

# Weird Things That I Can Actually Eat – Where Renal & Diabetes Diets Collide with Food Allergies, Sensitivities and Intolerances

In this publication, lists are arranged in alphabetical order. I have only included ingredients I can eat. People without the same food allergies, sensitivities and intolerances have a wider range of ingredients to choose from.

Weird does not mean something is a non food. It means that I have had to embrace these foods in more quantity than before and some of them are new to me.

## Gluten Free Is Not Corn Free



Hello! After reading every GF product label in the stores I have access to, I have not found a single GF product that does not have some form of corn, corn flour, corn meal, corn solids, corn syrup, etc. in it and some of them also have cow/goat/sheep dairy as an ingredient. Even vegan cheeses contain corn products.

Adding that to all of my food allergies, sensitivities and intolerances has inspired me to capture my learning in this document. Recently when wheat, corn, barley, spelt, cow/goat/sheep dairy and more were removed from my diet by my doctor based on my blood work, eating became much more stressful and challenging.

## Ingredients



### Non-Dairy Milks and Yogurts

Almond Milk is made from almonds soaked overnight, up to 2 days in cold water, blended in a high power blender, then strained. The strained pulp is also used in baking. GI 25. GL 3.9.

Almond Yogurt is made from homemade almond milk and a starter culture or probiotic. Often powdered gelatin or agar agar are added if you want thick yogurt instead of creamy yogurt. GI 35. GL 1.6.

Cashew Milk is made from cashews soaked in water for 6 or more hours, then blended and strained. GI 52.8. GL 3.1.

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Coconut Milk is white liquid extracted from mature coconut meat. It is grated, mixed with hot water and pressed through cheesecloth. This is not coconut water from the inside of immature coconuts. GI 96. GL 4.8.

Coconut Yogurt has 2 ingredients, coconut milk and probiotics. It is covered, then you wait for the fermentation to happen. It is usually activated in 24-48 hours. GI 54. GL 11.

Hemp Milk is made from hemp seeds and water in a blender. It can be strained but it is usually smooth and creamy without straining. GI 59. GL 4.

Oat Milk is made from high speed blending 1 cup oats in 4 cups water, then straining. 3 minutes start to finish. Rolled oats are the quickest. Steel cut oats take longer to blend. Quick oats just become slimy. GI 59. GL 3.5.

Oat Yogurt is made from water, rolled oats and probiotics. It's then heated and fermented. Some recipes add agar agar for thicker yogurt. If purchasing it at a store, read the label to make sure there are no additives to thicken, preserve or sweeten it. GI 35. GL 1.6.

Rice Milk is made from soaked rice and water. Many recipes add in 1 date, vanilla or other flavourings. GI 97. GL 5.5.

Soy Milk is made from soaked soy beans (look for organic, non GMO) and water. It must be cooked, boiled before consuming. GI 34. GL 4.5.

Soy Yogurt is not available in my area. It is made from soaked soy beans blended with water into milk, then boiled and a starter culture is added. Use a soy milk where the only ingredients are organic soy beans and water. Edensoy unsweetened and West Life Unsweetened do not have additives whereas Silk Organic Soy Unsweetened Milk does have additives. Read the ingredient labels. GI 34. GL 4.5.

*Vegan Yogurts* use a high-quality probiotics that include the following bacterial strains: L. acidophilus, B. bifidum, L. bulgaricus, S. thermophilus and L. casei. Some research from the National Institutes of Health was done using those listed as well as L. delbrueckii subsp bularicus, S. thermophilusSt1342, S. thermophilus ATCC 19987, L. casei ATCC 393, L. rhamnosus GR-1, L. reuteri ATCC 55730, L. plantaru T6B10, B. Longum SPM 1205 and many others. You can view the article at

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<https://pmc.ncbi.nlm.nih.gov/articles/PMC7913558/> The ingredients Table 1 was very interesting.

