



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

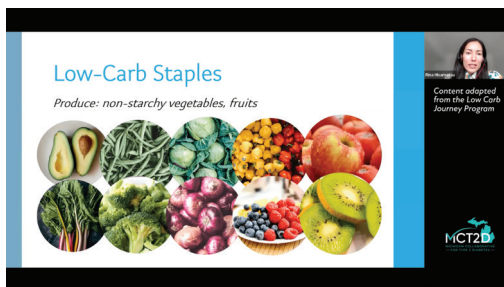
This video explains the basics of a low carb lifestyle for type 2 diabetes management. Walk through a lesson on carbohydrates, reading the nutrition label, meal planning and more.



Use the QR codes to watch the videos now!

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

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

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.

