

Healthy Eating Guide

Eating well can help you feel your best. Use this guide to see which nutrients and foods may be best for you, according to your health needs.

✔ Great/Good

⚠ Limit/Good in moderation

	Diabetes	High Blood Pressure	Heart Disease	Kidney Disease
Nutritional Information				
Whole Foods	✔	✔	✔	✔
Carbohydrates*	⚠	⚠	⚠	⚠
Added Sugar	⚠	⚠	⚠	⚠
Sodium	⚠	⚠	⚠	⚠
Potassium	✔	✔	✔	✔
Healthy Fat	✔	✔	✔	✔
Fiber	✔	✔	✔	✔
Food Information				
Apples	✔	✔	✔	✔
Avocado**	✔	✔	✔	✔
Banana***	✔	✔	✔	✔
Beans (black, pinto, etc.)***	✔	✔	✔	✔
Broccoli	✔	✔	✔	✔
Cauliflower	✔	✔	✔	✔
Cucumber	✔	✔	✔	✔
Low-Fat Milk**	✔	✔	✔	✔
Tomatoes**	✔	✔	✔	✔
Peanut Butter***	✔	✔	✔	✔
Pears	✔	✔	✔	✔
Pineapple	✔	✔	✔	✔
Whole Grains (oats, brown rice, whole wheat bread)	✔	✔	✔	✔

*Focus on “quality” carbs (e.g. vegetables, fruits, whole grains, legumes, low-fat dairy), **High in potassium, ***High in potassium and phosphorus
 Note: Foods that are naturally high in potassium and phosphorus can fit into a healthy diet. Research has shown our body may only absorb a portion of these minerals¹. While beans are higher in potassium and phosphorus, they are a good protein substitute for meat.

Download the free Diabetes- and Kidney-Friendly Eating cookbook from DaVita and the American Diabetes Association at [DaVita.com/Cookbooks](https://www.davita.com/cookbooks).

This chart is for informational purposes only and is not intended to be a substitute for medical advice. Talk to your dietitian or doctor about what kind of diet may be right for you and your specific health needs.

1. “Reconsidering Plant-Based Diets in Patients Receiving Maintenance Hemodialysis” [https://www.ajkd.org/article/S0272-6386\(21\)00698-3/fulltext](https://www.ajkd.org/article/S0272-6386(21)00698-3/fulltext)