Vegan Yogurt Starter Culture

[https://culturesforhealth.com/collections/cultured-favorites/products/vegan-yogurt-starter?selling\\_plan=1385103549](https://culturesforhealth.com/collections/cultured-favorites/products/vegan-yogurt-starter?selling_plan=1385103549)

Nut Milk Bags

[https://www.amazon.ca/s?k=nut+milk+bags&i=grocery&crid=10PA27CDEH77N&sprefix=nut+milk+bags%2Cgrocery%2C214&ref=nb\\_sb\\_noss\\_2](https://www.amazon.ca/s?k=nut+milk+bags&i=grocery&crid=10PA27CDEH77N&sprefix=nut+milk+bags%2Cgrocery%2C214&ref=nb_sb_noss_2)

Milk Alternatives for People With Chronic Kidney Disease

<https://www.davita.com/diet-nutrition/articles/advice/milk-alternatives-for-people-with-chronic-kidney-disease>

Water Kefir Starter Culture

<https://culturesforhealth.com/collections/kefir/products/endless%C2%AE-fresh-water-kefir-grains>

There are many free recipes for all the non dairy milks and yogurts online. I will be focusing on learning to make soy yogurt as it has a higher protein content and is the one recommended by the hospital dietician.

### Flours and Starches



Almond Flour is ground from blanched, sweet almonds ground and sifted into a fine flour like consistency. GI under 1. GL negligible.

Almond Meal is ground with raw, whole or blanched almonds. It has a texture similar to corn meal. GI 1.9.

Bean Flour is a white colour flour ground from dried and uncooked, navy, soy or white kidney beans although any variety of bean can be used and it is most often used to substitute for white or whole wheat flour. GI 39 GL 11.

Black Bean Flour is ground from dried and uncooked, black or black turtle beans. GI 30. GL 7.

Buckwheat Flour is ground from whole buckwheat groats or berries, either roasted or toasted. GI 40. GL 28.2.

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Lentil Flour is ground or milled from red, green or brown lentils. GI 21-30. GL 4-6.

Millet Flour is ground from the yellow millet seeds. It looks similar to yellow cornmeal. GI 70. GL18.

Oat Flour is ground from whole oats. GI 25. GL 3.

Potato Flour is made from cooked then ground, dehydrated potatoes. GI 95. GL 78.9.

Quinoa Flour is ground from dried white quinoa seeds rather than the red or black quinoa. Uncooked GI 40 GL 22. Cooked GI 35 GL 7.3.

Rice Flour is ground from brown or white rice. GI 95. GL 76.

Rye Flour is ground from rye kernels. GI 50. GL 27.9.

Sorghum Flour is stone ground for whole grain sorghum. GI 70. GL 46.5.

Soy Flour is ground from soy beans. GI 25. GL 4.5.

Tapioca or Cassava flour is a starch from the cassava root. GI 85. GL 74.6.

*Grinding Your Own Flour* requires a high power blender such as Blendtec or Vitamix, or alternatively a grain mill.

### **Grains, Legumes and Seeds**



Beans are legumes. Dried beans I use include adzuki, black, mung, navy, pinto, red kidney beans, white kidney beans, etc. GI 10-40. GL 17.2.

Brown rice is the seed of the rice plant. I use organic, short grain brown rice. GI 68. GL 36.5.

Buckwheat groats are the whole buckwheat seed, brown with a triangular shape. GI 50. GL 22.

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Chia seeds are small white or black seeds with a nutty flavour. If buying ground chia seeds, store them in the refrigerator. GI 30. GL 12.6.

Chickpeas or Garbanzo Beans are a legume that my digestive system cannot tolerate so I do not include chickpeas or chickpea flour in this document. GI 10. GL 6.1.

Fava beans are green wide beans. They are also known as broad beans and faba beans. I only use the frozen fava beans. GI 40. GL 4.1.

Flax seeds or linseed are small brown seeds. Buy whole seeds and store them in the refrigerator. Ground flax and flax oil go rancid quickly even in the refrigerator. If you buy ground flax or flax oil store it in the freezer. GI 35. GL 0.6.

Hemp seeds or hemp hearts are small brown seeds. Keep them in a cool, dark place. If you buy ground hemp or hemp meal, store it in the refrigerator. GI 4. GL 0.3.

Lentils or pulses are dried legume seeds in a variety of shapes and colours. Red, green, black and brown are easily available. GI 32-38. GL 4-6.

