

Nutrition Recommendation Similarities for Diabetes and Chronic Kidney Disease

Food Group	Similarities
Dairy	<p>Recommend 3 servings per day of low-fat dairy.</p> <p>No restriction unless serum phosphorus and/or potassium is elevated.</p> <p>Discourage processed cheeses (eg, American cheese, Cheez Whiz, Velveeta, etc) and cheese spreads due to added phosphates.</p>
Fruits and vegetables	<p>Recommend at least 5 servings per day.</p> <p>No restriction unless serum potassium is elevated.</p>
Grains	<p>Recommend whole grains; discourage refined or processed grains.</p>
Protein	<p>Plant proteins encouraged; lean meats in moderation.</p>
Fats	<p>Choose heart-healthy fats.</p>
Others	<p>If phosphorus is elevated, encourage use of beverages without “phos” ingredients (eg, phosphoric acid).</p> <p>Limit sodium to 2300 mg/d or less for blood pressure control.</p> <p>Maintain blood glucose within provider-recommended goal range.</p> <p>Practice portion control and exercise for weight management. As little as 5% to 10% weight loss improves blood glucose levels, blood pressure, and kidney function.</p>