

# Low Carbohydrate (Carb) Lifestyle for Type 2 Diabetes

# RESOURCE MENU

Scan the QR codes below or visit [michmed.org/kqQ4b](http://michmed.org/kqQ4b) to find these resources and 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.

**Very Low Carbohydrate (Ketogenic)** Less than 50 grams of carbs per day  
**Low Carbohydrate** 50-130 grams of carbs per day  
**High Carbohydrate (Standard American Diet)** 225-325 grams of carbs per day



**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 carbohydrate can help you control blood sugar and reduce medications.  
 Want to learn more? [MCT2D.org/patients](http://MCT2D.org/patients)

## Getting Started on a Low Carb Lifestyle

This handout is an introduction to a low carb lifestyle including visual guides, start-up tips, food swaps, and more!



### WEEKLY CARB & BLOOD SUGAR TRACKER

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
<b>BREAKFAST</b>			
Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS
PRE MEAL:			
POST MEAL:			
<b>OPTIONAL GOALS</b>			
Complete by submitting to your doctor:			
Daily carb intake:			
Minutes of physical activity:			
Daily blood sugar checks:			
<b>REFLECTIONS</b>			
This week my energy level was:			
Low (1-3) High (4-5)			
This week my food cravings were:			
Low (1-3) High (4-5)			
How do you feel about the meals you ate today?			
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<b>NOTES:</b>			

## Cheat Sheet 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 50+ delicious low carb recipes and filter them by cost, meal type, carbs per serving and prep time.

### LOW CARB RECIPES

Explore our curated list of low carb recipes and shoppable lists for tasty options that fit your carb goals!

**Recipes** **Shoppable Lists**

**CLEAR FILTERS**

**MEAL:** BREAKFAST, LUNCH, DINNER, SALAD, DESSERT

**PROTEIN:** POULTRY, BEEF, EGGS, TOFU, SEAFOOD/FISH, PORK

**Dinner**  
 Low carb egg roll in a bowl  
 8g of carbs \$5 +30 mins

**Dinner**  
 Crispy tofu sticks with green bean fries and chipotle mayo  
 70g of carbs \$5 +30 mins

**Dinner**  
 Low carb cloud bread  
 7g of carbs \$ +30 mins



## Sample Low Carb Meal Plan

Are you wondering what to eat on a low carb lifestyle? Look no further! Here's an example of a 7-day meal plan.



## Low Carb Grocery List

Stock your fridge and pantry with this list of low carb foods!



### BLOG

News, tips, and more about low carb!

**WE'RE ALL MADE OF SOMETHING DIFFERENT**

**Low Carb Spotlight: Breadless**

There's a new restaurant tucked away in the Rivertown neighborhood of Detroit called Breadless, serving on-the-go low-carb sandwiches and bowls packed with delicious ingredients and dressings, taking the city by storm with their innovative idea of using hearty leafy greens to wrap their sandwiches in place of more conventional lettuce wraps.

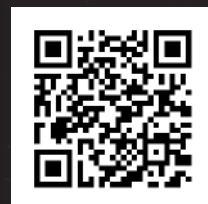
**Macronutri**

Foods contain proteins, and what foods bodies use macronutrients and where

Read More >

## 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!



## Building Your Plate

Use this simple 4-step process to create delightful, low carb meals.

### BUILDING YOUR PLATE


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

**STEP 1: Pick a Protein**  
 Choose a high-quality protein source like chicken, fish, seafood, beef, egg, or soy.

**STEP 2: Add Non-Starchy Vegetables, meat your plate**  
 Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.

**STEP 3: Add some fats**  
 Add some fats from oil, sauces, or full-fat dairy like cream, butter or sour cream.

**STEP 4: Add 1-2 servings of Complex Carbs**  
 Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes, lentils or whole grains.



10 inch Dinner Plate



### Intro to Low Carb Lifestyle with Rina

Watch later Share

# Intro to a Low Carb Lifestyle

Watch on YouTube



## Intro to Low Carb Video Series

A 3-part video series explaining the basics of a low carb lifestyle.

