

DIABETES DIET DELIGHTS

3-Day Recipe and Meal Plan from DaVita's Dietitians



Dear Reader,

We're delighted to share a diabetes-friendly three-day menu plan with recipes from our vast collection of culinary delights.

Did you know that diabetes is the No. 1 cause of kidney failure¹? Eating healthfully can reduce your risk of kidney disease and help you better manage your diabetes. We developed these recipes to help you eat smart without sacrificing flavor.

Trying new recipes is a fun way to expand your meal choices while learning what works best for your carbohydrate balance and blood sugar control. From the mouth-watering Festive Egg Scramble to the scrumptious Strawberry Pudding, you'll be surprised by how much you like trying the DaVita dietitian-created recipes and tips in this cookbook.

We hope you and your loved ones enjoy using this menu plan and cooking collection.

From our kitchen to yours, happy cooking!

Sincerely,

The DaVita Dietitian Team



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DAY

1

Mushroom & Red Pepper Omelet

PORTIONS 2 SERVING SIZE 1/2 omelet

1 SERVING 160 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 400 mg sodium, 7 g carbohydrate, 1 g dietary fiber, 5 g sugars, 16 g protein, 375 mg potassium, 40 mg phosphorus **DIABETES FOOD CHOICES** 2 meat, 1/2 vegetable, 1/2 fat **CARBOHYDRATE CHOICES** 1/2



INGREDIENTS

- 2 teaspoons trans fat-free margarine, divided
- 1/2 cup raw mushroom pieces, diced
- 2 tablespoons onion, diced
- 1/4 cup roasted red pepper, diced
- 1-1/4 cup liquid low-cholesterol egg product
- 1 teaspoon Worcestershire sauce
- 2 tablespoons whipped cream cheese
- 1/4 teaspoon black pepper

PREPARATION

1. Melt 1 teaspoon margarine in a skillet over medium heat. Add mushrooms and onion; sauté 5 minutes until onion is tender. Stir in diced red pepper. Remove vegetables from skillet and set aside.
2. Melt 1 teaspoon margarine in the skillet. Add Worcestershire sauce to egg product and cook over medium heat.
3. When eggs are partially cooked, top with vegetable mixture. Place dollops of whipped cream cheese over vegetables. Continue cooking until eggs are set.
4. Remove from heat and fold omelet in half. Sprinkle with pepper. Divide into two portions and serve.

HELPFUL HINTS

- Complete your meal with milk or yogurt, toasted whole grain bread, fruit spread and blueberries. Adjust the portions to meet your meal plan or breakfast carbohydrate goal.
- Use fresh roasted red bell peppers, low-sodium canned red bell peppers or canned pimentos.
- Low-cholesterol egg product is available refrigerated or frozen.

Diabetes and Kidney Disease Education

Read more than a dozen articles about the link between both diseases.

Visit DaVita.com/DiabetesEducation

DaVita

Pita Pizza

PORTIONS 2 SERVING SIZE 1 pizza

1 SERVING 350 calories, 11 g fat, 4.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 540 mg sodium, 43 g carbohydrate, 6 g dietary fiber, 2 g sugars, 22 g protein, 435 mg potassium, 360 mg phosphorus **DIABETES FOOD CHOICES** 2 meat, 2 starch, 1 vegetable, 1/2 fat **CARBOHYDRATE CHOICES** 3



INGREDIENTS

2 ounces ground turkey or lean ground beef
1/4 teaspoon red pepper flakes
1/2 teaspoon fennel seeds
2 cloves minced garlic
1/4 cup onion, chopped
1/4 cup bell pepper, chopped
Cooking spray
Two 6-1/2" whole wheat pitas
1/4 cup chunky tomato sauce
1/2 cup part-skim shredded mozzarella cheese

PREPARATION

1. Preheat oven to 400° F.
2. Combine ground turkey, pepper flakes, fennel seeds, garlic, onion and bell pepper in a nonstick frying pan. Sauté until cooked.
3. Spray a baking sheet with cooking spray and place the pitas on it. Sprinkle with cooked meat and vegetable mixture.
4. Spread tomato sauce on top of meat and vegetables. Sprinkle half the cheese over top of each pita pizza.
5. Bake for 5 to 8 minutes until cheese is bubbly.

HELPFUL HINTS

- Complete your meal with a sugar-free beverage and fresh fruit.
- Refrigerate or freeze leftovers. Reheat for a quick meal later.

