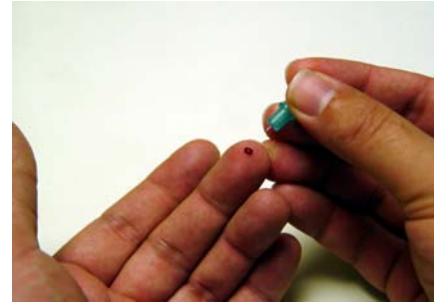




Diabetes

Diabetes is a disease that can cause the sugar in your blood to go out of control. Blood sugar that is too low or too high can be dangerous. Low blood sugar may cause you to feel weak, shaky or sick. High blood sugar can damage the tiny filters in your kidneys. You can help keep your blood sugar at a healthy level by eating well. You might want to:



- Eat smaller meals
- Have healthy snacks between meals
- Avoid foods that are high in fat
- Avoid fried foods
- Limit sugary snacks
- Drink water or diet soda instead of sugary drinks

Talk to your doctor or dietitian for more help planning a healthy diet.

American Kidney Fund
6110 Executive Blvd., Suite 1010
Rockville, MD 20852
Call our toll-free HelpLine at 866.300.2900
or email us at helpline@kidneyfund.org.