

Introduction to proteins

According to most nutritional guidelines, Proteins should make up about 10% to 35% of total calories consumed per day. Persons living with type 2 diabetes also need to eat this same amount of proteins. Proteins can be derived from both plant and animal sources. These includes;

- Meats like beef, chicken, lamb
- Dairy like cheese, milk
- Eggs
- Fish and seafood
- Legumes and lentils like soy, beans, chick pea etc
- Seeds like chia, flax seed
- Nuts like walnuts, peanuts/ground nuts

However, there is need to reduce protein intake among persons are living with type 2 diabetes and kidney disease. The American Diabetes Association recommends reducing protein intake to 0.8–1.0 g/kg per day among persons living with early stage kidney disease and limit to 0.8 g/kg per day among persons living with late stage kidney disease. Plant sources of protein have been reported to produce better outcomes among persons with kidney disease.