Learn How to Control Your Diabetes

Take charge of your health with helpful tips. Visit [DaVita.com/ControlDiabetes](https://www.davita.com/controldiabetes)



Ravioli and Zucchini

PORTIONS 2 SERVING SIZE 8 ravioli + 1 cup vegetables

1 SERVING 340 calories, 11 g fat, 5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 600 mg sodium, 43 g carbohydrate, 3 g dietary fiber, 4 g sugars, 19 g protein, 620 mg potassium, 280 mg phosphorus **DIABETES FOOD CHOICE** 1-1/2 meat, 2-1/2 starch, 1 vegetable **CARBOHYDRATE CHOICES** 3



INGREDIENTS

- 16 pieces frozen or refrigerated, pre-made meat ravioli squares
- 1 cup zucchini, julienne cut
- 1 medium roma tomato, diced
- 1/2 medium red bell pepper, coarsely chopped
- 1/4 cup green onions, sliced
- 1 clove garlic, minced
- 1/4 teaspoon dried basil leaves
- 1/8 teaspoon black pepper
- 1/4 cup reduced-sodium chicken broth

PREPARATION

1. Cook ravioli as directed on the package.
2. Spray a large, nonstick skillet with cooking spray, and heat over medium-high heat.
3. Add zucchini, onions, bell pepper, garlic, basil and black pepper. Cook for 3 to 5 minutes until veggies are crisp-tender.
4. Drain ravioli, add broth, and stir into the vegetable mixture.
5. Cover skillet and cook over medium-low heat for another 5 minutes, or until thoroughly heated. Stir occasionally, being careful not to break the ravioli.

HELPFUL HINTS

- Complete your meal with a sugar-free beverage, tossed salad and a dish of cottage cheese with mixed fruit. Add garlic bread if you need an additional carbohydrate source. Adjust the portions to meet your meal plan or dinner time carbohydrate goal.
- Substitute your favorite type of fresh or frozen ravioli.

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DAY
2

Breakfast Bagel

PORTIONS 2 SERVING SIZE 1 bagel sandwich

1 SERVING 254 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 53 mg cholesterol, 434 mg sodium, 34 g carbohydrate, 2 g dietary fiber, 2 g sugars, 18 g protein, 323 mg potassium, 193 mg phosphorus **DIABETES FOOD CHOICES** 1 meat, 2-1/2 starch, 1/2 vegetables
CARBOHYDRATE CHOICES 3



INGREDIENTS

- 2 whole grain bagels (2-ounce size)
- Cooking spray
- 3/4 cup low-cholesterol egg product
- 2 tablespoons whipped cream cheese
- 2 tomato slices, 1/4" thick
- 2 red onion slices, 1/8" thick
- 1 teaspoon low-sodium lemon pepper seasoning

PREPARATION

1. Slice bagel and toast until golden brown.
2. While bagels are toasting, spray a nonstick skillet with cooking spray and pour egg mixture into pan; cook until edges begin to set (about 2 minutes). Gently lift the edges with a spatula, tilting the pan to allow uncooked egg mixture to come into contact with the pan.
3. Spread cream cheese over each bagel half. Place half of the egg substitute, onion and tomato slice on top and sprinkle with lemon pepper. Top with remaining toasted bagel half.

HELPFUL HINTS

- Complete your meal with milk or yogurt and fresh fruit. Adjust the portions to meet your meal plan or breakfast carbohydrate goal.
- Bagel sizes vary greatly. Look for the size that best meets your carbohydrate goal. Each ounce counts as one starch serving or one carbohydrate choice.
- Some brands of lemon pepper are high in sodium. Check the ingredients and select a brand without salt.

Get the 411 on Early Stage Kidney Disease

Learn about the early stages of kidney disease and take control of your health.
Visit [DaVita.com/EarlyStageCKD](https://www.davita.com/EarlyStageCKD)



Chicken Noodle Soup

PORTIONS 2 **SERVING SIZE** 1-1/2 cups + 6 crackers

1 SERVING 230 calories, 3.5 g fat, 1g saturated fat, 0 g trans fat, 60 mg cholesterol, 570 mg sodium, 30 g carbohydrate, 2 g dietary fiber, 2 g sugars, 19 g protein, 400 mg potassium, 185 mg phosphorus **DIABETES FOOD CHOICES** 1-1/2 meat, 2 starch, 1/2 vegetable **CARBOHYDRATE CHOICES** 2



INGREDIENTS

- 1-1/2 cups reduced-sodium chicken broth
- 1/2 cup water
- 1/4 teaspoon poultry seasoning
- 1/8 teaspoon black pepper
- 1/2 cup chicken, cooked and shredded
- 1/4 cup carrot, diced small
- 1/4 cup celery, diced small
- 2 ounces egg noodles, uncooked
- 1 tablespoon fresh parsley, chopped
- 12 low-sodium saltine crackers

PREPARATION

1. Pour chicken broth and water into a slow cooker set on high.
2. Season with poultry seasoning and pepper.
3. Add chicken, carrots and celery, and cook on high heat setting for 1 hour.
4. Add egg noodles to soup, and cook for 20 to 25 minutes or until noodles are cooked.
5. Stir in parsley and serve with crackers.

