

Living Well with Heart Disease, Diabetes, and Kidney Disease

If you have heart disease, diabetes, and kidney disease, you don't need to learn three separate diets. These conditions have lots in common. Follow these tips for living well.

Step 1: Continue Current Healthy Habits

- **Limit sodium to 2,300 mg per day.**
 - Look for foods with less than 200 mg per serving. Try not to eat more than 600 mg per meal.
 - Flavor foods with herbs and spices. Try lemon, lime, or vinegar. You can also use a salt-free seasoning like Mrs. Dash®.
- **Choose whole-grain** breads, cereals, pastas, and brown rice. Look for lower salt crackers, popcorn, and snack foods.
- **Choose heart-healthy proteins and dairy**, such as:
 - Beans, edamame, lentils, nut butters, or tofu.
 - Egg whites, skinless chicken or turkey, or fresh lean beef and pork.
 - Fish or seafood.
 - Low-fat milk, yogurt, or cheese.
- **Enjoy fruits and vegetables.** Use fresh, frozen, or canned fruits and veggies. Choose ones without sauces, seasonings, or added salt or sugar.
- **Choose foods with less saturated and trans fats.** Aim for less than 15 grams of saturated fat per day. Aim for zero grams of trans fat. Skip butter, lard, and shortening. Use canola, olive, and vegetable oil instead.
- **Limit added sugars and sweets.**
- **Be active every day.** Exercise is good for everyone! Try strength and aerobic activities. Spend less time sitting. The more active you can be, the better. Any movement is better than none. Small amounts add up.



**Renal
Dietitians**

a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics

Step 2: Make Simple Changes

- **Watch for added phosphorus.** It is often used in processed foods. Fast food, packaged foods, and drinks have the most. Look for “phos” in the ingredients. Sodium phosphate is an example. To eat less added “phos”:
 - Choose “natural” meats and seafood.
 - Limit processed cheeses like American cheese. Also check cheese sauces and boxed macaroni and cheese.
 - Choose sodas and drinks without “phos” listed.
 - Limit fast food and ready-to-eat baked goods. Also limit boxed mixes, biscuits, muffins, pancakes, and waffles.
- **If you have high potassium:**
 - Choose a combined amount of 5 servings per day of lower potassium fruits and veggies.
 - Treat low blood sugars with glucose tabs or gel instead of orange juice. Or try ½ cup cranberry, grape, or apple juice or clear soda. Improving blood sugars can also improve your potassium levels.
 - Do not use foods with potassium chloride or potassium salt in the ingredients. No-added-salt foods are safer.
- **If you need to limit fluids:**
 - Drink up to 4-6 cups (32-48 ounces) per day, or check with your healthcare team.
 - Count soups and anything that is liquid when it melts. Don’t forget ice, popsicles, sherbet, ice cream, and gelatin.



Questions?

Ask your Registered Dietitian Nutritionist (RDN), or ask for a referral to an RDN.

Review

1. Whole grains are okay for me. **True or False**
2. I can enjoy at least 5 servings of fruits and veggies each day. **True or False**
3. Questions for my RDN or healthcare team:
