

# Understanding carbohydrates for diabetes and chronic kidney disease

Knowing what foods impact blood sugar and why portions matter can help you manage diabetes and protect your kidney health.

## Understand how carbohydrates work

Carbohydrates are found in many foods and provide our bodies with energy. Too many or too few carbohydrates can cause your blood sugar to go too high or too low. It's important to know about different carbohydrates.

### Carbohydrates to choose more often

Carbohydrates that are higher in fiber and help stabilize your blood sugar:

- Fruit
- Starchy vegetables (potatoes, winter squash, corn, and peas)
- Whole grains (oatmeal, whole wheat bread, and brown rice)
- Beans and legumes

Carbohydrates that may help stabilize blood sugar and provide protein:

- Nonfat or low-fat yogurt
- Nonfat or low-fat milk

### Carbohydrates to limit

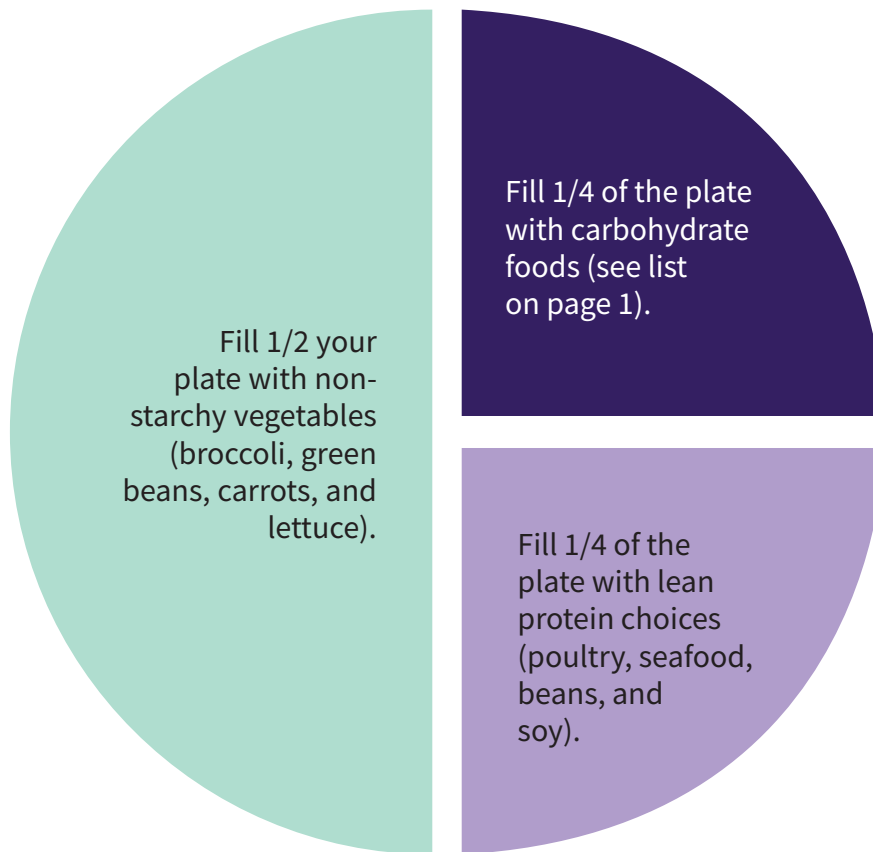
Carbohydrates that cause a rapid increase in blood sugar and make it more difficult to stabilize blood sugar:

- Soda
- Juice
- Sugary cereal
- Cake and cookies
- Sweet tea
- White bread and white rice



**Balance Your Meals**

Use the Diabetes Plate Method to plan balanced meals and help manage your blood sugar.

**Divide your meal into 3 parts:****We're here to help**

Talk to your care team about carbohydrate recommendations for your individual needs.