

CE Credit Information

Credit provided by Corewell Health Southeast Michigan CME Department

This activity is approved for:

AMA PRA Category 1 Credit™

ANCC contact hours for nurses

ACPE continuing pharmacy education credit for pharmacists

ASWB social work continuing education

CDR continuing professional education units for Registered Dietitians and Dietetic Technicians

For full credit details, visit

<https://corewellhealtheast.cloud-cme.com/94662>

Disclosure of Relevant Financial Relationships

• **Lauren Oshman, MD** (Planner): Stocks in publicly traded companies or stock options, excluding diversified mutual funds-Abbott, AbbVie, Johnson & Johnson, Merck & Co., Organon.

All other individuals involved with this activity have no relevant financial relationships with ineligible companies to disclose. Mechanisms were implemented to identify and mitigate relevant financial relationships with ineligible companies for all individuals in a position to control content of this activity.

CME/CE Questions?
CHEcme@corewellhealth.org

How to Receive CE Credits/Contact Hours

1. Text CE code **94662** to 833-256-8390 by **1 PM** on **8/24**

(Scan to open a text message)



2. Complete the **CE Evaluation** by **September 7, 2026**

Online at

Sign in > My CME > Evaluations and Certificates
Or via the free CloudCME mobile app – organization code *CorewellHealthEast*

Both steps must be completed to receive credit.

A Stepwise Approach to Low Carb Counseling

August 21, 2026

Rina Hisamatsu, MPH RDN

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

Objectives

1. To utilize the spirit of motivational interviewing to guide patient conversations, explore readiness for change, and foster engagement.
2. To share a step-by-step approach to low carb dietary counseling that is patient-centered and individualized.
3. To consider ways you can implement elements of low carb dietary counseling in your practice moving forward.

