

To improve your blood sugar control, **Pass Up The 6P's**

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



**THE LOW CARB
JUMPSTART**

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

