



# MCT2D Low Carb Diet Resource Tour

November 15<sup>th</sup>, 2024

**Rina Hisamatsu, MPH, RDN**

Registered Dietitian, Domino's Farms Family Medicine  
Michigan Collaborative for Type 2 Diabetes

# MCT2D Learning Community Event Series 2024

Low Carbohydrate Resources

To receive CME/CE credit

**TEXT 71202 to 833-256-8390**

**(by 1:00 PM on November 16)**

**Complete the evaluation online by **December 3****

**at <https://beaumont.cloud-cme.com>**

For assistance, email

[CHEcme@corewellhealth.org](mailto:CHEcme@corewellhealth.org)

# Continuing Education Credits

**CME/CE Accreditation:** In support of improving patient care, this activity has been planned and implemented by Beaumont Health and Michigan Collaborative for Type 2 Diabetes. Beaumont Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

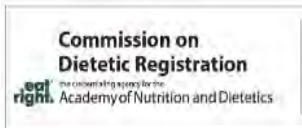
This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

**Medicine CME:** Beaumont Health designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing CE:** Beaumont Health designates this activity for a maximum of 1.0 ANCC contact hour. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

**Pharmacy CE:** Beaumont Health designates this activity for 1.0 ACPE contact hour. ACPE Universal Activity Number (UAN): JA4008259-9999-24-015-L01-P. Learners should claim only the credit commensurate with the extent of their participation in the activity. Credit will be uploaded to the NABP CPE Monitor within 30 days after activity completion. Per ACPE rules, Beaumont Health does not have access nor the ability to upload credits requested after 60 days. It is the individual learner's responsibility to provide the correct NABP ID and DCP (MDDP) to receive credit.

**Dietetic CPEU:**

 <p><b>Commission on Dietetic Registration</b> the credentialing agency for the Academy of Nutrition and Dietetics</p>	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related (but not targeted to RDs or DTRs), CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.</p>
--	--

# Disclosure

The following speakers and/or planning committee members have identified the following relevant financial relationship(s) with ineligible companies. All other individuals involved with this activity have no relevant financial relationships with ineligible companies to disclose.

- **Lauren Oshman, M.D. (Course Co-Director):** Stocks in publicly traded companies or stock options, excluding diversified mutual funds-Abbott, AbbVie, Johnson & Johnson, Lilly, Merck & Co., Organon.

**Mitigation of Conflicts of Interest:** In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, Beaumont Health implemented mechanisms to identify and mitigate relevant financial relationships with ineligible companies for all individuals in a position to control content of this activity.

# Sign In Procedure

**Please use the link that will be sent to your email to sign in!**

This Sign-In Sheet is used to track your attendance. **This only applies to physicians who want to earn physician level learning community credit for their attendance.** Correctly signing in on the Sign-In Sheet will make it easier for you and the MCT2D Coordinating Center to make sure you get the credit for attendance.

## To Sign In:

- 1) We will send a link to everyone who attended following the meeting as well as put it in the chat now.
- 2) After typing in your first and last name, your PO and practice will automatically populate in the fields below.
  - a) PO employees not associated with a specific practice don't need to select a practice.
  - b) If you are associated with multiple practices, please select any from the options.
- 3) When entering your Zoom name, please make sure to spell it exactly as it appears on your Zoom screen. If your Zoom name does not match between Zoom and this Sign-In Sheet, there may be a delay in receiving your VBR credit.

# Objectives

1. Explore tools and resources on low carbohydrate eating patterns - *live tour of resources*
2. Learn about MCT2D resources from the Resource Library and Low Carb Jumpstart
3. Provide tailored low carb resources to meet patient needs
4. Explore various external low carb diet resources

# MCT2D Resources

# Getting Patients Started

Patient-centered approach:

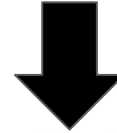
1. Gather background information
2. Inquire about patient goals
3. Elicit interest in pursuing lifestyle changes
4. Utilize planning tools to guide goal-setting and resource sharing

Considerations:

1. Who is going to have this discussion with patients and when?
2. What type of learner is the patient and how is information shared?
3. How will you follow-up with your patients?
4. Less is often more!



# Planning Tools Using Jumpstart



WELCOME TO  
JUMPSTART

A low carb lifestyle for  
Type 2 Diabetes

DOWNLOAD THE  
WELCOME PACKET



# Planning Tools Using Jumpstart

- ★ Set Goals:
  - Determine carb goal
  - Determine additional goals
  - Print/download PDF
- ★ Tracking carbs
  - Digital
  - Paper (MCT2D tool)
- ★ Interactive meal planner
- ★ Generate sample meal plan
- ★ Low carb groceries list



# MCT2D Homepage Virtual Tour



<https://www.mct2d.org/>

MCT2D.org

# MCT2D Homepage Virtual Tour

- ★ Resources Library page
- ★ Bookmarking feature
- ★ Collections tab



**MCT2D**  
MICHIGAN COLLABORATIVE  
— FOR TYPE 2 DIABETES —

RESOURCES MEMBERS EVENTS PATIENTS SEARCH

## THE MICHIGAN COLLABORATIVE FOR TYPE 2 DIABETES

*Shifting the paradigm of type 2 diabetes care through dissemination of best practices and partnering to remove barriers to care.*

- Increasing use of continuous glucose monitoring devices
- Aligning medication prescribing with guideline directed care
- Promoting low carbohydrate eating patterns

# Summary of Potential Resources to Share with Patients

Resource	Format	Link
Low Carb Jumpstart Homepage	Website	<a href="#">Low Carb Jumpstart</a>
Jumpstart Goal Setting Tool	Digital or printable handout	<a href="#">Goal Setting Planner</a>
Low Carb Lifestyle 1-Pager	Printable handout	<a href="#">Low Carb Lifestyle 1-pager</a>
Low Carb Jumpstart - Full Packet	Printable handout	<a href="#">Low Carb Jumpstart Packet</a>
Intro to Low Carb 3-Part Video Series	Video	<a href="#">Low Carb Videos - collection</a>
Intro to Low Carb Videos - Quick Access Guide	Printable handout	<a href="#">Low Carb Videos - quick access guide</a>
Low Carb Plate Planner (4-step)	Printable handout	<a href="#">4-Step Plate Planner</a>
Low Carb Grocery List	Printable handout	<a href="#">Sample Groceries</a>
Low Carb Recipes	Digital	<a href="#">Low Carb Recipes</a>
Low Carb Blog Posts	Digital	<a href="#">Low Carb Blog</a>



# Intro to Low Carb 1-pager

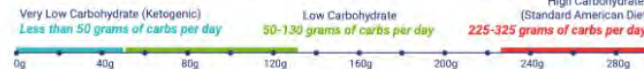
This handout may be helpful for:

1. Patients NEW to LCDs and interested in an overview and tips to get started.
2. Patients NEW to LCDs with uncertainties about pursuing this lifestyle but willing to learn more.

## Getting Started on a Low Carb Lifestyle for Type 2 Diabetes



**What is a low carb lifestyle?** A low carb lifestyle limits your intake of carbohydrates (carbs) from foods like bread, pasta, rice, potatoes and other starchy vegetables, sweets, baked goods, sugary beverages, and fruits and emphasizes proteins, non-starchy vegetables, and healthy fats.



**Meal with ~16g of carbs**

- 4-5 oz Grilled Fish or Chicken 0g carbs
- 3 cups Mixed Salad 5g carbs
- 1 oz Feta Cheese and Olives 1g carbs
- 2 tbsp Ranch Dressing 2g carbs
- 1/2 Avocado 8g carbs



**Meal with ~47g of carbs**

- 1/2 cup Brown Rice 22g carbs
- 1/2 cup Black Beans 15g carbs
- 4-5 oz Steak 0g carbs
- 1.5 cups Grilled Vegetables 10g carbs



**Meal with ~150g of carbs**

- 2 slices Pepperoni Pizza 70g carbs
- 4 pcs Mozzarella Sticks 30g carbs
- 1/2 cup Marinara Sauce 10g carbs
- 12 oz Regular Soda 40g carbs

**How does a low carb lifestyle help my diabetes?** Reducing your carb intake also reduces your body's **blood sugar** and **insulin** levels. When your insulin levels are low, your body stops storing extra sugar as fat, and starts using stored fat for energy. This can make it easier to lose weight and have more energy!

**The benefits of a low carb lifestyle**

- WEIGHT LOSS
- REDUCED BLOOD PRESSURE
- REDUCED HUNGER & CRAVINGS
- BLOOD SUGAR CONTROL
- INCREASED ENERGY

**What are carbs?** Carbs (i.e., carbohydrates) are a nutrient that is broken down by the body into sugar (glucose). There are 3 types of nutrients: carbs, fat, and protein.

**What is blood sugar (or blood glucose)?** Blood sugar is the level of sugar in your blood after your body breaks down nutrients into glucose for energy.

**What is insulin?** Insulin is a chemical released when you eat carbs. Everyone needs insulin to live.

**Updated April 2023**  
The American Diabetes Association supports individualized eating plans for people with type 2 diabetes. Reducing your carbohydrates can help you control blood sugar and reduce medications.

Want to learn more?  
[Scan or visit MCT2D.org/patients](#)



# Jumpstart Welcome Packet



WELCOME TO  
JUMPSTART

A low carb lifestyle for  
Type 2 Diabetes



DOWNLOAD THE  
WELCOME PACKET



# 3-Part Intro to Low Carb Video Series

Video 1: Intro to Low Carb

Video 2: Meal Planning and Shopping

Video 3: Low Carb in the Real World





# Video Series Quick Access Guide

*Print, share, scan,  
and watch!*



## Intro to Low Carb 3-Part Video Series Quick Access Guide

This series will prepare you with all the information you need to get started on a low carb lifestyle. Check out the description to each video below!

### Part 1: Intro to Low Carb (10 minutes) - [michmed.org/rebDR](http://michmed.org/rebDR)

This video explains the basics of a low carb lifestyle for type 2 diabetes management. Walk through a lesson on carbohydrates, reading the nutrition label, meal planning and more.



Use the QR codes to watch the videos now!

### Part 2: Meal Planning and Shopping (12 minutes) - [michmed.org/XY3k2](http://michmed.org/XY3k2)

This video is all about strategies for budget savvy meal planning, stocking low carb pantry staples, low carb breakfast makeovers, and low carb substitutes for common high carb staples.



### Part 3: Staying on Track in the Real World (11 minutes) - [michmed.org/NrWBq](http://michmed.org/NrWBq)

This final video summarizes the key takeaways about a low carb lifestyle from parts 1 and 2 and applies them to situations in the real world like navigating social gatherings, dining out, and facing challenges.



11/13/2024

# Meal Plan Basics: Low Carb (<130g carbs/d)

## 4-step process

1. Pick a protein
2. Add non-starchy vegetables
3. Add some fats for flavor
4. Add some complex carbs

### BUILDING YOUR PLATE

Follow the 4-step process to create delicious low carb meals



# Meal Plan Basics: Very Low Carb (<50g carbs/d)

## 3-step process

1. Pick a protein
2. Add non-starchy vegetables
3. Add some fats for flavor

### BUILDING YOUR PLATE (<50g carbs/day)

Follow the 3-step process to create delicious very low carb meals



MCT2D.org

# Low Carb Groceries

Variety of low carb groceries including:

- Protein sources
- Non-starchy vegetables
- Pantry goods
- Nuts and seeds
- Condiments
- Dairy
- Oils/fats
- Beverages

## LOW CARB GROCERY SHOPPING LIST

Stock your fridge and pantry with low carb foods

<b>Meats &amp; Meat Alternatives</b> Beef (ground, steaks, ribs, or roast) Chicken/Turkey Duck Lamb Pork (ground, chops, ribs, or roast) Veal Goat Venison or other game Tempoh with no starches added Tofu with no starches added	<b>Dairy</b> (no added sugars or starches) Butter Cheeses (full-fat - all types) Cottage cheese Cream cheese Eggs Cream (heavy or whipping) Ricotta Sour cream Yogurt (unsweetened Greek)	<b>Fats &amp; Oils</b> Avocado/Avocado oil Coconut oil Ghee/Lard Olives/Olive oil Schmaltz (chicken fat) Sesame oil Vegetable oil Nut oils
<b>Vegetables</b> Artichoke Asparagus Baby corn Bean sprouts Broccoli Bok choy Brussels sprouts Cabbage Cauliflower Celery Cucumber Eggplant Fennel Greens (all types) Green beans Green onions/chives Kohlrabi Leeks Lettucos of all types Mushrooms Okra Onions Peppers (all varieties) Radishes Rhubarb Rutabaga Seaweed Shallots Snap peas/snow peas Sprouts Sugar snap peas Swiss chard Tomatoes Turnips Watercress Zucchini	<b>Canned goods &amp; condiments</b> Alfredo sauce Artichoke hearts Broth or bouillon Capers Cheese crisps (Parmesan, cheddar, etc.) Chipotle peppers Coconut milk Green chilies Horseradish Hot sauces Mayonnaise Mushrooms Mustard	Nut butters (no added sweeteners) Olives Pasta sauce Pesto Pickles & relish (no sugar added) Roasted red peppers Salad dressings (full fat) Salsa Sauerkraut Soy sauce/tamari Sun-dried tomatoes in oil Tomatoes & tomato paste Vinegar
<b>Del counter</b> (no added sugars or starches) Bacon Chorizo Corned beef Egg salad Hot dogs Luncheon meats of all types Pastami Pepperoni Salsami Sausage	<b>Cooking &amp; baking items</b> Low-calorie sweeteners (your preference) Chocolate, dark (80% cocoa or more) Cocoa powder Flavorings and extracts Herbs and spices Whey protein & other protein powders	<b>Other</b> Fresh herbs Garlic Lemons & limes Shiro-taki/konjac noodles
<b>Beverages</b> Club soda Coffee Tea Unsweetened flavored seltzers	<b>Seafood</b> Crab Fish of all types Lobster Mussels	Octopus Oysters Scallops Shrimp Squid
<b>Higher Carb Foods</b> Quinoa Oats Brown rice Whole wheat pasta Whole-wheat (gran-based) Whole-wheat crackers	<b>Whole grains</b> Quinoa Oats Brown rice Whole wheat pasta Whole-wheat (gran-based) Whole-wheat crackers	<b>Nuts &amp; seeds</b> Almonds Brazil nuts Chia seeds Flax seeds Hazelnuts Macadamia nuts Peanuts Pecans Pumpkin seeds Sunflower seeds Walnuts
<b>Milk</b> Milk (2%) Plain soy milk	<b>Fruits</b> Berries Kiwi Plum Pineapple Melon-watermelon Orange Banana Grapes Cherries Canned fruit (in water)	<b>Starchy vegetables</b> Beans Beets Carrots Corn Green peas Lentils Potato Squash Taro Yams

Adapted From Diet Doctor

# Low Carb Breakfast Recipes

50+

Low carb  
recipes



Breakfast

**3-ingredient egg  
cups**

2g of carbs

\$

<30 mins



Breakfast

**Yogurt swirl with  
instant jam**

13g of carbs

\$\$

<30 mins



Breakfast

**Low carb banana  
blueberry pancake**

18g of carbs

\$\$

<30 mins



# Low Carb Lunch Recipes

50+

Low carb  
recipes



Main Course

**Sheet pan teriyaki  
salmon with  
vegetables**

8g of carbs

\$\$\$

<30 mins



Lunch

**Keto no-noodle  
chicken soup**

4g of carbs

\$\$\$

<30 mins



Salad

**Keto Cobb salad  
with ranch dressing**

6g of carbs

\$\$\$

>30 mins

# Low Carb Dinner Recipes

50+

Low carb  
recipes



Dinner

**Crispy tofu sticks  
with green bean  
fries and chipotle  
mayo**

13g of carbs

\$\$

<30 mins



Dinner

**Baked Chicken  
Thighs with Squash  
Medley**

8g of carbs

\$\$

<30 mins



Dinner

**Low carb egg roll in  
a bowl**

8g of carbs

\$\$

<30 mins

# Sample Meal Plans

Scan here for the full collection →



## Low Carb (<130g carbs)

### 7-DAY SAMPLE MEAL PLAN

Low Carb Meal Plan (50-130g per day)

50-130g  
per day

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.



SUNDAY		
Breakfast	Lunch	Dinner
3 egg omelets with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese 1 slice whole wheat bread or 1 tsp mixed berries	Wrap sandwich (8 inch low carb wrap, 4-5oz turkey, cheddar, spinach, tomatoes, and onion). Add mustard, pickles, mayo, and seasoning as desired. <i>Optional: add hot sauce for crunch or avocado.</i>	2 cups spaghetti squash* topped with ½ cup low carb tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables. <i>Optional: add grated Parmesan.</i> <i>*Whole (2oz) keto-use high protein low carb tortilla shells</i>
Total carbs: 29-25g	Total carbs: 25-90g	Total carbs: 40g
MONDAY		
Breakfast	Lunch	Dinner
½ cup plain Greek yogurt topped with 1oz mixed nuts, 1 cup berries or 1 piece fruit (1 small apple, plum, kiwi, 1 cup raspberries)	2-3 cups mixed greens topped with 4-5oz tuna or other canned fish, ½ cup chickpeas, diced zucchini, tomato, onion, pickles, olives, avocado, and feta or shredded cheese. Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette	Chicken Alfredo (whole grain fettuccine with 4-5oz chicken, grilled, ½ cup Alfredo sauce, and 2oz (2-3rd) whole grain lettuce) Serve with side salad (dressing: full fat or olive oil and vinegar)
Total carbs: 25g	Total carbs: 25g	Total carbs: 50g
TUESDAY		
Breakfast	Lunch	Dinner
Baked avocado cups (cut avocado in half, add 1 egg to center of each half – bake at 425 degrees for 15-20 min) 1 piece of fruit (1 small apple, plum, kiwi, 1 cup cantaloupe, 1 cup berries)	Lettuce wraps (2-3 large lettuce leaves topped with 4-5 oz turkey or chicken, 2 tbsp hummus, diced tomatoes, onion, and 1oz pumpkin seeds) Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight) <i>YOU CAN MAKE THIS IN BATCH!</i>	2 cups lentil soup (brown lentils, onions, garlic, diced carrots, zucchini, celery, mushrooms) Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight)
Total carbs: 30g	Total carbs: 20g	Total carbs: 43g

MCT2D.org

## Very Low Carb (<50g carbs)

### 7-DAY SAMPLE MEAL PLAN

Very Low Carb Meal Plan (<50g per day)

<50g  
per day

Are you wondering what to eat on a very low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.



SUNDAY		
Breakfast	Lunch	Dinner
3 egg omelet with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese ½ cup sliced strawberries	Wrap sandwich (8 inch low carb wrap, 4-5oz turkey, cheddar, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired	2 cups zucchini noodles topped with ½ cup low carbohydrate tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables. <i>Optional: add grated Parmesan</i>
Total carbs: 10g	Total carbs: 23g	Total carbs: 15g
MONDAY		
Breakfast	Lunch	Dinner
Baked avocado cups (cut avocado in half, add 1 egg to center of each half – bake at 425 degrees for 15-20 min)	2-3 cups mixed greens topped with 4-5 oz tuna or chicken, sliced cucumber, tomato, onion, pickles, olives, avocado, feta or shredded cheese. Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette	Chicken Alfredo with 4-5oz chicken, Alfredo sauce, and 2 cups zucchini noodles
Total carbs: 14g	Total carbs: 15g	Total carbs: 12g
TUESDAY		
Breakfast	Lunch	Dinner
½ cup plain Greek yogurt topped with 1oz mixed berries	Lettuce wraps (2-3 large lettuce leaves topped with 4-5oz ground turkey or chicken, diced tomato, and ½ cup shredded cheese, 2 tbsp ranch dressing)	Meatloaf made with sugar-free BBQ glaze, 1 cup sautéed green beans, 1 cup cauliflower mash
Total carbs: 14g	Total carbs: 10g	Total carbs: 14g

MCT2D.org

## Low Carb (lacto-ovo vegetarian)

### 7-DAY SAMPLE MEAL PLAN

Lacto-Ovo Vegetarian Low Carb Meal Plan (50-130g per day)

50-130g  
per day

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample Lacto-Ovo Vegetarian 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.



SUNDAY		
Breakfast	Lunch	Dinner
1 cup plain Greek yogurt topped with 1 oz mixed nuts and ½ cup blueberries	Quinoa bowl (½ cup cooked quinoa, ½ cup baked marinated tofu, ½ cup roasted sweet potato cubes, 1 cup lightly sautéed kale, 2 tbsp oil and vinegar dressing)	Cauliflower dal and lentil curry made by simmering a large head of chopped cauliflower, red lentils, garlic, and onion in a large pot with stock. Add in your favorite spices and finish off sautéed garlicky spinach.
Total carbs: 20g	Total carbs: 56g	Total carbs: 45g
MONDAY		
Breakfast	Lunch	Dinner
Tofu scramble. Crumble a block of extra firm tofu and sauté with diced vegetables. Flavor with turmeric, garlic, onion, and cayenne powder. Serve with sliced avocado and some fruit	Egg bites. Whisk together 3 eggs, chopped onion, peppers, spinach, mushrooms, seasoning, and 1oz cheese. Pour mixture into muffin tin and bake at 350 degrees for 20 min or until set. Serve with milk salad (soy milk, olive oil, lemon juice, sea salt, almonds)	Chickpeas and tomato stew. Simmered chickpeas in a rich tomato sauce with onions, garlic, bell peppers, and spices (cumin, paprika, coriander). Stir in fresh or frozen green peas and cook additional 5 min. Top with chopped almonds.
Total carbs: 21g	Total carbs: 20g	Total carbs: 47g
TUESDAY		
Breakfast	Lunch	Dinner
Moroccan-style eggs. Cook low-sugar marinara with diced bell pepper and onion. Cook until soft. Create 2-3 wells using the back of a spoon and crack an egg into each. Cover and simmer for 4-6 min or until desired doneness.	Baked bean salad. Over a bed of leafy greens, sprinkle your favorite toppings like ½ cup black beans, ½ cup avocado, tomatoes, cucumber, 2 tbsp salsa, ½ cup cheese, and dressing (try ranch or lemon and olive oil vinaigrette)	Spaghetti squash with lentil sauce. Cook diced onion, garlic, celery and mushrooms in olive oil. Add brown lentils and a can of crushed tomatoes. Simmer on low for 20 min. Season and serve over a bed of spaghetti squash or other low carb pastas (like Palmini).
Total carbs: 21g	Total carbs: 44g	Total carbs: 53g

MCT2D.org





# Resources to Support Carb Counting

# Understanding Macronutrients

## BLOG

News, tips, and more about low carb!

Introduction about macronutrients and what foods contain these nutrients. Helpful visual aid included!



### Macronutrients Explained

Foods contain 3 macronutrients: carbohydrates, proteins, and fats. It can be helpful to understand what foods contain these nutrients and how our bodies use them. Let's dive deeper into these macronutrients to better understand what they do and where they are found.

[Read More >](#)

# Understanding Nutrition Labels

Patient-facing handout explaining the nutrition label on packaged foods

Identifies serving size, carbohydrate content, fiber, and protein content

## UNDERSTANDING NUTRITION LABELS

Learn how to read nutrition labels on packaged foods

**Serving Size:** Always check the serving size to see the portion it reflects. The nutrient amounts shown on the label all refer to the size of one serving.

