



Diabetes and Hemodialysis



RECOMMENDED	AVOID
<p>White, wheat, rye, sourdough, whole wheat and whole grain bread, unsweetened, refined dry cereals, cream of wheat, grits, malt-o-meal, noodles, white or whole wheat pasta, rice, bagel (small), hamburger bun, unsalted crackers, cornbread (made from scratch), flour tortilla</p>	<p>Bran bread, frosted or sugar-coated cereals, instant cereals, bran or granola, gingerbread, pancake mix, cornbread mix, biscuits, salted snacks including: potato chips, corn chips and crackers Whole wheat cereals like wheat flakes and raisin bran, oatmeal, and whole grain hot cereals contain more phosphorus and potassium than refined products.</p>



RECOMMENDED	AVOID
<p>Skim or fat-free milk, non-dairy creamer, plain yogurt, sugar-free yogurt, sugar-free pudding, sugar-free ice cream, sugar-free nondairy frozen desserts*</p> <p>*Portions of dairy products are often limited to 4 ounces due to high protein, potassium or phosphorus content</p>	<p>Chocolate milk, buttermilk, sweetened yogurt, sugar sweetened pudding, sugar sweetened ice cream, sugar sweetened nondairy frozen desserts</p>



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RECOMMENDED	AVOID
Apples, apple juice, applesauce, apricot halves, berries including: strawberries, raspberries, cranberries, blackberries and blueberries, low sugar cranberry juice, cherries, fruit cocktail, grapefruit, grapes, grape juice, kumquats, mandarin oranges, pears, pineapple, plums, tangerine, watermelon, fruit canned in unsweetened juice	Avocados, bananas, cantaloupe, dried fruits including: dates, raisins and prunes, fresh pears, honeydew melon, kiwis, kumquats, star fruit, mangos, papaya, nectarines, oranges and orange juice, pomegranate, fruit canned in syrup



RECOMMENDED	AVOID
Water, diet clear sodas, homemade tea or lemonade sweetened with an artificial sweetener	Regular or diet dark colas, beer, fruit juices, fruit-flavored drinks or water sweetened with fruit juices, bottled or canned iced tea or lemonade containing sugar, syrup, or phosphoric acid; tea or lemonade sweetened with real sugar



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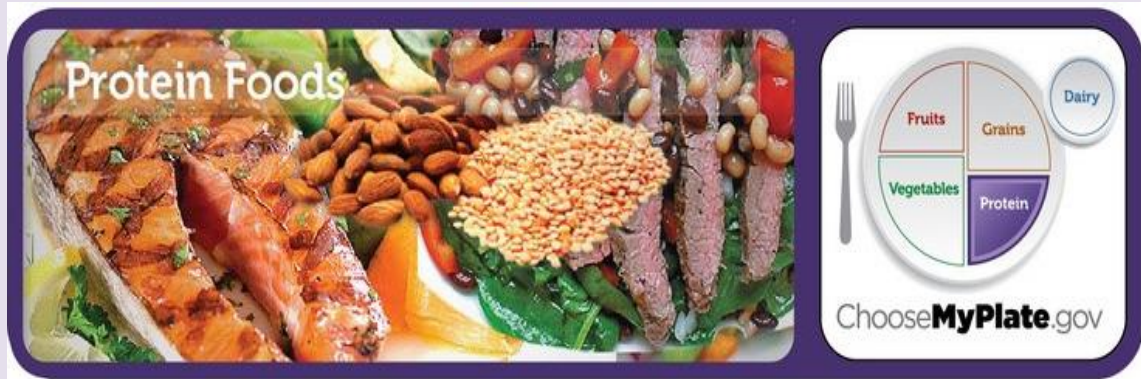


RECOMMENDED	AVOID
Corn, peas, mixed vegetables with corn and peas (eat these less often because they are high in phosphorus), potatoes (soaked to reduce potassium, if needed)	Baked potatoes, sweet potatoes, yams, baked beans, dried beans (kidneys, lima, lentil, pinto or soy), succotash, pumpkin, winter squash

RECOMMENDED	AVOID
Asparagus, beets, broccoli, Brussels sprouts, carrots, cabbage, cauliflower, celery, cucumber, eggplant, frozen broccoli cuts, green beans, iceberg lettuce, kale, leeks, mustard greens, okra, onions, red and green peppers, radishes, raw spinach (1/2 cup), snow peas, summer squash, turnips	Artichoke, fresh bamboo shoots, beet greens, cactus, cooked Chinese cabbage, kohlrabi, rutabagas, sauerkraut, cooked spinach, tomatoes, tomato sauce or paste, tomato juice, vegetable juice



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RECOMMENDED	AVOID
<p>Lean cuts of meat, poultry, fish and seafood; eggs, low cholesterol egg substitute; cottage cheese (limited due to high sodium content)</p>	<p>Bacon, canned and luncheon meats, cheeses, hot dogs, organ meats, nuts, pepperoni, salami, salmon, sausage</p>