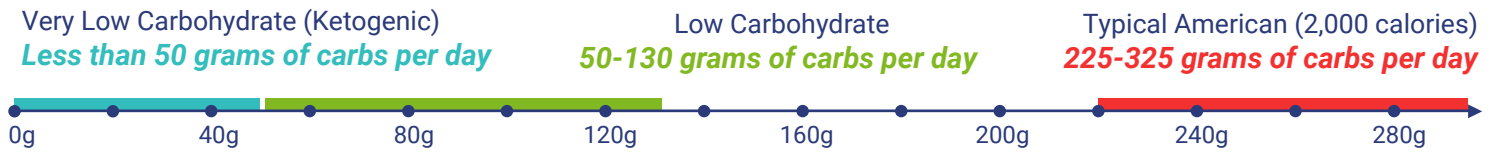


LOW CARB LIFESTYLE for Type 2 Diabetes

What is a low carb lifestyle? A low **carb** lifestyle limits your intake of carbohydrates (carbs) from foods like grains, starchy vegetables, fruit, sugary snacks, and beverages 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!

BENEFITS OF A LOW CARB LIFESTYLE



WEIGHT LOSS



**REDUCED BLOOD
PRESSURE**



**REDUCED HUNGER
& CRAVINGS**



**BLOOD SUGAR
CONTROL**



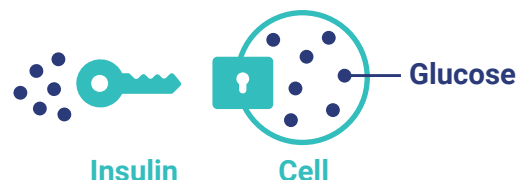
**INCREASED
ENERGY**

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.

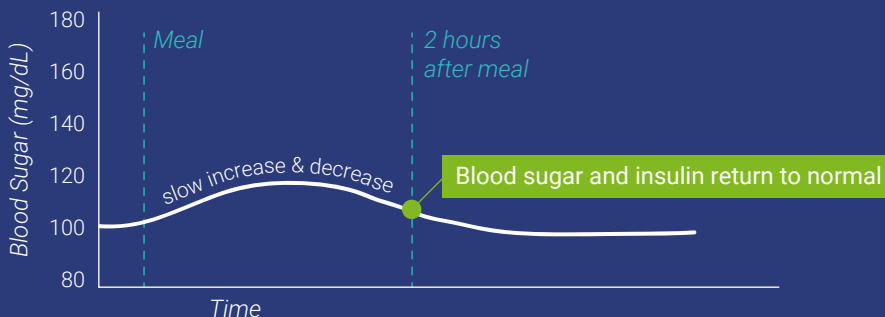
What is blood sugar (or blood glucose)? Blood sugar is the level of sugar in your blood after your body breaks down nutrients into glucose for energy.

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

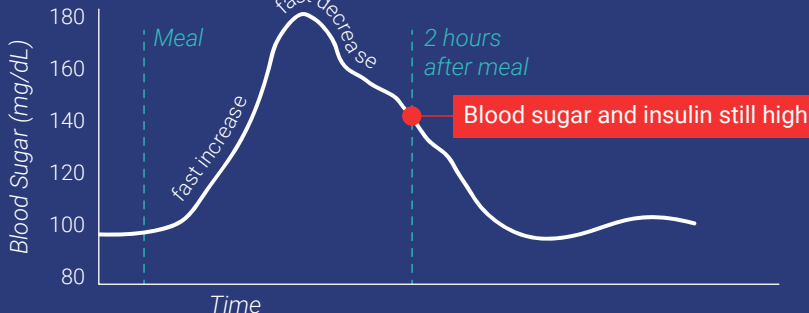
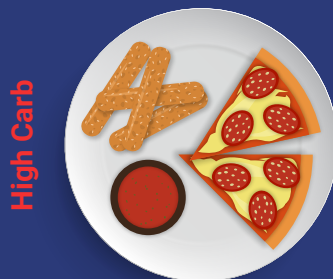
What does insulin do? Insulin helps move glucose (sugar) from the blood into the cells for energy. You can think of insulin as a key that unlocks your cell so that glucose can enter. High levels of insulin tell your body to store extra sugar as fat. Low levels of insulin tell your body to burn fat for energy.



What happens when you eat a low vs. high carb meal?



Lower levels of blood sugar and insulin allow your body to burn fat for energy making you feel more energetic and full.



Extreme high and low levels of blood sugar and insulin causes hunger, cravings, and feeling tired which lead to weight gain over time.

Getting Started

- ☐ **Start by changing one meal per day (i.e., breakfast).** Make changes to your food choices for one meal and do this for a week or two. After you feel comfortable with these changes, consider making changes to a second meal. Focus on...

- Adding protein, non-starchy vegetables, & healthy fats
- Reducing starches & sugars

- ☐ **Replace sugary drinks such as pop and fruit juice with tea and water.** If you use flavored coffee creamer, replace it with a sugar free version.

- ☐ **Snack on fruits and vegetables.** Replace starchy sugary snacks such as chips and granola bars with nutrient rich carbs. Add fats and proteins for a balanced snack.

Eat This	Not That
Eggs or omelette	Cereal or bagel
Water with lemon	Juice
80%+ dark chocolate, sugar-free Jell-o	Pastries
Greek yogurt w/ berries	Ice cream
Lettuce wrap, low carb bread	Bread
Riced cauliflower	Rice
Mixed nuts, string cheese, jerky	Crackers
Grilled chicken, steak, pork, tofu	Fried foods
Sliced veggies, pickles, olives	Packaged snacks
Sparkling water, fruit-infused water	Soda
Seltzer, gin or vodka tonic	Beer
Berries, melon, kiwi, apple	Sugary snacks
Mashed cauliflower, rutabaga, kohlrabi	Potatoes
Keto "cloud" dough, nut flour crust	Pizza dough
Mustard, oil and vinegar, herbs, spices	Ketchup
Almond or coconut flour	White flour
Heavy cream, sugar-free creamer	Flavored creamer
Stevia, monkfruit, erythritol, sucralose	Sugar
Zucchini noodles, hearts of palm pasta, shirataki noodles, spaghetti squash	Pasta