*In this example, one serving is 1 cup (55g).*

**Total Carbohydrate:** The sum of all carbohydrates in one serving of a product including starch, sugars, and dietary fiber. All, except dietary fiber, will play a role in raising blood sugar and insulin levels.

*This example has 21g of total carbohydrates in one serving.*

**Dietary fiber:** Fiber is an important part of a low carbohydrate lifestyle because it helps you feel full, keeps blood sugar levels steady, and your gut healthy. A well-balanced low carbohydrate lifestyle will include foods high in dietary fiber such as leafy greens, broccoli, cauliflower, peppers, nuts, and seeds.

*This example has 2g of dietary fiber in one serving.*

**Total sugars:** Sugars are part of total carbohydrate and include sugars naturally present in food, like fruit or milk, as well as sugars that have been added to a food, like sweetened beverages and desserts. Regardless of the source, all sugars are absorbed into the bloodstream and raise insulin levels. These should be limited in a low carbohydrate lifestyle.

*This example has 8g of total sugars in one serving.*

**Protein:** Protein helps you feel full and satisfied. Check the label to see how many grams of protein is in a serving of a product. A good source of protein will have at least 7-8g per serving.

*This example has 10g of protein in one serving.*

### Nutrition Facts

10 servings per container		
<b>Serving size</b>	<b>1 cup (55g)</b>	
<b>Amount per serving</b>		
<b>Calories</b>	<b>165</b>	
<b>% Daily Value*</b>		
<b>Total Fat</b> 1.5g	<b>2%</b>	
Saturated Fat 0.5g	<b>3%</b>	
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 180mg	<b>8%</b>	
<b>Fluoride</b> 0g		
<b>Total Carbohydrate</b> 21g	<b>8%</b>	
Dietary Fiber 2g	<b>7%</b>	
Soluble Fiber <1g		
Insoluble Fiber 1g		
<b>Total Sugars</b> 8g		
Includes 6g Added Sugars	<b>12%</b>	
<b>Protein</b> 10g		
Vitamin D 3mcg (80IU)	15%	
Calcium 170mg	13%	
Iron 3mg	15%	
Potassium 140mg	3%	
Vitamin C 10mg	11%	
Thiamin 0.3mg	25%	
Niacin 3mg	19%	
Vitamin B <sub>6</sub> 0.4mg	25%	
Biotin 6mcg	20%	
Vitamin E 6mg	40%	
Phosphorus 112mg	9%	
Iodine 15mcg	10%	
Zinc 7mg	17%	
Manganese 0.3mg	13%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 10	Carbohydrate 4	Protein 3

MCT2D.org



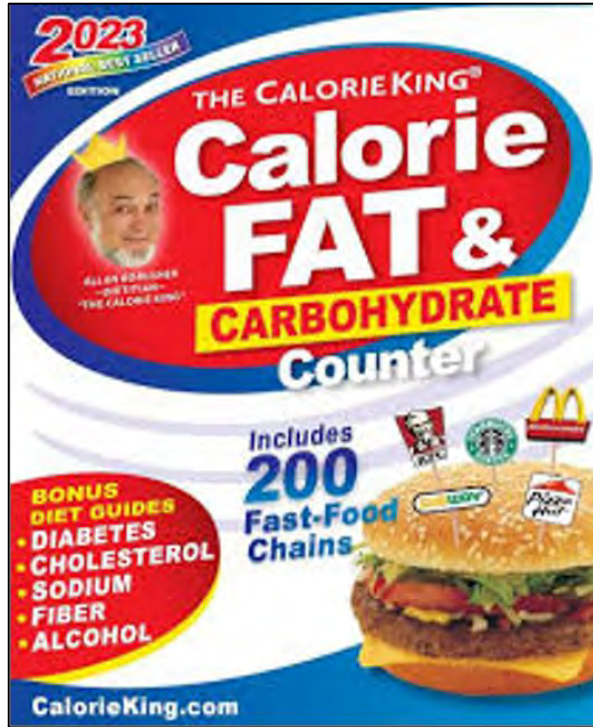
# Low Carb Cheat Sheet

Quick reference guide for carb estimates of common foods!

LOW CARB CHEATSHEET					MCT2D.org
<b>0g CARB FOODS</b> (Per serving)	<b>Meats</b> Beef, Lamb, Pork, Veal (3 oz)	<b>Poultry</b> Chicken, Turkey, Duck (3 oz)	<b>Fish / Shellfish</b> Salmon, Tuna, Sardines, Shrimp, Lobster, Crab (3 oz)	<b>Eggs</b> Whole or whites (1 egg)	<b>HIGH CARB FOODS</b>
	<b>Lemon, Lime, Vinegar, Herbs, Spices</b> (1 tsp)	<b>Fats: Oils</b> Avocado, Olive, Sesame, Peanut, Canola (1 tsp)	<b>Fats: Other</b> Butter (1 tsp), Mayo (1 tbsp), Heavy cream (1 tbsp)	<b>Beverages</b> Water, Black coffee, Unsweetened tea, sparkling water (8 oz)	
<b>1-5g CARB FOODS</b> (Per serving)	<b>Leafy Greens</b> Lettuce, Spinach, Arugula, Kale, Collards, Turnip, Romaine (1 cup raw or ½ cup cooked)	<b>Non-starchy Vegetables</b> Asparagus, Bell peppers, Bok Choy, Brussel Sprouts, Cucumbers, Cabbage, Cauliflower, Eggplant, Onions (1 cup raw or ½ cup cooked)	<b>Avocado</b> (1 oz or 2 tbsp)	<b>Fruit Smoothie</b> (50g per 8 oz)	
	<b>Deli Meat &amp; Bacon</b> (1 oz or 2 slices)	<b>Dairy</b> Cheese (1 oz or ¼ cup shredded), Cream cheese (1 tbsp)	<b>Tofu</b> (3 oz)	<b>Hummus</b> (1 tbsp)	<b>100% Juice</b> (26-30g per 8 oz)
<b>5-10g CARB FOODS</b> (Per serving)	<b>Edamame</b> (½ cup peeled)	<b>Beets</b> (½ cup)	<b>Raspberries</b> (½ cup or 2 oz)	<b>Strawberries</b> (6 medium or 2 oz)	<b>Carrots</b> (10 baby carrots or ½ cup)
	<b>Squash</b> butternut, Spaghetti, Acorn, Pumpkin (1 cup)	<b>Nuts</b> Walnuts, Almonds, Brazil Nuts, Cashews, Pistachios, Peanuts (1 oz)	<b>Seeds</b> Flaxseed (5 tsp), Sunflower (1 tbsp), Chia Seeds (2 tbsp)	<b>Full-fat plain Greek yogurt</b> (1 cup)	<b>Whole Wheat Bread</b> (15-20g per slice)
<b>10-20g CARB FOODS</b> (Per serving)	<b>Cow's milk</b> (1 cup)	<b>Blueberries, Blackberries</b> (½ cup or 2.5 oz)	<b>Beans, Lentils, Quinoa</b> (½ cup cooked)	<b>Sweet Potato</b> (½ cup mashed)	<b>Sugary Cereal</b> (30g per 1 cup with no milk)
	<b>Kiwi, Peach</b> (1 whole)	<b>Rolled Oats</b> (½ cup)	<b>Melon / Watermelon</b> (1 cup diced)	<b>Green Peas, Corn</b> (½ cup)	<b>Fruit Jam or Jelly</b> (30g per 2 tbsp)
					<b>10" Tortilla</b> (40g per wrap)



# Carb Tracking Tools



### WEEKLY CARB & BLOOD SUGAR TRACKER

NAME: \_\_\_\_\_  
 DOB: \_\_\_\_\_

TARGET RANGES	
PRE-MEAL	POST-MEAL

**OPTIONAL GOALS**  
 (Complete at beginning of week)

Daily carb intake: \_\_\_\_\_

Minutes of physical activity: \_\_\_\_\_

Daily blood sugar checks: \_\_\_\_\_

**REFLECTIONS**  
 (Complete at end of week)

This week my energy level was:  
 (circle) 1 2 3 4 5  
 Low I felt very tired High I had lots of energy

