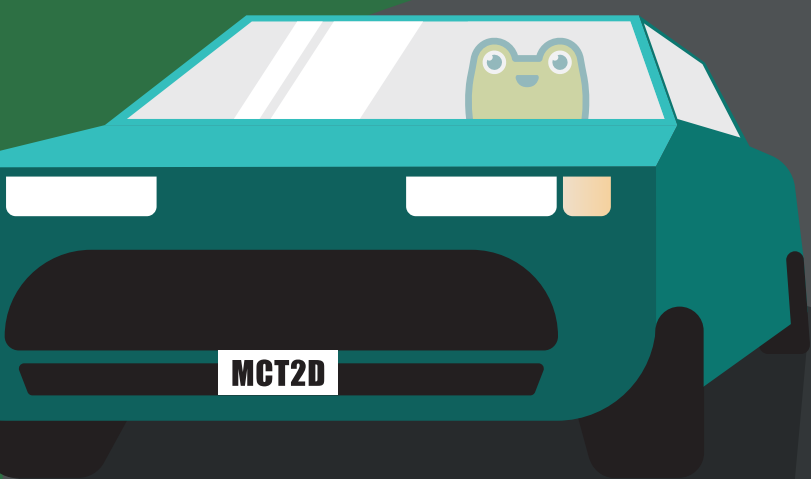


To improve your blood sugar control, Pass Up The @P's

- 1 Pop
- 2 Pasta
- 3 Pastries
- 4 Potatoes
- 5 Processed grains
(bread, rice, corn etc.)
- 6 Packaged foods
(granola bars, cereal, crackers etc.)



HEALTHY EATING
JUMPSTART

To learn more about a lower carb lifestyle and find creative ideas for low carb substitutions, visit jumpstart.mct2d.org