Millet is a gluten free grain, which can be a white/yellow or red colour. It is a small seeded grass. I use yellow millet because that is what is available in my area. GI 40-70. GL 51.1.

Peas are legumes. I used dried yellow and dried green split peas. You could also grind them into flour. GI 22. GL 4.

Pumpkin seeds or pepita are available raw or roasted. Always choose unsalted. They are high in omega-3 and low in omega-6 which makes them a better choice than sunflower seeds. GI 25. GL 13.5.

Quinoa is a seed in the amaranth family. It is rich in protein, dietary fibre, B vitamins and minerals. GI 35. GL 7.3.

Sesame seeds come from the sesame fruit pod. Buy raw, unsalted seeds. GI 35. GL 4.3.

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Sunflower seeds are available raw or roasted. Always choose unsalted. They are high in omega-6. GI 35. GL 7.

Wild Rice is a grass seed that grows in marshes. It can be boiled. It can also be popped like popcorn. GI 45. GL 33.

### **Nuts (Key Nutrients)**



Almonds contain protein, fibre, potassium, iron, magnesium and calcium.

Brazil nuts contain protein, fibre, potassium, iron, magnesium, calcium and trace amounts of Vitamin B6 and Vitamin C.

Cashews contain protein, fibre, Vitamin K, thiamin, Vitamin B6, copper, magnesium, phosphorus, zinc and manganese.

Pecans contain protein, fibre, magnesium, Vitamin B6, iron, calcium and Vitamin C.

Pine nuts contain protein, fibre, potassium, magnesium, iron, Vitamin B6, Vitamin C and calcium.

Walnuts contain protein, fibre, potassium, magnesium, Vitamin B6, iron, calcium and Vitamin C.

I am allergic to peanuts and sensitive to pistachios so they are not included. There are numerous resources on the internet for information on foods I have not included.

*Nut Butters* – read the labels. You want just the ground nuts, no added sugars, preservatives, artificial sweeteners or stabilizers. If it is homogenized it has been heat treated to make it creamy. Nuts are roasted, ground, chilled and tempered. Peanut butter is pasteurized to control pathogens. Nut butters can become rancid quickly so store in the refrigerator after opening.

### **Fermented Foods**

All fermented foods contain probiotics and prebiotics. The process of fermentation also makes the nutrients in the food more bioavailable, easier

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to digest and absorb. Common examples include sauerkraut, kimchi, cultured not pickles vegetables, milk kefir, water kefir, cultured coconut, dairy yogurts, plant based yogurts, kombucha and so many more. Most are easily made in a glass jar on the kitchen counter.

### **The 3 Macronutrients: Proteins, Carbohydrates and Fats**

#### **Proteins**

Fish Fatty – trout, salmon, sardines, kippers, eels, pilchards, whitebait, mackerel, herring and tuna. They are rich in omega-3 fatty acids.

Fish Lean – pike, cod, halibut, bass, flounder, haddock, monkfish, mahi-mahi, red snapper, catfish, perch, swordfish and tilapia.

Nutritional Yeast is a deactivated form of baking yeast. It is a flaky powder high in nutrients. GI 35. GL 6.3.

Red Meat - includes beef, goat, lamb, pork, bison, horse, deer, elk, emu and ostrich.

Soy milk, yogurt and cheese. Gi 15. GL low-1.

Spirulina is the dried biomass of phylum cyanobacteria or blue green algae. GL 15. GL low.

Tempeh is a fermented soy bean product with a more meat like texture. Read the label as some tempeh products also contain wheat. GI 15. GL 1.4.

Tofu is a fermented soy milk, solid product made from dried beans soaked in water, crushed and boiled. It comes in silken, medium firm, firm, extra firm. Frequently I use a tofu press, with extra firm tofu to get even more water out of it so I can broil for a crispier texture. GI 15. GL 0.1.

Vegan Cheese is made from many different key ingredients. Some use cashews, potato starch, almonds, soy beans, etc. Most vegan cheeses contain cornstarch or corn flour so read the label. Soy cheese is the highest protein vegan cheese. I will be making my own vegan cheese to avoid corn.

