

Sample Menus for People with Diabetes and Chronic Kidney Disease (CKD)

Below are 7 days of sample menus to show what your meals can look like when you have diabetes and chronic kidney disease.

A look at the menu

To help control your blood sugars, meals are small and eaten often. Artificially sweetened foods such as sugar-free drinks and sugar substitutes are also used to help control your blood sugar.

As foods are cooked without salt, you can add other herbs and spices for flavour. You may also use flavoured extracts, vinegar, lemon juice, or lime juice to help add flavour to your food.

Coffee, tea, and juice can be included every day but in small amounts. Instead, choose drinks like water, diet pop, Crystal Light[®] or sugar-free Kool-Aid[®] more often.

If you are on a fluid restriction, ask your dietitian how much fluid is right for you.

These menus have snacks. You do not need to eat snacks if your diabetes eating plan does not include them. Ask your dietitian if any changes should be made to the meal plans to meet your nutrition needs.

Day 1

Breakfast

$\frac{3}{4}$ cup (175 mL) cream of wheat
 $\frac{1}{2}$ cup (125 mL) 1% milk
1 slice of white toast
1 tsp (5 mL) non-hydrogenated margarine
1 Tbsp (15 mL) no-added sugar jam
 $\frac{1}{2}$ cup (125 mL) fresh raspberries
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) with milk and/or sugar substitute as desired.

Morning snack

$\frac{1}{2}$ medium berry muffin (homemade)
1 tsp (5 mL) non-hydrogenated margarine

Lunch

Roast beef sandwich:
2 slices of white bread
1 oz (30 g) roast beef
1 Tbsp (15 mL) low-fat mayonnaise
4 slices of cucumber
2 slices of tomato
 $\frac{1}{2}$ cup (125 mL) no-added sugar canned pineapple, drain liquid
2 digestive cookies

Afternoon snack

1 slice of 60% whole wheat toast
1 Tbsp (15 mL) no-added salt peanut butter
 $\frac{1}{2}$ cup (125 mL) Jell-O[®]

Supper

3 oz (90 g) baked chicken
 $\frac{2}{3}$ cup (150 mL) cooked white rice
1 tsp (5 mL) non-hydrogenated margarine
 $\frac{1}{2}$ cup (125 mL) cooked fresh or frozen corn
1 cup (250 mL) tossed green salad
1 Tbsp (15 mL) homemade oil and vinegar dressing
1 medium pear

Evening snack

3 cups (750 mL) plain popcorn
1 tsp (5 mL) non-hydrogenated margarine
 $\frac{1}{2}$ cup (125 mL) sugar-free lemon lime soda (example: diet 7-Up[®])

Remember to take your phosphorus binders if they have been prescribed for you.

Day 2

Breakfast

1 cup (250 mL) Rice Krispies® cereal
½ cup (125 mL) 1% milk
1 cup (250 mL) fresh or frozen blueberries
1 slice of 60% whole wheat toast
1 tsp (5 mL) non-hydrogenated margarine
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) milk and/or sugar substitute as desired

Morning snack

7 unsalted soda crackers
1 Tbsp (30 mL) regular cream cheese

Lunch

1 cup (250 mL) homemade low-salt noodle soup
1 bagel (3 inch diameter), toasted
1 boiled egg
1 Tbsp (15 mL) low-fat mayonnaise
½ cup (125 mL) raw cauliflower
2 Tbsp (30 mL) low-fat salad dressing
½ cup (125 mL) unsweetened applesauce with cinnamon

Afternoon snack

3 gingersnap cookies

Supper

2½ oz (75 g) broiled salmon filet
1 cup (250 mL) pasta tossed with herbs
1 tsp (5 mL) canola oil
1 cup (250 mL) cooked mixed vegetables
1 cup (250 mL) frozen raspberries with 2 Tbsp (30 mL) table cream (10% M.F.)

Evening snack

½ small pita, toasted with:
1 tsp (5 mL) non-hydrogenated margarine
1 Tbsp (15 mL) cinnamon sugar mix

Day 3

Breakfast

2 small (4 inch diameter) homemade pancakes
2 tsp (10 mL) non-hydrogenated margarine
1 Tbsp (15 mL) no added sugar syrup
½ cup (125 mL) sliced fresh strawberries
½ cup (125 mL) no added sugar yogurt
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) milk and/or sugar substitute as desired

Morning snack

3 arrowroot cookies

Lunch

1 small pita
1 oz (30 g) low-fat cheddar cheese, shredded
1 cup (250 mL) raw vegetables:
4 cucumber slices
¼ cup broccoli
½ celery stalk
2 Tbsp (30 mL) low-fat salad dressing
4 social tea biscuits
½ cup (125 mL) Jell-O®

Afternoon snack

Cereal fruit mix:
½ cup (125 mL) Corn Bran® cereal
3 Tbsp (45 mL) dried cranberries

Supper

2½ oz (75 g) roast beef
½ cup (125 mL) potatoes, shredded or cubed then boiled
1 small dinner roll
2 tsp (10 mL) non-hydrogenated margarine
½ cup (125 mL) cooked peas and carrots
1 slice (2 inch x 2 inch) vanilla cake, plain

