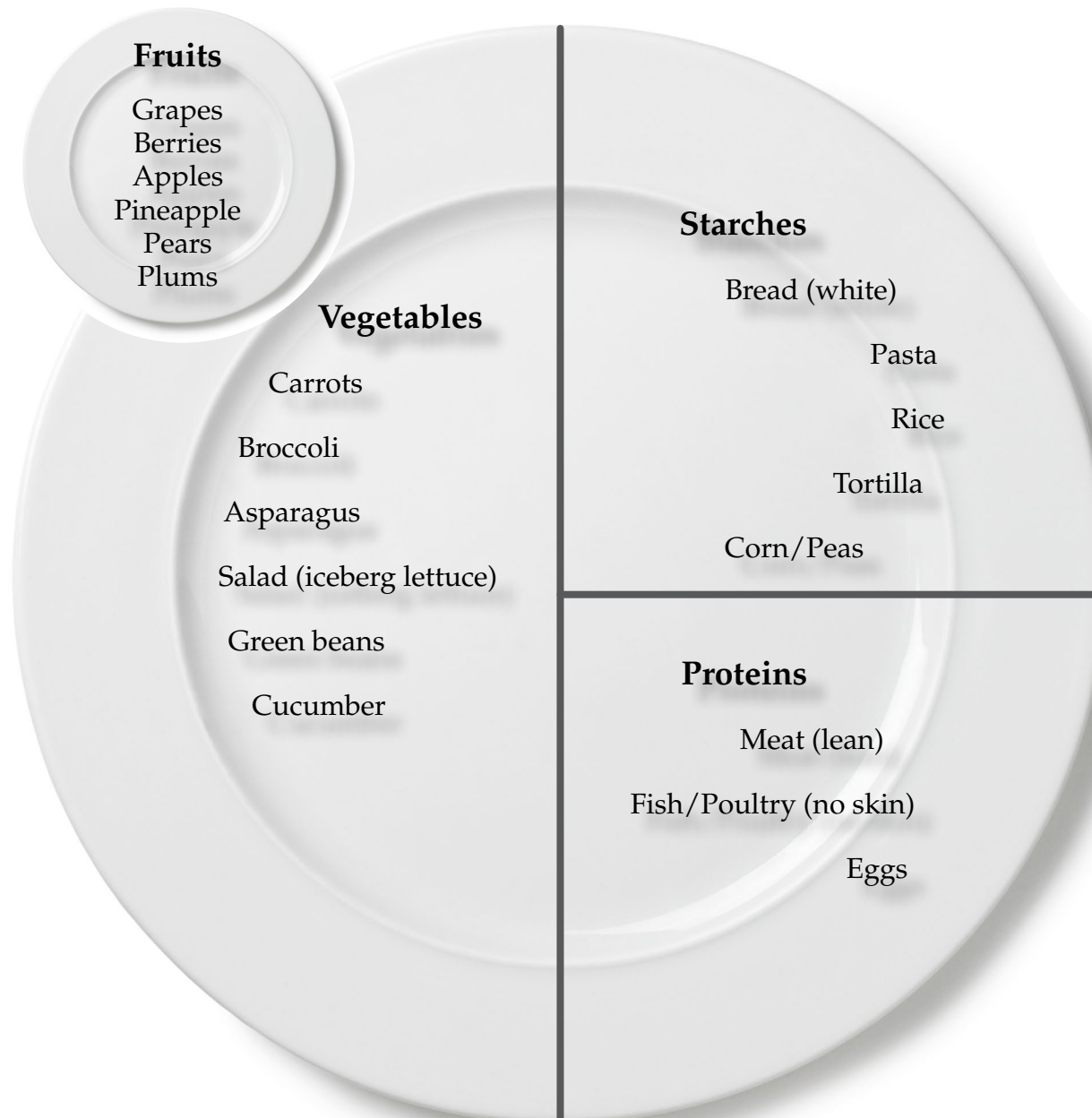


What Should You Put on Your Plate When You Have Kidney Disease and Diabetes



When you are planning your meals, try to think about what your plate should look like.

For breakfast:

- half of your plate should be starches
- the other half should be split between protein and fruit.

For lunch and dinner:

- half of your plate should be full of non-starchy vegetables
- the other half 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 percent 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 one carbohydrate choice. Most people with diabetes can have three to four 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.