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As I cannot have wheat, seitan is not included.

## Carbohydrates

Complex Carbohydrates are sugar molecules strung together in long , complex chains which are more slowly broken down than simple carbs.

Simple Carbohydrates are broken down quickly by the body.

Resistant Starch there are 5 types of resistant starch. A resistant starch is a starch that is less quickly digested and absorbed into glucose in the blood. You can search “scholarly articles” and “resistant starch” for more information.

Type 1 or RS1 is physically protected by fibre, found in grains, seeds and legumes. It resists digestion because the starch is bound in the fibrous cell walls.

Type 2 or RS2 are ungelatinized resistant granules and are slowly hydrolyzed by  $\alpha$ - amylase is found in raw potatoes and unripe, green bananas, some legumes and high amylose corn.

Type 3 or RS3 retrograded starch is made when some starchy foods are cooked and then cooled at refrigerator temperatures for 6 hours or overnight. They include cooked and cooled potatoes, bread, cornflakes and cooked and cooled rice.

Type 4 or RS4 are chemically modified starches and they have been used in breads and cakes.

Type 5 or RS5 are amylose-lipid complexes. They are foods with high amylose content.

## Fats

Saturated Fat is usually solid at room temperature. Most come from animal foods, palm oil and coconut oil. Avoid or limit it.

Monosaturated Fat has one unsaturated carbon bond. Examples include extra virgin olive, canola, safflower, sesame, avocados, almonds, hazelnuts, pecans, pumpkin seed and sesame seeds.

Polyunsaturated Fat have more than one unsaturated carbon bond. Usually liquid at room temperature. Examples include canola oil, corn oil, soy bean



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oil, sunflower oil, fatty or oily fish, walnuts, flax seeds, sunflower seeds, tofu and soy beans. I cannot use corn oil.

Some fats have both monosaturated and polyunsaturated carbon bonds.

Hydrogenated Fat – BAD fat, avoid any product that contains hydrogenated or partially hydrogenated (trans fat) oils. Oils are treated with chemicals and/or heat to prolong shelf life. Hydrogen is added to a liquid fat to make it solid at room temperature. They are now banned but they can still be found in many food products depending on the country of origin.

It is important to choose high quality, healthy fats and to balance the ratio of omega-3 to omega-6 essential fatty acids in the diet. Low fat does not mean no fat. An appropriate quantity of good fats are essential for good health.

### **Additional Resources:**

Kidney Community Kitchen – Kidney Foundation Canada

<https://kidney.ca/Support/Resources/Kidney-Community-Kitchen>

Kidney Kitchen Protein Food Guide [Protein Food Guide - Kidney Kitchen](#)

NephCure Diet & Nutrition [Diet and Nutrition - NephCure](#)

Diabetes Canada Clinical Practice Guidelines

<https://guidelines.diabetes.ca/cpg>

LifestyleRx Reverse Type 2 Diabetes - OHIP covered 12 week online diabetes program, group with a dietician and doctor, weekly homework, and an online community. This program is also covered in Alberta and British Columbia. <https://lifestylerrx.io/>

Food List Diabetes and Kidney Care Food Guide Soldiers Memorial Hospital Orillia ON [https://www.osmh.on.ca/uploads/2019/05/osmh\\_-\\_DKC\\_Foodlist.sflb\\_.pdf](https://www.osmh.on.ca/uploads/2019/05/osmh_-_DKC_Foodlist.sflb_.pdf)

Diabetes Care Community Type 2 Diabetes Meal Planning Bracebridge ON [Type 2 Diabetes Meal Planning](#)

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Diabetes Food Guide to Healthy Eating (Canadian)

[www.rapidsfhteam.ca/sites/default/files/Diabetes%20Food%20Guide%20Colour.pdf](http://www.rapidsfhteam.ca/sites/default/files/Diabetes%20Food%20Guide%20Colour.pdf)

### **Putting It All Together**

When diabetes and kidney diet recommendations are completely opposite each other for many foods, people are left to try to navigate the mystery by taking their own health issues, allergies, sensitivities and intolerances into account. Hopefully the information here has provided you with more information about ingredients that might be new to you.

