

Department of Nutrition and Dietetics

Renal Disease: Controlling your blood sugar levels after a kidney transplant

This diet sheet should only be used by patients who have had a kidney transplant and who have been advised by a Dietitian or transplant nurse to reduce sugar content of their diet.

When your new kidney starts to work properly, you will be advised to eat a healthy diet. Some people who have had a transplant experience problems with raised blood sugar (glucose) levels. This is usually a temporary problem, related to anti-rejection medications and can be controlled by diet.

If your blood sugar levels remain high after your anti-rejection medications have been reduced to the lowest recommended dose, your medical team will investigate further. It is important to maintain good blood sugar control to reduce the risk of developing Diabetes.

Dietary changes required to control blood sugar levels:

- Reduce the sugar content of your diet – see over.
- Have regular meals.
- Include a starchy food e.g. bread, potatoes, pasta, chapatti, rice or breakfast cereal at each meal. Ensure that only moderate amounts of starchy foods are consumed – approx 1/3 of meal.
- Choose wholemeal, seeded or granary bread, whole-wheat pasta, brown rice, wholegrain breakfast cereals and pulses (including peas, beans and lentils).
- Try to eat at least 5 portions of fruit and vegetables per day, spread evenly throughout the day.
- Avoid excessive weight gain.
- Increase exercise as tolerated.
- Avoid diabetic foods as they are often high in fat and calories.



Patient Information

Reducing the sugar content of your diet

Foods high in sugar	Replace with these - foods low in sugar
Sugar, glucose, fructose	Artificial sweeteners such as saccharin, Sweetex, Canderel, Hermesetas, Splenda, Truvia, Stevia
Jam, marmalade, honey, syrup, treacle, lemon curd.	Low sugar jam, marmalade or fruit spread.
Squash and fizzy drinks containing sugar, for example Lucozade, Ribena, Sunny Delight.	Sugar free squash, diet fizzy drinks ('light'), water, soda water, mineral water, slimline mixers, Ribena No Added Sugar. Limit fruit juice to one small glass per day.
Drinking chocolate, malted milk drinks.	Tea, coffee, cocoa, low calorie drinks such as Options or Highlights drinks.
Sweets, chocolates, toffees, mints, sugar free sweets containing isomalt, Indian sweets such as burfi, jalebi, gulab jaman, halva.	Fresh fruit, sugar free mints or sugar free chewing gum.
Tinned fruit in syrup, jelly, instant whips, yoghurts (including low fat) and puddings sweetened with sugar.	Fresh fruit, tinned fruit in natural juice, puddings sweetened with artificial sweeteners, sugar free jelly, sugar free instant whip, low sugar rice pudding, diet yoghurt, small portion of ice cream.
Sweetened condensed milk.	Low fat evaporated milk, crème fraiche or a little cream
Fancy cakes, chocolate biscuits, jam or cream filled biscuits.	Scones, currant buns (teacakes), crumpets, plain biscuits - these foods are low in sugar but are high in calories, so take care if concerned about too much weight gain.

If you require a dietary review, please ask your medical team to refer you to a Dietitian.

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire

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Patient Information

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