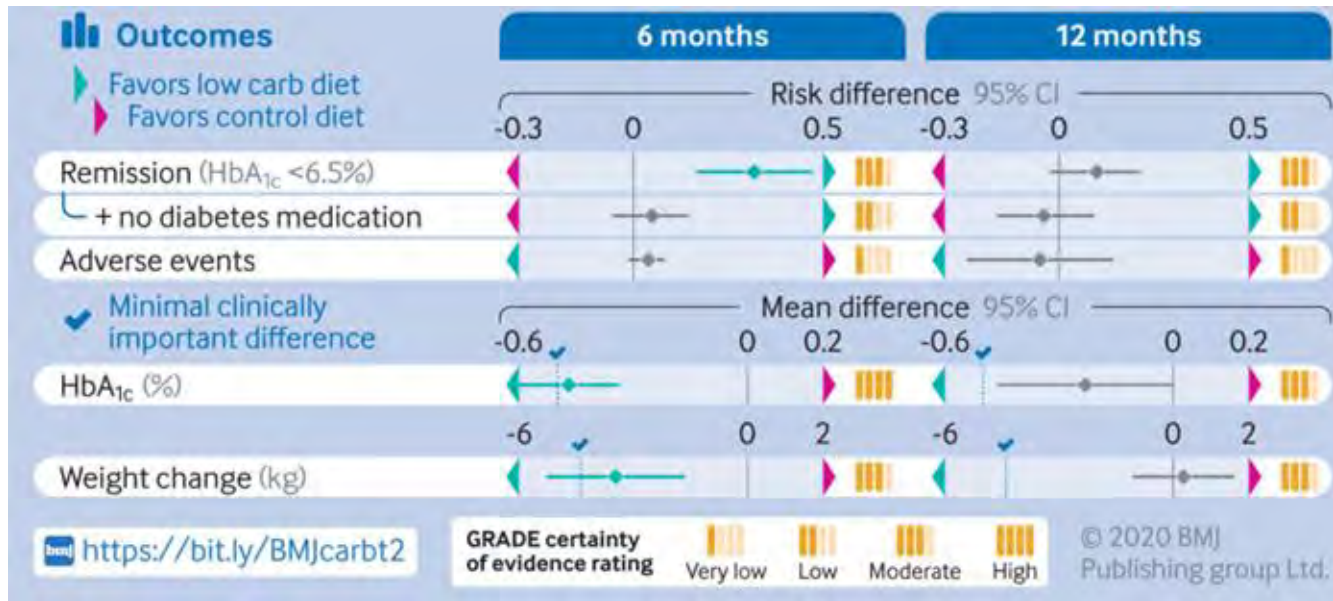
Step 0: Convincing The Clinician

Why it's Worth Your Time

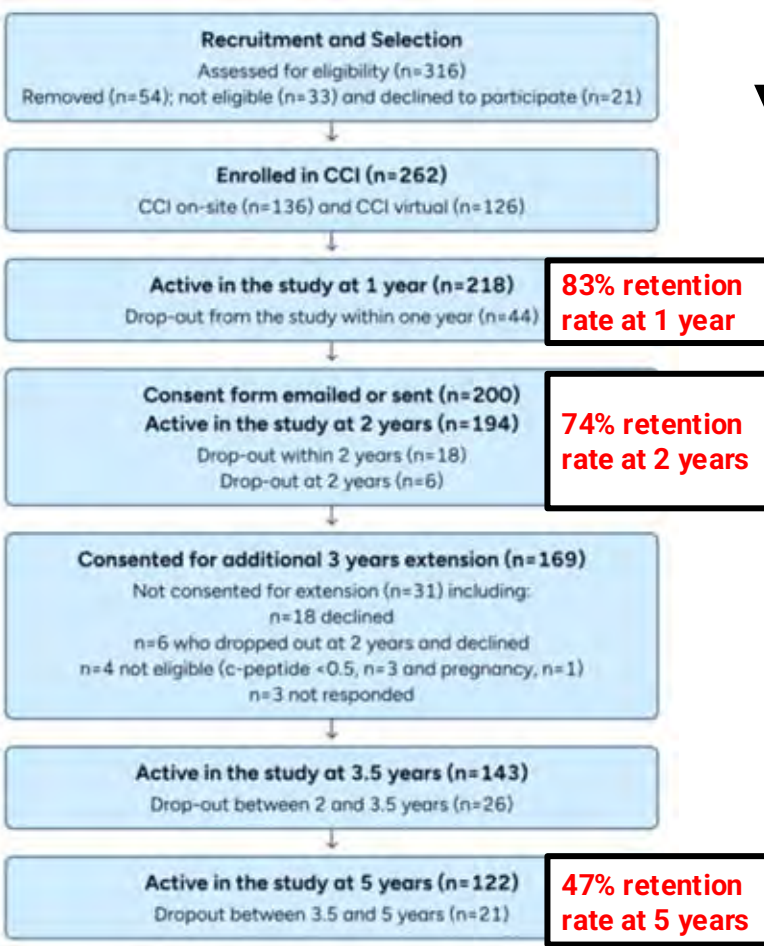
Low Carbohydrate Diets are Highly Effective

“Comparing LCDs with low fat diets in patients with T2D, patients achieved **higher diabetes remission rates at 6 months** without adverse consequences.”

“LCDs also increased **weight loss, reduced medication use, and improved TGs** at 6 months.”



Virta Health 5-Year Trial



**83% retention
rate at 1 year**

**74% retention
rate at 2 years**

**47% retention
rate at 5 years**

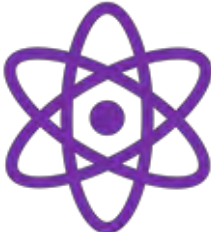
5-Year retention: 46% (120 / 262)

20% (n=24) sustained diabetes remission
(A1c <6.5% and not on any glucose-lowering therapy for ≥ 3 months)

32.5% (n=39) diabetes “reversal”
(A1c <6.5% and only on metformin)

Sustained improvements in TG, HDL, and inflammatory markers; no change in LDL-C and total cholesterol.

Potential Benefits of Nutritional Ketosis

Metabolic & Weight Management 	Brain & Cognitive Function 	Physical Performance & Body Composition 
Cardiovascular Markers 	Blood Sugar & Metabolic Disease 	Seizure Control & Mitochondrial Health 

Step 1: Identify Your Conversation Style

Rapport Building & Engagement

Behavior Change in Health Care Settings



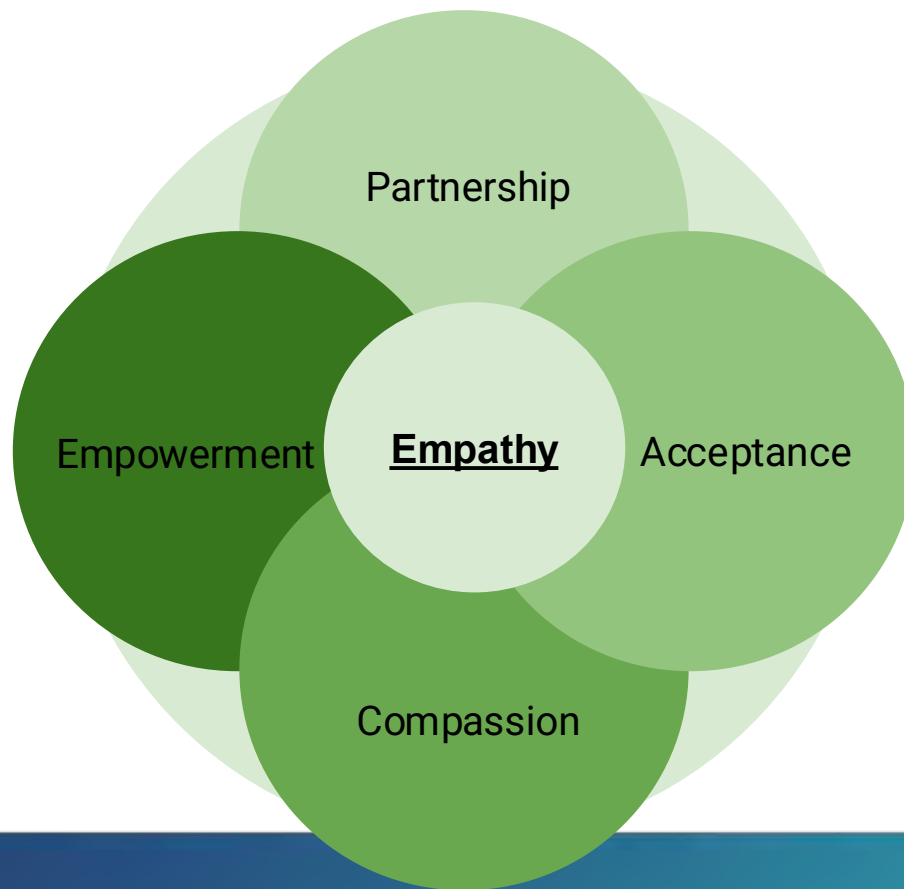
What is Motivational Interviewing (MI)?

“A particular way of talking with people about change and growth to strengthen *their own* motivation and commitment.”

Dr. Bill Miller & Dr. Stephen Rollnick, 2003



The Spirit of MI



Principle Skills of MI: Using OARS+I

Open Ended Questions → Answers will NOT be yes or no

Affirmations → Statements to affirm one's convictions towards something

Reflective Listening → Let the person know you are listening and engaged

Summaries → focus on strengths, change talk, and brief action planning

Information offering → Ask permission before offering information

Practice MI with Amy Schneider



Michigan Institute
for Care Management
and Transformation

- Interested in strengthening your patient engagement skills?
- **Amy Schneider, MS, RD, CDCES** from the Michigan Institute for Care Management and Transformation (MICMT) is offering 1:1 MI coaching for MCT2D clinicians!
- Patient Engagement Coaching (30 min):
 - <https://www.signupgenius.com/go/9040C48A5A628A1FC1-micoaching#/>
- Patient Engagement Simulation (45 min):
 - <https://www.signupgenius.com/go/9040C48A5A628A1FC1-simulation#/>



Step 2: Elicit Patient Goals and Values

Focusing on Intrinsic Motivation

Agenda Setting can Help You Increase the Effectiveness of Your Visit

Medication

Nutrition

Physical Activity

Blood sugar monitoring

Pick one topic you want to focus on today

Agenda Setting can Help You Increase the Effectiveness of Your Visit

*Adjusting and
managing
medications*

Medication

Nutrition

*Intro to low carb
or very-low carb*

*Gradual carb
reduction*

*Recommendations
& resources*

Physical Activity

Blood sugar monitoring

Blood sugar targets

CGM

Strength training

Glucometer checks

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Blood sugar monitoring

Blood sugar targets

CGM

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Pick one topic you want to focus on today

Example Introduction (*Building Rapport*)



*“It’s good to see you. How are things going?
What’s on your mind today to discuss
regarding your diabetes care?”*

Focusing Questions

“What’s going well when it comes to managing your diabetes?”

“Tell me about the things you’ve been working on [to improve your blood sugars]”

“Where would you like to focus our attention on today?”

“What is an area you’d like to work on [to further improve your A1c]?”

“What challenges do you have when it comes to [your diabetes management]?”

What is Important to Your Patient?



What is Change Talk?

Any patient speech that favors movement toward a particular change goal, including ambivalence

Preparatory Change Talk

Ambivalence, Considering Change

Desire

"I want to improve my health..."

"I wish things could be different."

"It would be great if I can improve my A1c."

Ability

"I think I could do better with my food choices..."

Reasons

"I know that cutting back on sweets will help me better control my diabetes."

"I might sleep better if I didn't eat so late at night."

"I would probably have more energy if I took better care of my body."

Need

"I know this isn't working for me."

"I can see how it's affecting my life."

"I need to but I don't know if I can."

"I have to..."

"I must..."

Mobilizing Change Talk

Dedicated to Change in the Future

Commitment (to future change)

"I will make an effort to..."

"My plan is..."

Activation (almost there language)

"I'm willing to..."

"I think I could potentially..."

Taking Steps (active change)

"I've been adding more vegetables at dinner time."

"I bought new tennis shoes so I can go for walks."

"I have been packing my lunch for work this past month."

**Take any of these
opportunities to
empower patients
and celebrate their
efforts!**

Summarizing Patient's Change Talk Dialogue

"You've shared a variety of reasons why it's important for you to improve your blood sugar management [summarize reasons]. That's a lot of motivation!"

Change Talk Can be an Opportunity to Share Information

"Would you be interested in learning more about nutrition strategies that may help you reach your goals?"

"Can I share some information about how diabetes can be controlled with nutrition and lifestyle?"

Asking for permission lets your patient know that they are in control of their own health and decisions