The next step after picking foods is to look at the nutrient profile for that food including things like g of protein, fat and carbohydrate, mg of sodium, the amount of various vitamins and minerals and other nutrients key to designing the right diet for you. With high blood pressure sodium is restricted. With kidney disease and heart disease sodium, potassium, magnesium, and other electrolytes many be limited or increased depending on your current blood tests.

Consider fermenting some foods at home. It is easy and makes your whole foods even more nutritious. You can go to the library and check out books by Sandor Katz and Kirsten Shockey. Fermented foods that have not been pasteurized killing of the probiotics will also be in the refrigerator section of the stores. If it is on a shelf, it does not contain live probiotics. You do not need a lot of specialized equipment, however, I have found a Kraut Pounder, glass weights and silicone pipe vents very helpful. Cultures for Health and Masontops both have excellent material on the web sites.

### **Menu Plans and Shopping Lists**

These are very helpful when you are making change to your diet, eliminating foods that are harmful to you, adding foods that support your specific health concerns and to help keep you on track with the changes you are making.

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## Sample Menu Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Snack							
Snack							

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Ferren Consulting

[www.healthy4life.ca](http://www.healthy4life.ca)

## Shopping List

The shopping list only includes items that are in the menu plan. No extras, no cheating. Get to know your local stores. Shop according to your list. It saves time and money.

## Food List

A food list is a chart of the foods you eat and lists the quantity you would eat or use in a recipe and then gives the g of protein, g of carb, g of fat, and mg of sodium in that food. This is often enough detail for a diabetic. A kidney patient may need to add columns for potassium, magnesium and other nutrients.

This food list can help put together recipes, daily menus and a weekly menu plan.

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## Sample Food List

Cathy's Food List							
Revised 2024-10-17							
Food List Designer							
Header	Food	Serving Size	Carbo-hydrate	Calories	Protein	Fat	Sodium
A	Alfredo Sauce Classico Reg	¼ cup or 60 ml	3 g	60 <a href="#">cal</a>	2 g	4.5 g	370 mg
	Almonds unsalted	5	0.5 g	38 <a href="#">cal</a>	1.4 g	3.4 g	0 mg
	Almond Butter	1 tbsp 15 ml/16g	2.8 g	101 <a href="#">cal</a>	2.4 g	9.5 g	1.8 mg
	Almond Flour	¼ cup 65 ml/28 g	2 g	180 <a href="#">cal</a>	6 g	15 g	0 mg
	Almond Milk <a href="#">uns</a>	1 cup or 250 ml	0 g	30 <a href="#">cal</a>	1 g	2.5 g	180 mg
	Almond Milk Van	1 cup or 250 ml	15 g	60 <a href="#">cal</a>	1 g	2.5 g	150 mg
	Apple	Small	17 g	77.5 <a href="#">cal</a>	0.4 g	0.3 g	1.5 mg
	Applesauce <a href="#">unsw</a>	½ cup or 125 ml	12 g	51 <a href="#">cal</a>	0.2 g	0.1 g	2.5 mg

Once you have created 3 weeks of menu plans for variety, created your shopping lists, and if necessary created your own food list, you be able to easily stick to your plan. The goal is for a wide variety of whole foods including different proteins, carbohydrates, fats, fruits and vegetables. Colourful, aromatic meals are easy to get excited about preparing and eating. They provide a wide range of nutrients.

Cooking from scratch with whole foods naturally eliminates many toxins such as artificial colouring, preservatives, artificial sweeteners, highly processed foods, empty calories and sugar. Batch cooking and freezing individual meals can help give you more variety of foods and less time spent in food preparation and cooking and maximize savings on sales.

Drinking adequate clean water is also important. The quantity of water you need to drink daily will depend on your health issues. Some require more water, some less. For me, I currently need to drink 3 litres of water per day. This changes as my level of kidney function changes. Your medical team can advise you how much water you need.

### Final Thoughts

If you are stuck, you may find it helpful to seek advice from a registered holistic nutritionist or a registered dietician.

Enjoy your journey to healthier eating.