This week my food cravings were:  
 (circle) 1 2 3 4 5  
 Low I had no cravings High I had lots of cravings

NOTES: \_\_\_\_\_

Always follow your healthcare provider's instructions on when and how often to check your blood sugar. MCT2D.org

MONDAY	DATE	TUESDAY	DATE	WEDNESDAY	DATE		
<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>			
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:			
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>			
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:			
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>			
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:			
<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>			
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS		
Blood sugar before bed:		Blood sugar before bed:		Blood sugar before bed:			
<b>Total carbs for the day:</b>		<b>Total carbs for the day:</b>		<b>Total carbs for the day:</b>			
PHYSICAL ACTIVITY	DURATION	PHYSICAL ACTIVITY	DURATION	PHYSICAL ACTIVITY	DURATION		
How do you feel about the meals you ate today?	😊 Good	😐 Neutral	😓 Needs work	How do you feel about the meals you ate today?	😊 Good	😐 Neutral	😓 Needs work

# Digital Tracking Tools



## Carb Manager

Carb Manager is a highly recommended smartphone app for low and very low-carb dietary plans. The app includes nutrition and food trackers, recipe database, personalized meal plans, education, and a supportive community.

[carbmanager.com](http://carbmanager.com)



## My Fitness Pal

MyFitnessPal is another highly recommended tracking app. The app allows you to easily log foods and exercise, with detailed nutrition information. You can create personalized meal plans, grocery shopping lists, and exercise plans.

[myfitnesspal.com](http://myfitnesspal.com)



## Cronometer

The browser version is free, and a paid membership removes ads. The smartphone app costs a small fee. Aimed at people following a carb-reduced way of eating.

[cronometer.com](http://cronometer.com)

# Tailoring Low Carb Recommendations

# Low Carb Food Diversity

Booklet highlighting low carb adaptations  
of meals influenced by diverse global  
cuisines and regions





# Culturally Influenced Meal Plans



Scan here for the full collection →

## South Asian (low carb vegetarian)

### 7-DAY SAMPLE MEAL PLAN

Low Carb South Asian Meal Plan (Vegetarian)

Here is a sample 7-day meal plan inspired by South Asian cuisine for those who are interested in following a low-carbohydrate meal plan. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

~130g  
per day



Find these recipes in detail and snack options at [michmed.org/wrk/m](http://michmed.org/wrk/m)

SUNDAY		
Breakfast	Lunch	Dinner
Dressed Up Oatmeal made with 1/2 cup rolled oats (can sweeten with sugar substitute)	Dumina Uppma with vegetables made with 1 cup quinoa, 1/4 cup of sliced vegetables and spices	Cauliflower Sabzi made with 4 cups cauliflower, diced onion and tomato, and spices
Serve with walnuts or pumpkin seeds for crunch	Serve with fresh chopped cucumber	Serve with 1/2 low carb roti and 1/2 cup lentil dal
1-2 eggs, cooked any style		
Total carbs: 32g	Total carbs: 37g	Total carbs: 52g
MONDAY		
Breakfast	Lunch	Dinner
Egg Bhurji made with 3 eggs, diced onions, tomatoes, and green bell pepper, and spices	Lentil and Vegetable Dal made with 1 cup masoor dal, sliced vegetables and a spice blend	Paneer Jalfrezi with Kanda stir fry made with 1/4 cup paneer cut into cubes, 2 cups kanda, sliced vegetables, and spices
Serve with 1/4 cup sliced mango	Pro tip: prepare the dal and veggie and spice blend ahead of time	Serve with 1 cup spiced cauliflower rice
	Serve with 2 low carb roti and side salad	
Total carbs: 32g	Total carbs: 56g	Total carbs: 32g
TUESDAY		
Breakfast	Lunch	Dinner
Cucumber and yogurt Dahi with 2 Low Carb Breads made with 1 cup plain Greek yogurt, chopped cucumber, and spices	Paneer Dahi Matar made with 4 cups shredded cabbage, 1 cup peas, sliced vegetables, and an assortment of spices	Tandoori Chole with mint yogurt raita made with cauliflower, 1/4 cup plain Greek yogurt, fresh mint leaves, and spices
Serve with 1-2 eggs, cooked any style	Serve with 2 cup spiced cauliflower rice	Paneer Tikka Bhajia made with 1/4 cups paneer and spices
	Serve with 2 low carb roti	Serve with 2 low carb roti
Total carbs: 32g	Total carbs: 88g	Total carbs: 38g

MCT2D.org

## South Asian (low carb non-veg)

### 7-DAY SAMPLE MEAL PLAN

Low Carb South Asian Meal Plan (Non-Vegetarian)

Here is a sample 7-day meal plan inspired by South Asian cuisine for those who are interested in following a low-carbohydrate meal plan. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

~130g  
per day



Find these recipes in detail and snack options at [michmed.org/wrk/m](http://michmed.org/wrk/m)

SUNDAY		
Breakfast	Lunch	Dinner
Egg Bhurji made with 3 eggs, diced onions, tomatoes, and spices	Rajma Fish Curry made with 1 lb fish, dried onion, tomatoes and spices	Paneer Tikka Masala made with 4 cups shredded cauliflower, 1 cup green peas, dried onion and tomato, and spices
Serve with 1/4 cup sliced mango	Serve with 2 low carb roti	Serve with 2 low carb roti
Total carbs: 32g	Total carbs: 30g	Total carbs: 48g
MONDAY		
Breakfast	Lunch	Dinner
Low Carb Uttamam made with 1 1/4 cups almond flour, 1 cup coconut milk, 1/4 cup diced onion, 1/4 cup diced tomato, 1/4 cup green chili, and spices	Masala Bhajia made with 2 cups bhindi/okra, diced vegetables, and spices	Chicken and cauliflower rice biryani made with 1 1/2 lbs boneless chicken, 1/4 cup dried yogurt, 8 cups cauliflower rice, and spices
Rasam made with 3 chopped tomatoes, 4 cups of water, and an assortment of spices	Serve with 2 low carb roti	Kachumber salad made with 1/4 cup diced cucumber, 1 cup diced tomato, 1/4 cup diced onion, and fresh herbs.
Total carbs: 34g	Total carbs: 40g	Total carbs: 20g
TUESDAY		
Breakfast	Lunch	Dinner
Paneer Dahi Matar, approx. 18 inch "can snap with 2 low carb rotis for less carbs	Egg Curry made with 5 eggs, 1 onion cut into quarters, 2 tomatoes cut into quarters, 1 green chili, and spices	Chicken Tikka Shivers made with 1 1/2 lbs boneless chicken, 1 green bell pepper, 1 red bell pepper, 1 green chili, and a tikka spice blend
Masala Bhajia made with 2 cups bhindi/okra, sliced vegetables, and spices	Serve with 2 low carb roti	Paneer Tikka shivers made with 1/4 cups paneer and spices
Serving with 2 tsp minisizer chutney and 2 tsp fresh curd		Serve with 2 cup spiced cauliflower rice and mint chutney
Total carbs: 45g	Total carbs: 32g	Total carbs: 31g

MCT2D.org

## Hispanic (low carb)

### Hispanic Meal Ideas

7-DAY LOW CARB SAMPLE MEAL PLAN

Here is a sample 7-day meal plan inspired by Hispanic cuisine for those interested in a low carbohydrate (carb) lifestyle. Breakfast, lunch, and dinner meals are listed below with total carb estimates.

