

Patient Tips for Healthy Living



Network 8, Inc. 877-936-9260

11th Edition

Diabetes

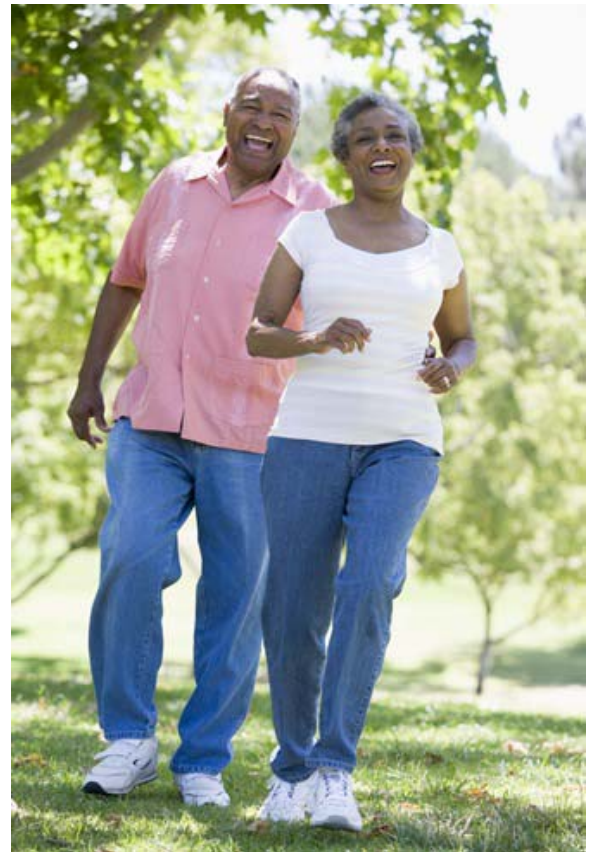
Many people with kidney failure have type 2 diabetes. Diabetes causes blood sugar levels to rise higher than normal and can damage your organs. You have a big role in managing your diabetes by monitoring your blood sugar levels, eating a healthy diet, and exercising.

Diet Tips

- Eat a meal or snack every 3 to 4 hours to help blood sugar levels from going too high or too low.
- Remember, keeping your blood sugar under control will also help control thirst!
- Add fruits and vegetables to your diet.
- To lower the amount of sugar you eat, try sugar-free treats.
- Talk to your dietitian to create a meal plan just for you.

Medication Tips

- Check your blood sugar as prescribed by your doctor.
- Talk to your doctor about which medications are best for you.
- Take your medicine as prescribed by your doctor.



Exercise

You should maintain a healthy weight with exercise and diet. Being active can make you feel better and is good for your health. Before you start any exercise program, talk with your doctor to know what is best for you.

Dialysis Friendly Recipes

Cool and Crispy Cucumber Salad

www.ultracare-dialysis.com

Serves 2 (Serving size 1/2 cup)

Ingredients:

- 2 cups cucumber (peeled and sliced into 1/4-inch slices)
- 2 Tablespoons no-salt Italian or no-salt Caesar salad dressing
- Fresh ground black pepper to taste

Directions:

1. In medium size bowl with lid, combine cucumber and salad dressing.
2. Cover with lid, shake to coat.
3. Sprinkle with ground black pepper.
4. Refrigerate. Best served cold.

Cool 'n' Crunchy Chicken Salad

www.davita.com

Serves 6 (Serving Size 1/2 cup)

Ingredients:

- 2 cups chicken, cooked
- 1 large hard-boiled egg
- 2 tablespoons onion
- 1/4 cup celery
- 1/4 cup reduced-fat mayonnaise
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon sugar
- 1/4 teaspoon black pepper

Directions:

1. Dice or shred chicken. Chop egg, onion and celery.
2. Place all ingredients in a large bowl and stir together.
3. Cover and chill overnight or at least 2 hours before serving.

Nutrients per serving: Calories 127; Protein 16 g; Carbohydrates 2 g; Fat 6 g; Cholesterol 75 mg; Sodium 95 mg; Potassium 136 mg; Phosphorus 122 mg; Calcium 14 mg; Fiber 0.2 g.