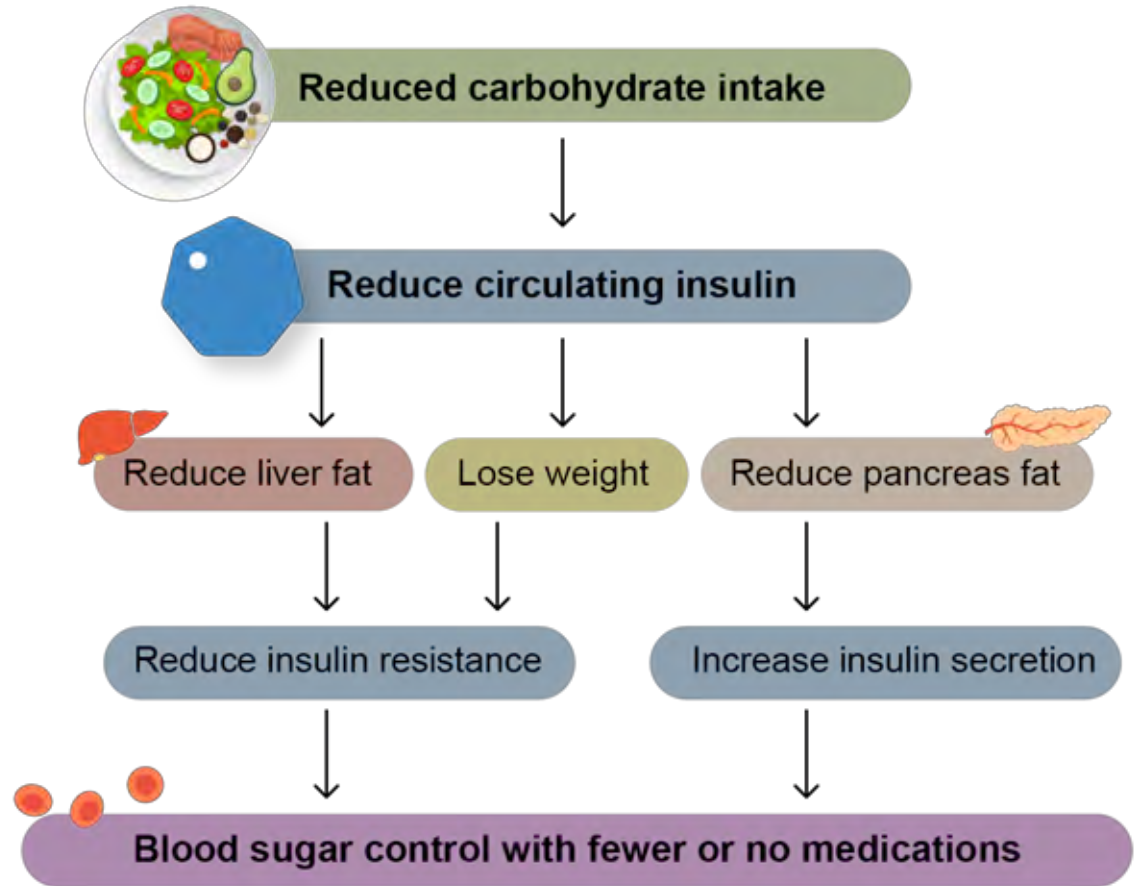
Step 3: Explain the “Why”

Rationale of LCDs



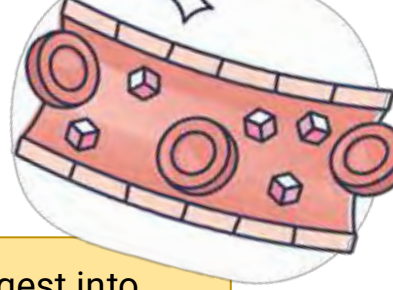
What's Your Low Carb Elevator Pitch?

Physiologic Rationale for Carb-Restriction





Insulin and its Role

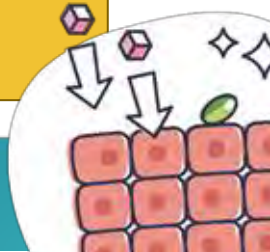


Context: When we eat, food digests into nutrients. One of those nutrients- carbs- digest into sugar and enters the bloodstream → this raises blood sugar levels (normal part of digestion!).

Definition: Insulin is a hormone made by the pancreas and is secreted in response to rising blood sugar levels. It controls how we use and store energy.

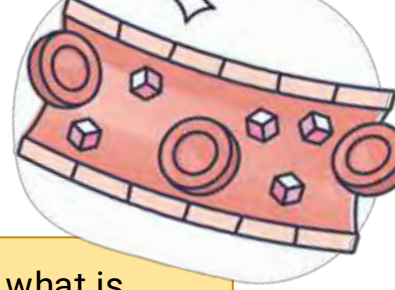
Role: Insulin's job is to keep blood sugar levels within a normal range by moving sugar from the bloodstream into cells and tissues. The body uses sugar for energy to fuel all its processes.

Insulin also plays a role in energy storage. Any leftover sugar that's not used for energy is stored as fat, typically in the liver and pancreas.





Insulin and Type 2 Diabetes

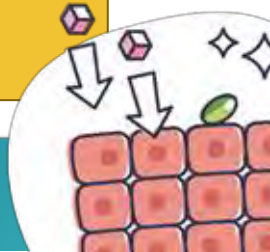


Type 2 Diabetes (T2D): A chronic disease where blood sugar levels are higher than what is considered to be the normal range.

Insulin & T2D: People with T2D have insulin resistance which means the body doesn't respond properly to insulin → making it difficult to regulate blood sugar levels.

As a Result: The body tries to produce more insulin to control blood sugar levels. Consistently high insulin levels have negative downstream effects on the body (chronic inflammation) and it keeps the body stuck in energy storage mode and more make it difficult to manage weight.

To reverse this issue, we need to address the high insulin levels and bring it back down.