~130g  
per day



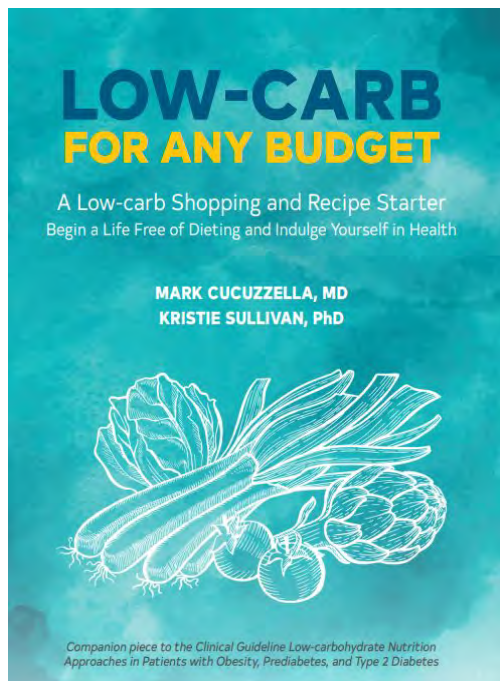
Find these recipes in detail and snack options at [michmed.org/wrk/m](http://michmed.org/wrk/m)

SUNDAY		
Breakfast	Lunch	Dinner
Huevos Bandera	Tortilla Soup with Ovens Frenco and Avocado made with 2 corn tortillas (8" wide), 1 tbsp queso fresco, 1/4 avocado in cubes, 1/2 panilla pepper, sliced, and 1 cup of tomato soup	Shrimp and Mushroom Casserole with Butiro made with 2 tbsp olive oil, 3 cloves garlic, minced, 1 lb raw shrimp, 1/2 lb butter (mushrooms 50 grams guajillo chili, juice of 1 lemon, 1/4 tsp Paprika powder, salt and pepper to taste, 1 1/2 cup white wine.
2 scrambled eggs, 1/4 tomato diced, 1/4 onion diced, 1/4 green bell pepper diced, olive oil, and salt and pepper to taste	Substitute vegetables with any you like.	
Total carbs: 10g	Total carbs: 36g	Total carbs: 20g
MONDAY		
Breakfast	Lunch	Dinner
Fried tortilla chips with chicken made with 1 chicken breast, 1/4 onion, 1 clove garlic, 3 oz queso panilla, 1/4 cup sour cream, 120 g tortilla chips (about 40 chips)	Spanish style omelet casserole made with 3 tbsp olive oil, 1 large potato, 1 large onion, 1 green bell pepper, 1 green chili, 5 eggs, 1 oz serrano ham, diced and a pinch of salt	Low Carb Pasaña Soup made with 8 cups of water, 1 lb boneless chicken thighs, cut into chunks, 1/4 onion, diced, 4 cloves garlic, sliced, 1 tbsp each thyme, marjoram, bay leaves, 2 cups hominy (270g), salt and pepper to taste
Served with salsa		
Total carbs: 22g	Total carbs: 13g	Total carbs: 15g
TUESDAY		
Breakfast	Lunch	Dinner
Huevos Revueltos	Caldo de Olla	Agachafite de Pasaña made with 500 (160 g, 1 fillet) seasonal fresh fish, 1 cup (250 ml) lemon juice, salt and pepper to taste, cilantro, 1/4 onion, 1 green chili, 1 clove garlic, 1 oz (30g) white onion, 1 cup (250 ml) sparkling water, 2 oz (60g) red onion, 1/4 avocado
Scrambled eggs with chorizo made with 1 egg, black pepper, 2.5 oz (75 g) chorizo, 1/4 cup onion, finely diced, 2 corn tortillas (8" wide)	Comfoming beef soup made with 1 lb beef, onion, carrot, guajillo peppers, 2 ears of corn, 2 carrots, 1 large potato, and salt and pepper to taste	
Total carbs: 58g	Total carbs: 52g	Total carbs: 10g

MCT2D.org



# Low Carb on a Budget



JUMPSTART BLOG

## Low-Carb Dollar Store Roundup



# Low Carb on the Run



## Which Protein Shake Wins?

Some people find that protein shakes help to do just that, by managing their hunger and helping them to stay on-plan rather than eating off-plan foods when they get busy. We've done the hard work for you by taste testing 10 popular low carb protein shakes and ranking them based on flavor, consistency, and price.

[Read More >](#)



## Tips and Tricks For Low-Carb Eating on the Road

It can be difficult to maintain a low carbohydrate lifestyle when work requires you to be on the road. With a little planning, eating healthy while on the go can be managed.

[Read More >](#)



## Ordering Low-Carb at Fast Food Restaurants

In this blog post, we'll be sharing our picks of low-carb meals and sides that we discovered at common fast food restaurants.

[Read More >](#)



# Low Carb Snacks

## LOW CARB SNACK IDEAS

Try some of these delicious snack options

As you make your grocery list, consider adding some tasty low carbohydrate snacks from the list below!

- Boiled eggs
- String cheese or 1-1.5oz cheese (2 dice-sized cubes)
- Chicken/tuna/egg salad, served with vegetable slices like cucumbers, bell peppers, celery
- Palmful of nuts/seeds (1oz) - walnuts, almonds, pecans, sunflower/pumpkin seeds, etc.
- Plain Greek yogurt with ¼-½ cup berries
- Vegetable platter with dip (ranch, spinach and artichoke dip, etc.)
- Mini meat and cheese board with olives/nuts/vegetables
- Roast beef with mustard/horseradish
- Meat jerky (with no added sugars)
- Low carbohydrate smoothie (½ cup plain Greek yogurt, ½ cup berries, 1 cup coconut milk, 1 handful ice cubes, stevia to taste) or ready-made low carbohydrate shake
- Tortilla 'chips' made with sliced low carbohydrate tortillas (bake 8-10 min or until golden at 400 degrees), served with guacamole or salsa dip
- Celery sticks with natural unsweetened peanut/almond butter
- Sugar free Jell-o cup
- Parmesan crisps
- Pork rinds (can be used to make nachos with ground beef, top with cheese, and bake)



# Low Carb and Social Gatherings



## Navigating Holidays and Social Gatherings on a Low Carb Lifestyle

Navigating the holiday season and social gatherings can be tricky, especially if you want to be mindful about your food and drink choices.

[Read More >](#)

# Provider-Facing Resources

# MCT2D Resource Menu Clinic Poster

Clinic poster with QR codes for quick access to MCT2D's popular resources

**Low Carbohydrate (Carb) Lifestyle for Type 2 Diabetes**  
**RESOURCE MENU**  
Scan the QR codes below or visit [mct2d.org/q4b](http://mct2d.org/q4b) to find these resources and more!

**Getting Started on a Low Carb Lifestyle**  
This handout is an introduction to a low carb lifestyle including meal plans, start-up tips, food swaps, and more!

**Client Smart and Blood Sugar Tracker**  
This combo tool shows examples of foods categorized by carb content and helps you understand how foods impact your blood sugar throughout the week.

**Low Carb Recipes and Snacks**  
Check out 501 delicious low carb recipes and filter them by cook meal type, carbs per serving and prep time.

**Building Your Plate**  
Use this simple 4-step process to create delightful, low carb meals.

**Sample Low Carb Meal Plan**  
Are you wondering what to eat on a low carb lifestyle? Look no further! Here is an example of a 7-day meal plan.

**Low Carb Grocery List**  
Stock your fridge and pantry with this list of low carb foods!

**Low Carb Jumpstart Blog**  
The Jumpstart Blog is a collection of articles addressing commonly asked questions like how to navigate the holidays, low carb fast food options, tips for shopping on a budget, and more!

**Intro to a Low Carb Lifestyle**  
A 3-part video series explaining the basics of a low carb lifestyle.

MCT2D #19 MCT2D  
This practice is a member of the Michigan Collaborative for Type 2 Diabetes, Committed to preventing and reversing Type 2 Diabetes in Michigan.

# Past Learning Community Webinars

Using CGM and Low Carbohydrate Diets to Support Patients with T2D



Operationalizing Low Carbohydrate Diets: Meal Planning, Recipes, and Meeting Patient Needs





# ADA - Free CE Courses For Clinicians



Institute of Learning

Login



## PROGRAM

**Supporting Healthy Eating Habits through Continuous Glucose Monitors (CGMs)**

# ADA Resources - Diet and CGM

## Provider Facing

### Nutrition Conversation Starter

The Ambulatory Glucose Profile (AGP) Report provides information about your patient's glucose patterns. It can help you start conversations about nutrition and lifestyle modifications that may improve the person's time in range (TIR). Guidance should be provided through shared decision-making and be individualized to the patient based on personal and cultural preferences, access to healthy food, and willingness to make changes. Remember that every 5% improvement in TIR is clinically meaningful.