HELPFUL HINTS

- Complete your meal with a sugar-free beverage and fresh fruit. Adjust the portions to meet your meal plan or lunchtime carbohydrate goal.
- Turn off slow cooker after noodles are cooked.
- Look for reduced-sodium broth with 480 mg or less sodium per cup or use low-sodium broth and season with a small amount of salt if needed.

Measure Your Kidney Function

Find out how diabetes may be affecting your kidney function. Go to [DaVita.com/Measure](https://www.davita.com/measure)



Honey Spice-Rubbed Salmon

PORTIONS 3* SERVING SIZE 3-1/2 ounces salmon, 1 cup arugula

1 SERVING 370 calories, 22 g fat, 4.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 270 mg sodium, 19 g carbohydrate, 1 g dietary fiber, 18 g sugars, 24 g protein, 500 mg potassium, 285 mg phosphorus

DIABETES FOOD CHOICES 3-1/2 meat, 1/2 vegetable, 1 other carbohydrate, 1 fat
CARBOHYDRATE CHOICES 1



INGREDIENTS

- 3 tablespoons honey
- 3/4 teaspoon lemon peel, grated
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 teaspoon hot water
- Three 4-ounce salmon fillets
- 1-1/2 tablespoons olive oil
- 2 cups arugula

PREPARATION

1. Place honey, lemon peel, garlic powder, ground pepper and hot water in a small bowl and whisk until blended. With gloved hands, rub mixture over salmon fillets.
2. Heat olive oil in a skillet over medium heat. Add spice-rubbed salmon fillets and cook 4 minutes. Carefully turn fillets with a spatula.
3. Reduce heat to medium-low and cook an additional 4 to 6 minutes, until fish turns opaque throughout and flakes easily when tested with a fork.
4. Arrange 1 cup arugula on two plates. Place salmon fillet on top of arugula and serve.

*Reserve the extra salmon fillet for next day salad (see recipe Spinach Mandarin Salad with Honey Spice-Rubbed Salmon).

HELPFUL HINTS

- Complete your meal with a sugar-free beverage, a whole grain roll or bread and low-fat fruit yogurt. Adjust the portions to meet your meal plan or dinner time carbohydrate goal.
- Serve with Cucumber Dill Salsa. Serve with Cucumber Dill Salsa (see recipe on page 8).
- Grill salmon fillets on an outdoor barbecue or on a George Foreman® Grill as an alternate cooking method.

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Cucumber Dill Salsa

PORTIONS 2 SERVING SIZE 1/4 cup

1 SERVING 35 calories, 2.5 g fat, 1.5g saturated fat, 0 g trans fat, 10 mg cholesterol, 15 mg sodium, 1 g carbohydrate, 0 g dietary fiber, 0 g sugars, 1 g protein, 60 mg potassium, 25 mg phosphorus **DIABETES FOOD CHOICES** 1/2 fat **CARBOHYDRATE CHOICES** 0

INGREDIENTS

1/4 cup cucumber, diced
1/2 teaspoon lemon juice
3 tablespoons reduced-fat sour cream
1 teaspoon fresh dill weed, chopped
1 teaspoon red onion, diced
1/2 teaspoon prepared horseradish

PREPARATION

1. Place diced cucumber in a small bowl and toss with lemon juice. Set aside.
2. Combine sour cream, dill weed, onion and horseradish in a small bowl.
3. Gently mix the cucumber into the sour cream mixture.
4. Refrigerate until ready to serve.

What are carbohydrate choices and diabetes food choices?

CARBOHYDRATE CHOICES

The amount of carbohydrate a person with diabetes eats affects how high blood glucose rises after eating. Eating the same amount of carbohydrate at meals and snacks each day helps diabetes medicines work better and keeps blood sugar levels in balance.

Bread, cereal, grains, starchy vegetables, fruit, milk, yogurt, sweets and snack foods contain carbohydrate. A serving of one of these foods that contains 15 grams of carbohydrate is called a carbohydrate choice.