Intro to Low Carb 1-Pager

[MCT2D | Getting Started on a Low Carb Lifestyle for Type 2 Diabetes](#)

[MCT2D | Getting Started on a Low Carb Lifestyle for Type 2 Diabetes \(Hispanic Version\)](#)



Step 4: Introduce Low Carb Diets

Resources to Get Started

Setting a Carb Goal

Determine a carbohydrate range based on patient's health goals, preference, and their medical history.

Recommendation: start with 100-130g total carbohydrates/day.

Some patients may benefit from or opt to try greater carb reduction to promote nutritional ketosis: <50g total carbohydrates/day or 20-35g net carbohydrates/day.

Increasing Carbohydrate Awareness

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

LOWER CARB

25-30g carbs



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

HIGHER CARB

75g carbs



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

Carbohydrate Resources

Macronutrients Explained

Following a low carbohydrate meal plan means not only reducing the total amount of carbs you eat in a day, but also making healthy choices when deciding what carbs to eat. A good rule of thumb is to replace food items like white bread, soda, and sweets that contain simple carbohydrates with foods containing complex carbohydrates. Examples of complex carbohydrates include whole grains (like quinoa, barley, oats, farro), beans and lentils, fruits, and starchy vegetables (like sweet potatoes, winter squash, beets, etc.). As the name might suggest, complex carbohydrates digest more slowly, which is helpful in preventing large spikes in your blood sugar.

Fiber is a type of carbohydrate that passes through your digestive system without being absorbed. Think of fiber as a household sweeper, helping to clean your digestive tract. It helps to keep your gut healthy, adds bulk to your meals, supports stable blood sugar, and aids in healthy bowel movements. Fiber is found in many plant foods, including non-starchy vegetables (like leafy greens, broccoli, cauliflower, bell peppers, zucchini), nuts, seeds, and complex carbohydrates as mentioned above.

Breads		
 1 slice bread = 15g	 1 whole apple = 24g	 1 large (8 1/2 inch) tortilla = 31g
 1 English muffin = 21g	 1 cup of oatmeal = 27g	 1 whole bowl of spaghetti = 31g
 1 whole sandwich = 19g	 1 whole burger = 21g	 1 hot dog bun = 21g
Salads and Pasta		
 1 cup of rice = 45g	 1 cup of lentils = 27g	 1 cup of quinoa = 21g
 1 cup of whole wheat = 21g	 1 cup of pasta = 45g	 1 cup of corn = 21g
Starchy Vegetables, Beans and Lentils		
 1 cup of sweet potatoes = 21g	 1 cup of winter squash = 21g	 1 cup of beans = 21g

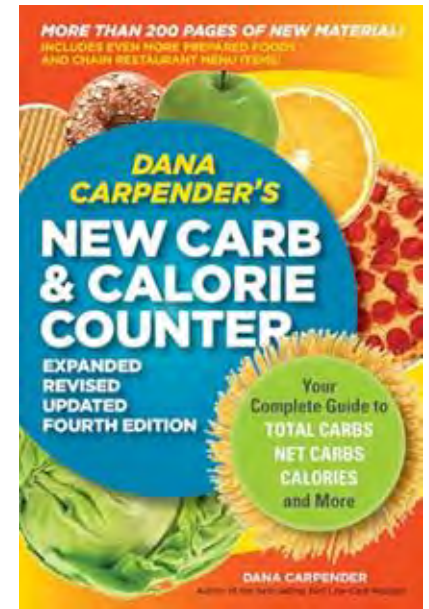
Low Carb Jumpstart Welcome Packet

STEP 4: Add some complex carbs to your diet

Starchy Vegetables	Fruits	Whole Grains																																																																																										
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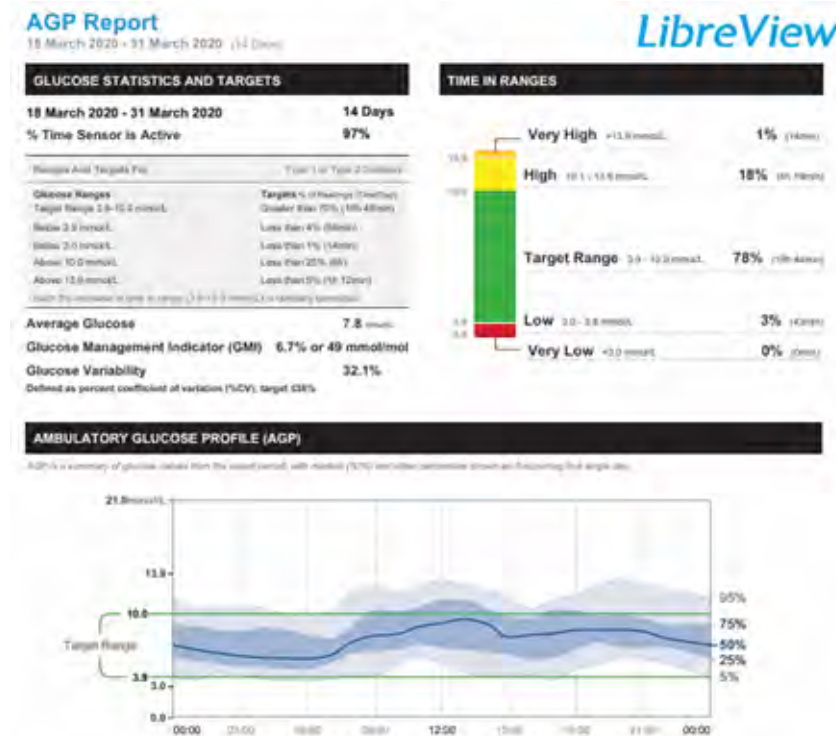
Note: For any packaged foods, remember to check the nutrition label to get accurate information on carb content.

