



# CARBOHYDRATES

## Diabetes: Carbohydrate Types & Balance

Carbohydrates are not all equal in their metabolic impact. Type, amount, and pairing determine glucose response. Misunderstanding carbs drives insulin resistance. Learning balance prevents progression to diabetes.

Refined carbohydrates digest rapidly, causing glucose spikes and high insulin release. Whole-food carbohydrates digest slowly and provide fiber that stabilizes absorption. Pairing carbs with protein and fat further blunts glucose rise. Labs often show rising fasting insulin and triglycerides long before glucose becomes abnormal.

Without carbohydrate balance, insulin resistance advances silently toward diabetes.

### 01 For Example

A patient avoids sugar but eats large portions of white rice and bread. Energy crashes and cravings follow. Over time, A1C rises. When carbohydrate portions are reduced and paired with protein and vegetables, glucose stabilizes and energy improves.

### 02 Try This Today

**Measure:** Identify which carbohydrate food you eat most frequently.

**Do:** Pair your next carb-containing meal with protein and fiber.

**Reflect:** Ask whether your carb choices stabilize or spike blood sugar.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

