

Renal Friendly Foods + Diabetes

A diet that contains these key nutrients can help with blood glucose control.

Lean Protein: promotes a balanced diet and has a minimal effect on blood sugar levels.

Fiber: helps with blood sugar control because it slows the absorption of sugar in foods.

Magnesium: helps to regulate blood sugar levels, and is an essential nutrient for your brain and body.

Antioxidants: supports oxidative balance that can help with glucose control
(examples include- vitamin C, vitamin E, selenium, carotenoids)

Food Items	Nutrients			
	Lean Protein	Fiber	Magnesium	Antioxidants
Blueberries		✓		✓
Salmon	✓		✓	
Beans and legumes	✓	✓	✓	✓
Chicken Breast	✓		✓	
Plain yogurt	✓		✓	✓
Broccoli		✓	✓	✓
Apple (with the skin)		✓	✓	✓
Strawberries		✓	✓	✓
Whole wheat bread, pasta	✓	✓	✓	
Oats	✓	✓	✓	
Cereal		✓	✓	
Spinach		✓	✓	✓

Fiber servings: ✓ contains ≥ 5 grams ✓ contains 2.5-4 grams
Magnesium: ✓ contains ≥50 mg ✓ contains ≥15 mg black check
Protein: ✓ contains ≥15 grams of protein ✓ contains 4-14 grams

Always check with your dietitian about adding these foods into your diet.

Renal Friendly Foods + Diabetes Word Search

B	M	N	U	N	D	P	O	Q	G	G	W	C	Z	H	J	Q	T	K	F	D	C	D	N
H	C	A	E	F	I	D	R	F	V	P	U	J	M	S	I	R	V	S	D	Y	G	Z	E
P	A	I	P	U	I	G	V	D	F	R	M	O	H	X	X	T	E	F	X	R	U	G	G
N	W	T	Z	X	Q	Y	N	U	V	C	T	W	Z	N	U	I	J	Q	H	G	U	R	C
J	I	I	C	M	F	J	I	B	T	S	M	D	H	O	R	O	G	M	X	L	T	U	O
S	J	T	N	C	C	X	P	I	R	T	Q	W	I	R	O	K	Z	B	Z	L	Y	B	R
A	D	E	P	T	Y	K	D	I	C	P	D	G	E	L	G	Y	T	M	G	B	N	U	S
E	S	I	Y	P	D	B	C	W	V	N	H	B	T	H	O	A	A	J	V	A	H	T	Q
U	M	D	J	K	T	W	L	R	U	G	E	J	C	S	M	C	N	H	B	G	N	G	U
R	H	T	U	M	F	I	P	G	U	U	H	R	C	K	P	D	C	M	H	E	Q	T	B
E	R	C	I	P	U	L	D	Q	L	R	E	P	Y	C	P	X	T	O	I	Z	G	E	T
B	A	N	L	B	R	I	H	B	O	T	P	X	H	U	P	L	Q	R	R	N	J	E	P
I	R	F	E	I	I	J	S	N	Z	C	A	I	B	I	C	G	T	A	L	B	W	F	Y
F	N	P	G	U	W	F	M	E	X	L	C	Y	Z	U	X	U	N	K	N	A	E	Y	I
I	O	E	D	N	M	V	N	Y	N	K	S	K	K	X	N	T	J	A	Z	L	S	Y	E
G	M	V	H	B	Y	S	I	Q	E	G	K	Q	D	O	I	L	A	T	P	I	W	V	D
M	L	T	N	N	M	B	Q	N	M	S	A	C	N	O	O	R	X	P	Q	M	Z	L	L
W	A	L	R	W	Q	E	D	M	D	P	U	M	X	O	E	F	A	P	F	B	L	P	F
V	S	A	Q	U	D	M	O	H	H	C	H	I	X	M	I	S	D	C	E	J	R	R	E
F	E	N	Y	L	G	S	K	K	D	O	D	T	W	M	W	D	O	A	S	R	T	O	Q
C	R	G	Y	J	J	O	T	U	D	A	S	R	W	B	Y	O	N	C	D	H	N	T	X
H	J	L	I	A	K	V	Y	L	N	V	H	S	D	T	F	S	G	L	U	L	L	E	Z
S	L	P	O	O	I	K	T	T	B	T	T	B	T	Q	P	L	P	O	G	L	Z	I	T
A	X	P	K	R	X	J	S	J	H	G	U	P	A	P	V	W	I	Z	F	C	G	N	Y

Antioxidants
Magnesium
Protein

Fiber
Beans
Dietitian

Blueberries
Apple
Salmon

Chicken
Nutrients
Glucose

Broccoli
Yogurt