Carb and Calorie Counter



Using CGM to Guide Nutrition Conversations

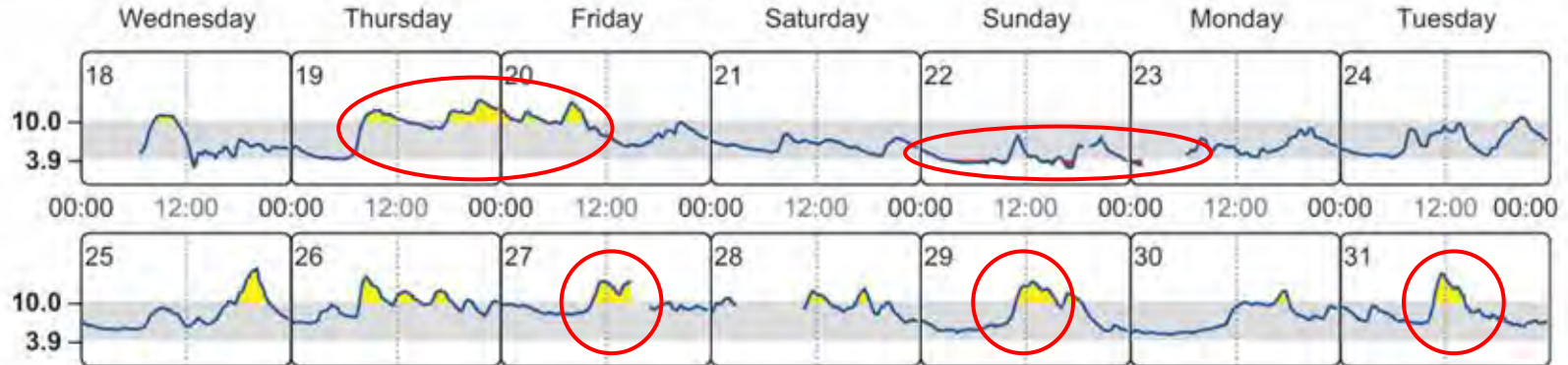
- ★ Identify areas for improvement using glucose patterns or trends
- ★ Time-in-range (TIR) can provide patients with tangible goals to work on (goal >70%)



Daily Glucose Trends

DAILY GLUCOSE PROFILES

Each daily profile represents a midnight to midnight period with the date displayed in the upper left corner.



Source: Battelino, Tadej, et al. "Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations From the International Consensus on Time in Range." *Diabetes Care*, American Diabetes Association, 7 June 2019, <https://doi.org/10.2337/ddd19-0026>.

Helpful Hints for Dietary Change

1) Consider carbohydrate tracking or keeping a food diary

- Determine baseline diet composition via food tracking (ex. 1 week)
- Apps: Carb Manager, Cronometer, MyFitness Pal, Macrofactor

1) Normalize gradual change

- Transition 1 meal at a time
- Consider just changing breakfast

1) Determine patient-centered goals and next-steps

- What's a realistic first step for your patient?

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



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



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

Food Tracking Tools

WEEKLY CARB & BLOOD SUGAR TRACKER		MONDAY	DATE	TUESDAY	DATE	WEDNESDAY	DATE
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
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:		Blood sugar 2 hours after meal:	
LUNCH		LUNCH		LUNCH		LUNCH	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
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:		Blood sugar 2 hours after meal:	
DINNER		DINNER		DINNER		DINNER	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
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:		Blood sugar 2 hours after meal:	
SNACK		SNACK		SNACK		SNACK	
FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS	
Blood sugar before bed:		Blood sugar before bed:		Blood sugar before bed:		Blood sugar before bed:	
Total carbs for the day:		Total carbs for the day:		Total carbs for the day:		Total carbs for the day:	
PHYSICAL ACTIVITY		DURATION		PHYSICAL ACTIVITY		DURATION	
How do you feel about the meals you ate today?		How do you feel about the meals you ate today?		How do you feel about the meals you ate today?		How do you feel about the meals you ate today?	
Good Neutral Needs work		Good Neutral Needs work		Good Neutral Needs work		Good Neutral Needs work	

TARGET RANGES

PRE-MEAL	POST-MEAL

OPTIONAL GOALS
(Complete at end 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



FOOD TRACKER

Foster Enjoyment of Low Carb Foods

“A Lower carb approach isn’t about deprivation, it’s about emphasizing foods that reduce insulin spikes [and keep blood sugar steady] and are also delicious and satisfying to eat.”

“Many people are surprised to learn that they are already eating lots of low carb foods like eggs, fish, meat, yogurt, green beans, nopales, okra, avocado...Which of these foods do you enjoy eating?”

