

# Diabetes: Carbohydrates and Your Blood Sugar

When you have diabetes, keeping your blood sugar levels within a target range is important.

You'll need to work with your doctor to set a blood sugar range that's right for you.

Carbohydrates—or carbs as many people call them— are what cause your blood sugar to rise the most.

Tortillas, rice, potatoes, corn, and beans are all examples of foods that are high in carbs.

Other high-carb foods include fruits, milk and yogurt, and sugar-sweetened foods and drinks.

Even though carbs raise your blood sugar, that doesn't mean you can't eat them.

It just means that you need to eat the right amounts at the right times.

That's why your doctor and diabetes educator will help you figure out how many carbs to eat each day.

You'll also learn how to balance your carbs among your meals, so that you don't eat too many at one time.

Not only can this help you feel better, it also helps prevent future problems with your eyes, nerves, heart, kidneys, and other parts of your body.

And remember, if you need a little more help or support, talk to your doctor or diabetes educator.