In general, at each meal women have 3 to 4 carbohydrate choices and men have 4 to 5 carbohydrate choices. The amount of carbohydrate needed depends on body size, medications and activity level. Ask your dietitian for a customized meal plan based on individual carbohydrate goals.

DIABETES FOOD CHOICES

Diabetes meal plans provide guidelines for how many serving to eat from different food categories. The foods in each category are similar in calorie, protein, carbohydrate and fat content based on a specified portion, and are called food choices. Using the diabetes food choice system helps in creating menus with consistent amounts of calories and carbohydrates for better blood glucose management.

For more information see a dietitian and ask about the meal-planning booklet “Choose Your Foods: Food Lists for Diabetes” from the American Diabetes Association (<http://shopdiabetes.org/1587-Choose-Your-Foods-Food-Lists-for-Diabetes-Single.aspx>).



DAY
3

Festive Egg Scramble

PORTIONS 2 SERVING SIZE 3/4 cup

1 SERVING 120 calories, 4 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 350 mg sodium, 5 g carbohydrate, 1 g dietary fiber, 4 g sugars, 15 g protein, 285 mg potassium, 60 mg phosphorus **DIABETES FOOD CHOICES** 2 meat, 1/2 vegetable
CARBOHYDRATE CHOICES 0



INGREDIENTS

- 1-1/4 cup liquid low-cholesterol egg product
- 2 tablespoons onion, chopped fine
- 3 tablespoons red bell pepper, chopped fine
- 3 tablespoons green bell pepper, chopped fine
- 1/4 teaspoon black pepper
- 2 teaspoons trans fat-free margarine

PREPARATION

1. Combine egg product, onion, bell peppers and black pepper in a bowl.
2. Melt margarine in a skillet. Add egg mixture and cook until eggs are set. Stir often to prevent sticking.
3. Serve hot or place in warmer until ready to serve.

HELPFUL HINTS

- Complete your meal with toasted whole grain bread or a tortilla, fruit spread and citrus fruit. Adjust the portions to meet your meal plan or breakfast carbohydrate goal.
- Nutrient calculations are based on Egg Beaters®.

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Spinach Mandarin Salad with Honey Spice-Rubbed Salmon

PORTIONS 2 SERVING SIZE 2 cups salad plus 1/2 salmon fillet

1 SERVING 360 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 420 mg sodium, 40 g carbohydrate, 4 g dietary fiber, 24 g sugars, 14 g protein, 570 mg potassium, 190 mg phosphorus
DIABETES FOOD CHOICES 2 meat, 1/2 starch, 1 vegetable, 1 fruit, 1/2 other carbohydrate, 2 fat
CARBOHYDRATE CHOICES 2-1/2



INGREDIENTS

2 cups fresh spinach (and/or leaf lettuce), washed and torn into large pieces

1 cup arugula

2 tablespoons dried, sweetened cranberries

1/3 cup canned water chestnuts, drained

1/2 cup crunchy chow mein noodles

1 small or 1/2 medium apple cut into wedges, cut in half

1/2 cup mandarin oranges, drained

1/4 teaspoon pepper

2 tablespoons vinaigrette salad dressing

1 salmon fillet, cooked (leftover from Honey Spice-Rubbed Salmon recipe)

PREPARATION

1. Place washed, drained spinach leaves and arugula into a serving bowl.
2. Sprinkle dried cranberries over top.
3. Add water chestnuts, chow mein noodles, apple wedges and mandarin oranges.
4. Sprinkle pepper over top.
5. Toss lightly with vinaigrette salad dressing.
6. Top with 1/2 salmon fillet and serve.

HELPFUL HINTS

- Complete your meal with a sugar-free beverage, a whole grain roll or bread and low-fat fruit yogurt. Adjust the portions to meet your meal plan or dinner time carbohydrate goal.
- If you did not prepare Honey Spice-Rubbed Salmon you can substitute 2 ounces of canned salmon for a quick, no-cook meal.