Emphasize the enjoyment of low carbohydrate foods through individual & cultural preferences

UNDERSTANDING NUTRITION LABELS

101



Patient Planning Tools: Low Carb Jumpstart



HOME



PLAN



COOK



BLOG



RESOURCES



SEARCH

WELCOME TO JUMPSTART

A low carb lifestyle for
type 2 diabetes



DOWNLOAD THE
WELCOME PACKET

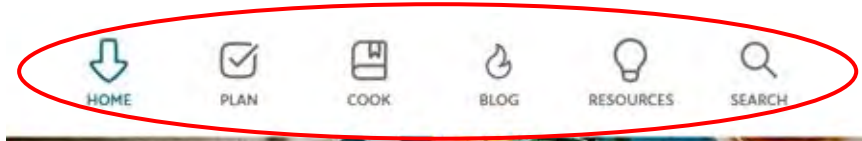


<https://jumpstart.mct2d.org/>

MCT2D.org

Patient Planning Tools: Low Carb Jumpstart

- ★ Goal Setting:
 - Determine carb goal
 - Determine additional goals
 - Print/download PDF
- ★ Carb Tracking
 - Digital
 - Paper (MCT2D tool)
- ★ Interactive Meal Planner & Samples
- ★ Recipes/SatisfAI
- ★ Low Carb Groceries List



Intro to Low Carb Video Series



1. Part 1 - The Basics

[MCT2D | Intro to a Low Carb Lifestyle Video: Part 1](#)

1. Part 2 - Meal Planning and Shopping

[MCT2D | Intro to a Low Carb Lifestyle Video: Part 2](#)

1. Part 3 - Low Carb in the Real World

[MCT2D | Intro to a Low Carb Lifestyle Video: Part 3](#)

Step 5: Personalize Your Recommendations

Tailoring and Customizing

Protein Recommendations

1.2-1.6 g/kg/day

For individuals with BMI >30, calculate using weight at BMI 30

Growing evidence suggests RDA of 0.8 g/kg/d is the minimum requirement, not optimal level, to support:

- Muscle protein synthesis
- Satiety and weight management
- Bone health
- Longevity

Example:

Height: 5' 8" (1.73 m)

Weight: 230 lbs (104.3 kg)

BMI: 35

Calculate weight (kg) at BMI = 30

Weight (kg) = $30 \times (\text{height in meters})^2 = 30 \times 1.73^2 = \mathbf{90 \text{ kg}}$

$90 \text{ kg} \times (1.2-1.6 \text{ g/kg/day}) = \mathbf{108-144 \text{ grams protein/day}}$

What Does 100 Grams of Protein Look Like?

Breakfast: 2 eggs, any style (14 grams) + $\frac{3}{4}$ cup plain Greek yogurt with berries (17 grams) → **Total: 31 grams**

Lunch: Chipotle turkey burger (20 grams) salad with $\frac{1}{4}$ cup shredded cheese (7 grams), arugula, tomato, onion, $\frac{1}{2}$ cup lentil (8 grams) → **Total: 35 grams**

Snack: $\frac{1}{2}$ cup spiced edamame → **Total: 12 grams**

Dinner: 4 oz fillet of salmon with tartar sauce; garlic roasted sweet potato and asparagus → **Total: 25 grams**

Daily Total: approx. 103g

Tailoring to Cultural Cuisines

Explore gradual carb reduction by:

→ Reducing portions of carbohydrates

- ◆ Chapati/roti, rice, noodles, yam, plantain, cassava, fufu, pulses, injera, jaggery/honey etc.

→ Increasing intake of non-starchy vegetables

- ◆ Okra, cauliflower, spinach, nopales, eggplant, bok choy, mustard greens, Asian greens etc.

→ Increasing intake of protein

- ◆ Poultry, meat, fish, eggs, soy/soya, lentils, beans etc.

→ Increasing healthy fats

- ◆ Avocados, olives, nuts, seeds etc.

→ Increasing dairy foods

- ◆ Greek yogurt, paneer, lassi, laban, other fermented dairy

New Patient Resource

SatisfAI



Designed specifically for people with prediabetes and type 2 diabetes.

Features

- Create custom recipes
- “Low carb” an existing dish
- Quickly generate random recipes
- Multi-layered USDA ingredient validation



jumpstart.mct2d.org/ai-chef

Clinician Feedback

SatisfAI



Survey Highlights (n=104)

- **95%** responded that SatisfAI was very easy or easy to use.
- **76%** felt this tool could help patients better sustain a low carb lifestyle.
- **73%** responded they are very likely or likely to add this tool to their clinical workflow

"I think this is a great tool, particularly for patients who say "I know what I need to do to eat better" and don't necessarily want more formal education on low-carb diets. It was simple to use and I think could actually create practical meal ideas to reduce the mental workload of meal-planning."

"I think that the tool will be helpful for individuals who are trying to decrease their carbohydrate intake."