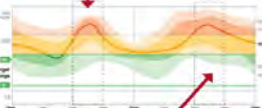
Example nutrition-related questions and tips based on the AGP

**AREA OF FOCUS: BREAKFAST**  
Notice a peak in glucose around 8-9 a.m.

- Does your glucose peak before or after eating?
- Can you tell me about your morning and the types of foods/beverages you eat or drink?
- How would you feel about exploring what happens to your glucose if you eat some protein, non-starchy vegetables, or higher fiber foods to your morning meal?

**TIPS**

- Encourage replacing sugar-sweetened beverages, such as juice or sweetened coffees/tea, with unsweetened or sugar-free beverages—**ideally water**.
- Suggest **reducing** the portion of foods that raise glucose above target and **replacing** with healthy foods that do not raise glucose as much (non-starchy vegetables, whole grains, lean proteins).

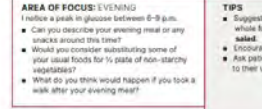



**AREA OF FOCUS: EVENING**  
I notice a peak in glucose between 8-9 p.m.

- Can you describe your evening meal or any snacks around this time?
- Would you consider substituting some of your usual foods for 1/2 plate of non-starchy vegetables?
- What do you think would happen if you took a walk after your evening meal?

**TIPS**

- Suggest replacing highly processed foods with whole foods. Instead of fries or chips, try a **side salad**.
- Encourage the **Diabetes Plate Method**.
- Ask patients what changes they are willing to make to their usual food and beverage choices.

## Patient Facing

### Continuous Glucose Monitoring (CGM)

Helping you make lifestyle choices for improved glucose management.

Use this guide to:

**Know your glucose and CGM targets.**

**Learn what lifestyle choices affect your blood glucose.**

**Act by choosing lifestyle changes that fit into your daily life.**

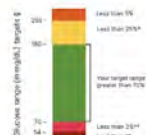
#### Know Your Targets

Fasting and before a meal	1 to 2 hours after a meal
70 to 130 mg/dL	Less than 180 mg/dL

Glucose rises after eating and is highest: 1 to 2 hours after a meal or snack.

#### Goals for Time in Ranges

Time in range refers to the time you spend with your blood glucose levels in your target range (between 70 mg/dL and 180 mg/dL for most people).



† Larger changes may affect or improve and be costly.  
 ‡ Smaller changes may be more difficult to make than the 10% goal.  
 § Includes percentage of time less than 70 mg/dL.

- Goal is to have more green and less red
- The more time you spend in the 70-180 mg/dL (green bar) range reduces your risk of complications.

#### Using CGM Trend Arrows

Use the trend arrows on your CGM to see how your glucose is changing and help you make lifestyle changes.

Rising ↑ Falling ↓ Steady →

#### Getting Started

- Look at your CGM glucose readings often during the day. The more you look the more you learn. Best times include:
  - > Waking up and before bedtime
  - > Before meals and 1 to 2 hours after meals
  - > Before and after physical activity
  - > When stressed or ill, look every 2 to 3 hours
- CGM and fingerstick testing values may differ, especially when blood glucose is rising or falling. CGM values tend to lag behind actual blood glucose levels values by a few minutes.
  - If your symptoms don't match your CGM values, use a fingerstick test to guide your treatment decisions.

#### Sample CGM Display on Your Smart Phone



# 1:1 RDN Consultation Services

Schedule a 15 min consult with Rina Hisamatsu, MCT2D dietitian

Discuss low carb-related questions, specific case studies, implementation and counseling strategies and more!

Please use this form to schedule your consult

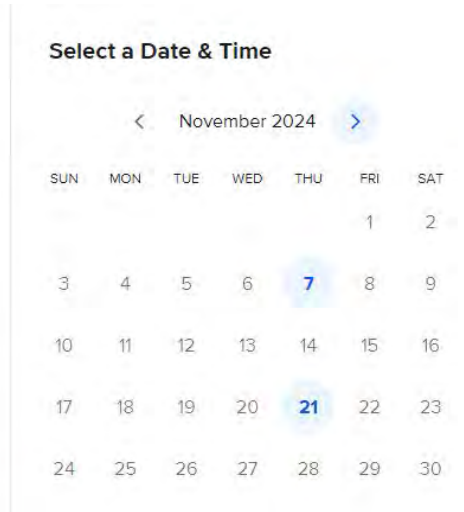
[Select a Date & Time - Calendly](#)



MCT2D  
**1-1 Dietician Consultations for Providers**

🕒 15 min

Meet with Rina Hisamatsu to discuss anything and everything related to low-carbohydrate meal plans. Bring a specific case to review or ask general questions on implementation, individualized meal planning, navigating social situations and travel, counseling strategies and more.



Select a Date & Time

< November 2024 >

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# LCD Training Workshop - Coming Spring 2025!

## ***What is it?***

1-week long virtual, immersive training program (1-hour sessions, M-F) on how to operationalize low carbohydrate eating patterns.

## ***What is the aim?***

Aim is to provide a high level overview of low carbohydrate eating patterns and teach the essential tools to operationalize this intervention in clinic.

## ***Target audience***

Physicians, APPs, nurses, MAs, pharmacists, dietitians, care managers etc.

# MCT2D App - Coming Spring 2025!

Provide-facing app to access  
tools and resources to share  
with patients

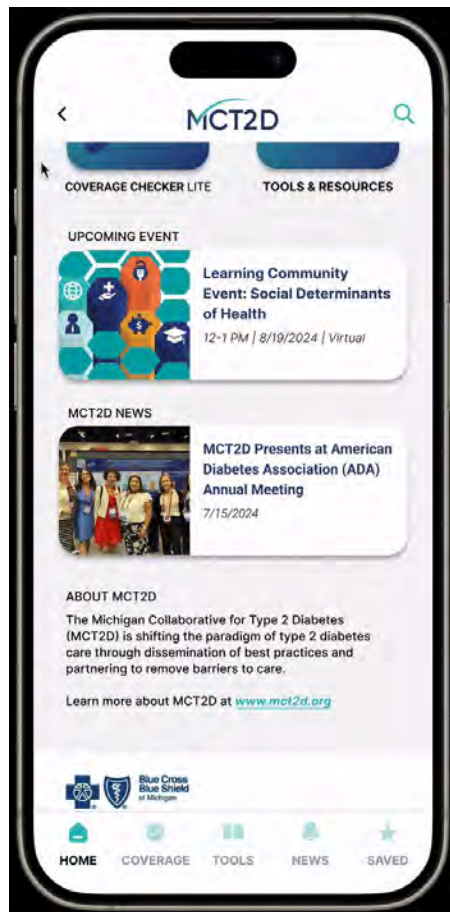




# MCT2D App Features

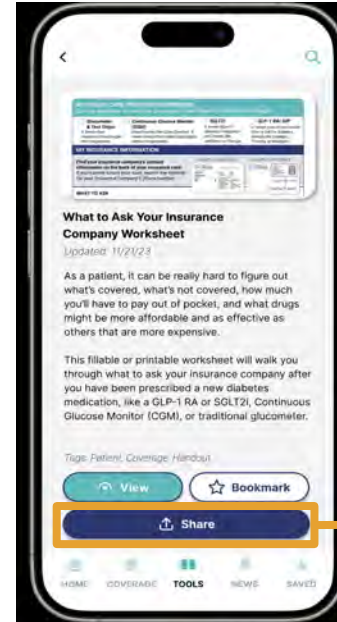
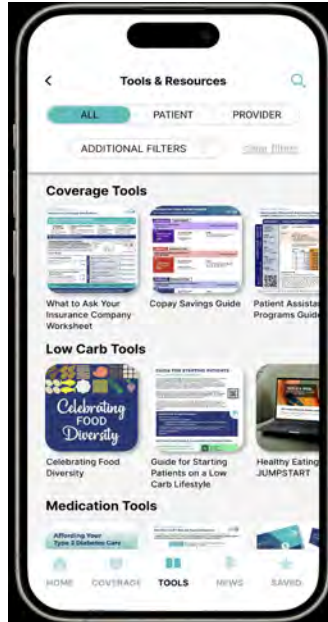
Quick Access to:

- Resource Library
- Upcoming Events
- MCT2D News
- Coverage Checker Lite



# MCT2D App - Resource Library

From the tools page users can view, save, and share resources.