Davita

Crock-Pot® Oriental Chicken

PORTIONS 2 **SERVING SIZE** 1 chicken breast, 3/4-cup vegetables and 2/3-cup rice

1 SERVING 415 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 80 mg cholesterol, 840 mg sodium, 47 g carbohydrate, 4 g dietary fiber, 5 g sugars, 30 g protein, 748 mg potassium, 315 mg phosphorus **DIABETES FOOD CHOICES** 3 meat, 2 starch, 2 vegetable **CARBOHYDRATE CHOICES** 3



INGREDIENTS

- 1 tablespoon oil
- 2 boneless chicken breasts, skin removed
- 1/2 cup carrots, thinly sliced
- 1/2 cup celery, chopped
- 1/4 cup green onions, sliced
- 1/2 cup reduced-sodium chicken broth
- 1 tablespoon Splenda® brown sugar blend
- 2 tablespoons reduced-sodium soy sauce
- 1/8 teaspoon crushed red pepper flakes
- 1 medium garlic clove, crushed
- 1/4 cup canned bamboo shoots, rinsed
- 1/3 cup canned, sliced water chestnuts, rinsed
- 1 tablespoon cornstarch
- 1/4 cup water
- 1-1/3 cup cooked brown or white rice

PREPARATION

1. Heat oil in a skillet and brown chicken on all sides.
2. Transfer chicken to a small or medium size Crock-Pot or slow cooker.
3. Stir in all ingredients except cornstarch, water and cooked rice. Cover and cook on low for 4 to 6 hours.
4. Turn Crock-Pot® to high. Combine cornstarch and cold water, stirring until smooth. Stir into Crock-Pot liquid.
5. Position Crock-Pot lid ajar to allow steam to escape.
6. Cook on high until thickened, about 15 minutes.
7. Place 2/3 cup cooked rice on each plate and top with chicken breast, vegetables and sauce.

HELPFUL HINT

- Complete your meal with a sugar-free beverage and Strawberry Pudding (see recipe on page 12). Adjust the portions to meet your meal plan or dinner time carbohydrate goal.

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Strawberry Pudding

PORTIONS 6 SERVING SIZE 1/2 cup

1 SERVING 50 calories, 1 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 2 mg sodium, 11 g carbohydrate, 1 g dietary fiber, 3 g sugars, 0 g protein, 87 mg potassium, 10 mg phosphorus **DIABETES FOOD CHOICES** 1 fruit **CARBOHYDRATE CHOICES** 1



INGREDIENTS

- 1 cup water
- 1/2 cup Splenda® granular sugar substitute
- 2 cups crushed strawberries
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 3 tablespoons cornstarch
- 6 tablespoons whipped topping

PREPARATION

1. Bring water to a boil. Stir in sugar substitute. Drop crushed strawberries into boiling water; bring to a gentle simmer. Add lemon juice and lemon zest. Stir as the mixture simmers for 3 minutes.
2. Mix cornstarch in a small amount of cold water and stir into strawberries. Stir and cook until mixture thickens, about 1 to 2 minutes. Remove from heat.
3. Divide mixture into six dessert dishes and cool in refrigerator.
4. Top each serving with 1 tablespoon whipped topping and serve.

HELPFUL HINTS

- Fresh or frozen strawberries work well in this recipe.
- Adjust the portions to meet your meal plan or carbohydrate goal.

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Diabetes Cookbook Grocery List

BAKERY

- whole grain bagels (2-ounce size)
- whole wheat pitas

BAKING

- cooking spray
- cornstarch
- olive oil
- Splenda® brown sugar blend
- Splenda® granular sweetener

CANNED/JARRED/PACKAGED FOODS

- bamboo shoots
- chicken broth, reduced-sodium (18 ounces)
- chow mein noodles
- dried cranberries
- egg noodles
- mandarin oranges
- rice, brown or white
- roasted red peppers or pimentos
- saltine crackers
- tomato sauce, chunky
- water chestnuts

CONDIMENTS, HERBS AND SEASONINGS

- basil leaves, dried
- black pepper
- fennel seeds
- honey
- horseradish, prepared
- lemon pepper, low sodium
- poultry seasoning
- red pepper flakes
- salad dressing, vinaigrette
- soy sauce, reduced-sodium
- Worcestershire sauce

DAIRY/EGGS/MILK

- low-cholesterol egg product (16-ounce carton)
- part-skim mozzarella cheese, shredded
- sour cream, reduced fat
- trans fat-free margarine
- whipped cream cheese

FROZEN FOODS

- nondairy whipped topping
- meat ravioli (16 squares)

MEATS/SEAFOOD

- chicken breasts, boneless (1/2 pound)
- chicken, cooked
- ground turkey or beef
- salmon fillets (three 4 ounces each)

PRODUCE

- apple (1)
- arugula (3 cups)
- bell pepper, green (1)
- bell pepper, red (1)
- carrots (2)
- celery
- cucumber (1)
- dill weed
- garlic
- green onions
- lemon (1)
- mushrooms, sliced
- onion, red (1)
- onion, white (1)
- parsley, fresh
- spinach leaves (1 bag)
- strawberries (1 pint)
- tomatoes (1 medium, 1 roma)
- zucchini (1 medium)