Cultural Sample Meal Plans and Resources



Scan here for the full meal plan collection →



[South Asian Sample Meal Plan \(Vegetarian\)](#)

[South Asian Sample Meal Plan \(Non-Vegetarian\)](#)

[Hispanic Sample Meal Plan](#)

[Hispanic Cuisine Low Carb Cheatsheet](#)

Step 6: Monitoring Progress and Addressing Barriers

Follow-up

Evaluate Key Outcomes



Change in weight

(within 3 months)



Glycemic control

(consider continuous glucose monitoring)



Change in measures of cardiometabolic health

(e.g., lipids)



Subjective experience of the diet

Hunger levels

Food cravings

Enjoyment of diet /
perceived
sustainability

Navigating Emotional Eating and Food Cravings

1. Identify the problem/trigger(s)
2. Determine whether it is short-term/acute or long-term/chronic
3. Assess whether patients are getting adequate nourishment (priority)
4. Explore potential solutions and ideas to navigate barrier successfully
 - a. [Comfort Without Cravings: How to Decompress Without Food — Nutrition Ally](#)
 - b. <https://www.pinterest.com/lowcarbuofm/low-carb-desserts/> (low carb dessert ideas)
5. Determine a plan to try (patient-led)
6. Seek additional areas of support as needed
 - a. Counseling/therapy (food psychology)

Challenges Regarding Food Access + Cost



- ✓ **PLAN:** Make a shopping list
- ✓ **SHOP:** Seasonal and cheaper alternatives
- ✓ **COOK:** In bulk and enjoy leftovers

Rapid Fire Summary

1. *Engage with patients and understand their health goals*
 - a. *Pick one focus area for the visit*
2. *Explain the why of low carbohydrate diets*
3. *Provide resource(s) to help patients get started*
4. *Tailor recommendations to meet individual needs/preferences*
5. *Set regular cadence for follow-up and monitoring*
6. *Identify and address barriers to adherence; re-evaluate plan as needed*

New Low Carb Counseling Tools

[MCT2D | Low Carb Nutrition Counseling Clinical Pearls for Clinicians](#)

[MCT2D | Develop Your Low Carb Counseling Skills Using Motivational Interviewing \(MI\) Techniques](#)

Develop Your Low Carb Counseling Skills Using Motivational Interviewing (MI) Techniques

This resource is intended to aid patient conversations and explore whether a low carb diet aligns with their health goals, preferences, and readiness for change. Motivational Interviewing leads with curiosity, empathy, and collaboration to strengthen patients' own motivation and self-efficacy.

This resource includes a step-wise approach to guide these conversations including language that can be used by clinicians.

1. **Build rapport and partnership:** Use clear and supportive language to create a or non-judgmental space.

"Thanks so much for coming in today. I know that getting a diagnosis like type 2 diabetes is like a lot to take in. My role is to partner with you and support what matters most to you. How would you like to start today?"

2. **Elicit patient goals, values, and baseline understanding:** Explore what the patient values and what feels important to them.

"What have you been told (or know) about diabetes so far?"

"What concerns you most about your blood sugar or A1c?"

"What are your feelings about this?"

3. **Ask permission to share information:** Respect patient autonomy before sharing education/information.

"You've shared important reasons for wanting to improve your A1c (reflect patient's reasons). Would it be okay if I shared one approach that has helped other people with similar goals?"

"Would you have a low support level?"

4. **Connect food, blood sugar, and insulin:** Use plain language and of persuasion.

Step 1:

"What do you already know about how food affects blood sugar?"

Step 2:

"When we eat foods containing carbohydrates, they break down into sugar in the bloodstream. Insulin is a hormone that helps move sugar into cells for energy."

Step 3:

"For people with type 2 diabetes, a lot of processed and refined carbohydrates can keep blood sugar levels high. This is why it's important to choose low carb foods."

Low Carb Nutrition Counseling Clinical Pearls for Clinicians

The saying "knowledge is power" can be true when it comes to lifestyle strategies for managing chronic illnesses such as type 2 diabetes (T2D). But how do we fit the time to talk about nutrition with patients when there is so much to cover in a visit? The good news is that nutrition talk does not need to take up your entire visit. What you say and how you say it in a few minutes can help patients feel more engaged and empowered to take charge of their health.

Your words have power!

This tool is designed for clinicians interested in practical strategies on low carb nutrition counseling that can be delivered to patients during your office visit. Remember that you don't need to use all the recommendations in a single visit.

Low Carb Eating 101 Recommendations for Patients

1. Aim for 100-130 grams total carbohydrates per day.
2. Consider tracking food intake on paper or an app to bring awareness to eating patterns and track carb intake.
3. Get started by switching one meal at a time from high carb to low carb. For example, switch breakfast to scrambled eggs with veggies or plain yogurt with berries in place of cereal or pastries.
4. Anchor meals around a protein source: aim for 20-30g of protein per meal.
5. Pair meals and snacks with non-starchy vegetables like green beans, broccoli, cauliflower, spinach, zucchini, asparagus etc.
6. Use fats for flavor and satiety like nuts, seeds, avocado, olives, and dairy.
7. Choose minimally processed carbohydrates like beans & lentils, starchy vegetables (sweet potatoes, squash etc.), quinoa, oats, and fruits.
8. Prioritize unsweetened/zero calorie beverages: still or sparkling water, coffee, tea etc.



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Questions?

Summary of LCD Resources

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