Evening snack

1 slice (30 g) sourdough bread
1 Tbsp (15 mL) regular cream cheese
1 medium apple

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Day 4

Breakfast

2 slices of white toast
1 scrambled egg
2 tsp (10 mL) non-hydrogenated margarine
1 Tbsp (15 mL) no-added sugar jam
½ cup (125 mL) 100% unsweetened apple juice
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) milk and/or sugar substitute as desired

Morning snack

7 Melba toast crackers
6 cucumber slices
1 Tbsp (15 mL) regular cream cheese

Lunch

1 white crusty roll (bun) with:
¼ cup (75 mL) tuna salad
1 lettuce leaf
2 slices of tomato
1 celery stalk, sliced
2 Tbsp (30 mL) low-fat salad dressing
½ cup (125 mL) 100% unsweetened pineapple juice
½ cup (125 mL) no-added sugar yogurt

Afternoon snack

1 cup (250 mL) grapes (or 15 grapes)

Supper

2½ oz (75 g) baked or broiled pork chop
1 cup (250 mL) cooked white rice with herbs
1 tsp (5 mL) non-hydrogenated margarine
½ cup (125 mL) boiled red cabbage
½ cup (125 mL) Jell-O®

Evening snack

1 bagel (3 inch diameter), toasted
1 tsp (5 mL) non-hydrogenated margarine

Day 5

Breakfast

1 medium (70 g) homemade berry muffin
1 tsp (5 mL) non-hydrogenated margarine
½ cup (125 mL) no-added sugar yogurt
½ cup (125 mL) sliced peaches
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) milk and/or sugar substitute as desired

Morning snack

1 (35 g) cereal bar

Lunch

1 cup (250 mL) homemade low-salt vegetable and rice soup
Turkey sandwich:
2 slices of 60% whole wheat bread
1 oz (30 g) roasted turkey
1 Tbsp (15 mL) low-fat mayonnaise
2 lettuce leaves
4 cucumber slices
½ cup (125 mL) no added sugar canned pears, drain liquid

Afternoon snack

4 social tea biscuits

Supper

2 oz (60 g) cooked lean ground beef
½ cup (125 mL) no added salt tomato sauce with seasoning (examples: oregano, basil, garlic) added to taste
1 cup (250 mL) cooked pasta
1 cup (250 mL) romaine lettuce
2 Tbsp (30 mL) homemade oil and vinegar dressing
½ cup (125 mL) sherbet

Evening snack

3 reduced sodium stoned wheat thins
1 oz (30 g) low-fat cheese
1 cup (250 mL) grapes (or 15 grapes)

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Day 6

Breakfast

1 English muffin
1 tsp (5 mL) non-hydrogenated margarine
1 Tbsp (15 mL) no-added sugar jam
¼ cup (75 mL) no-added salt cottage cheese
1 medium apple
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) milk and/or sugar substitute as desired

Morning snack

5 vanilla wafers

Lunch

1 cup (250 mL) cooked pasta
1 oz (30 g) low-fat cheese, grated on pasta
1 tsp (5 mL) non-hydrogenated margarine
½ cup (125 mL) cucumber and tomato salad
1 Tbsp (15 mL) low-fat salad dressing
1 cup (250 mL) no added sugar canned pineapple, drain liquid

Afternoon snack

1 medium plum

Supper

2½ oz (75 g) roasted chicken
2 Tbsp (30 mL) unsalted gravy
1 cup (125 mL) mashed potato, shredded or cubed then boiled and mashed
1 tsp (5 mL) non-hydrogenated margarine
½ cup (125 mL) coleslaw with 1 Tbsp (15 mL) low-fat salad dressing
½ cup (125 mL) apple crisp with ¼ cup (75 mL) milk

Evening snack

3 gingersnap cookies
1 small pear

Day 7

Breakfast

1 cup (250 mL) Corn Flakes®
½ cup (125 mL) 1% milk
1 slice 60% whole wheat toast
1 tsp (5 mL) non-hydrogenated margarine
1 Tbsp (15 mL) no-added sugar jam
1 cup (250 mL) coffee or tea with 1 Tbsp (15 mL) milk and/or sugar substitute as desired

Morning snack

½ cup (125 mL) no-added sugar canned fruit cocktail, drain liquid

Lunch

Chicken salad sandwich:

2 slices of white bread
1 oz (30 g) diced or minced chicken meat
chopped green onion and pepper to taste
1 Tbsp (15 mL) low-fat mayonnaise
1 cup (250 mL) cucumber
1 Tbsp (15 mL) low-fat salad dressing
½ cup (125 mL) 100% unsweetened apple juice
3 graham wafers

Afternoon snack

½ bagel, toasted
1 Tbsp (15 mL) regular cream cheese
½ cup (125 mL) red pepper slices

Supper

Chicken burger:

2½ oz (75 g) roasted chicken breast
1 white hamburger bun
1 Tbsp (15 mL) low-fat mayonnaise
2 slices tomato and lettuce
½ cob of corn
1 cup (250 mL) green salad with cucumbers and red peppers
1 Tbsp (15 mL) low-fat salad dressing
½ cup (125 mL) frozen yogurt

Evening snack

1 English muffin, toasted
1 tsp (5 mL) non-hydrogenated margarine

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