# Coming Soon - Jumpstart 2.0!



Healthy Eating  
**JUMPSTART**



HOME



PLAN



COOK



LEARN

## WELCOME TO JUMPSTART

A low carb lifestyle for  
Type 2 Diabetes

DOWNLOAD THE  
WELCOME PACKET



Talk to the clinician who manages your diabetes before you start a low carbohydrate lifestyle. Low carb lifestyles may not be a good fit for people with certain health conditions or taking certain medications.

SAFETY INFORMATION >

### What is a [low carb lifestyle](#)?

A low [carb](#) lifestyle limits your intake of carbohydrates (carbs) from foods like grains, starchy vegetables, fruit,

PRINTABLE VERSION

Download a printable  
version of this page

# External Resources

# Diet Doctor

Visual guides meal plans, recipes, videos etc. on low and very low carb eating patterns



Free trial



## Low carb and keto made simple

with the #1 low-carb & keto website in the world

Start free trial

Learn more





# Diet Doctor - Food Navigator


























BETA

Food Navigator | Net carbs (g) ⓘ

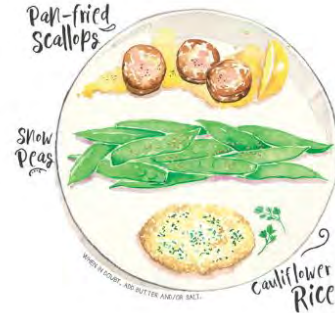
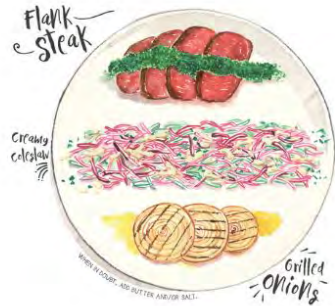
MORE CARBS  FEWER CARBS

All Vegetables Seafood Fruits & berries Snacks Fast food All categories ▾

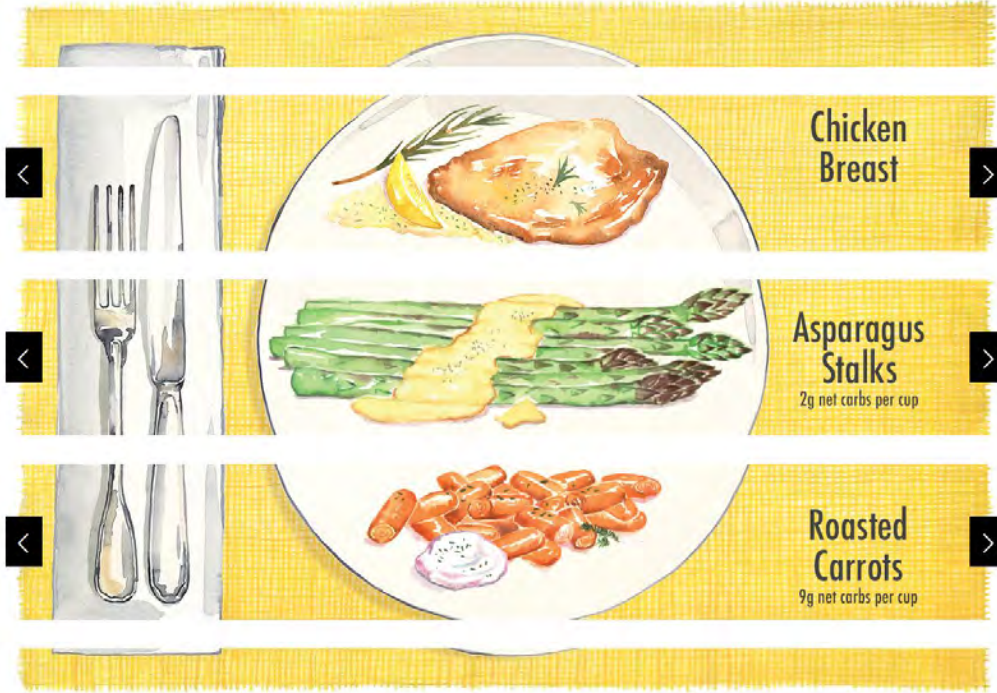
**Premium** Access all food items by signing in or signing up for a free trial.

 38 Cheeseburger with bun	 24 Ice cream	 17 Fruit salad	 8 Wine, glass (sweet)	 6 Greek yogurt, nonfat	 3 Daikon	 2 Cauliflower	 0 Ground lamb	
 39 Soda, sugar-sweetened	 26 Cheesecake	 19 Potato	 8 Ketchup	 7 Eggplant	 3 Tomato	 3 Mozzarella, part-skim	 1 Serrano ham	
 137	 28 Potato chips	 21 Wild rice, cooked	 Net carbs (g)	 Protein (%)	 Satiety score	 5 Mung beans, cooked	 3 String cheese	 1 Watercress

# Eat The Butter - Visual Meal Planner



# Interactive Dinner Planner



Flip through various ways to prepare low carb dishes and sides!

# Additional Sites for Low Carb Recipes

Jumpstart recipes: [Cook | The Low Carb Jumpstart \(mct2d.org\)](#)

Diet Doctor: [1,300+ Delicious Low Carb Recipes - Recipe - Diet Doctor](#)

Low Carb Yum: [Low Carb and Keto Friendly Meals - Low Carb Yum](#)

Eating Well: [Low-Carb Meal Plans \(eatingwell.com\)](#)

Low Carb Africa: [Low Carb Dishes with Global Flavors - Low Carb Africa](#)

Delish: [105 Easy Low Carb Recipes - Best Low Carb Meal Ideas \(delish.com\)](#)

Wholesome Yum: [Wholesome Yum - Easy Healthy Recipes. 10 Ingredients Or Less.](#)

Ketoconnect: [Start Keto Here - Keto Recipes - KetoConnect](#)



# Diabetes UK - Low Carb Meal Planning

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

Talk to us about diabetes

0345 123 2399

[Our Research](#)

[For Professionals](#)



[About diabetes](#) ▾

[Living with diabetes](#) ▾

[Support for you](#) ▾

[Support us](#) ▾

[Donate](#)

[Home](#) > [Living with diabetes](#) > [Eating](#) > [Meal plans](#) > [Low carb](#)

[Save for later](#)

## LOW-CARB DIET AND MEAL PLAN

Eating a low-carb diet means cutting down on the amount of carbohydrates (carbs) you eat to less than 130g a day. But low-carb eating shouldn't be no-carb eating.

Some carbohydrate foods contain essential vitamins, minerals and fibre, which form an important part of a healthy diet.

Here we'll explain what we mean by low-carb, what the **benefits** are of low-carb eating when you have diabetes, and share a **low-carb meal plan** to help you get started if this is the diet for you. We'll also explain how to get support to manage any potential **risks**, especially if you manage your diabetes with medications which put you at risk of hypos.

[Show me more](#)

[Download your 7 day low-carb meal planner \(PDF, 84KB\)](#)

[Get more of our healthy recipes](#)

[How to choose the right meal plan](#)





# Diabetes and Ramadan - Dar Alliance

Diabetes and Ramadan- Practice Guidelines 2021



**Diabetes  
and Ramadan**  
Practical Guidelines 2021

International Diabetes Federation (IDF), in collaboration with the  
Diabetes and Ramadan (DAR) International Alliance





# Thank you!

Questions?