

# Low Carbohydrate Eating Handbook

You are receiving this handbook because your medical provider has recommended that you follow a low carbohydrate eating pattern to help control your diabetes. In this handbook you will find materials to help you learn more about low carb eating and how to get started.



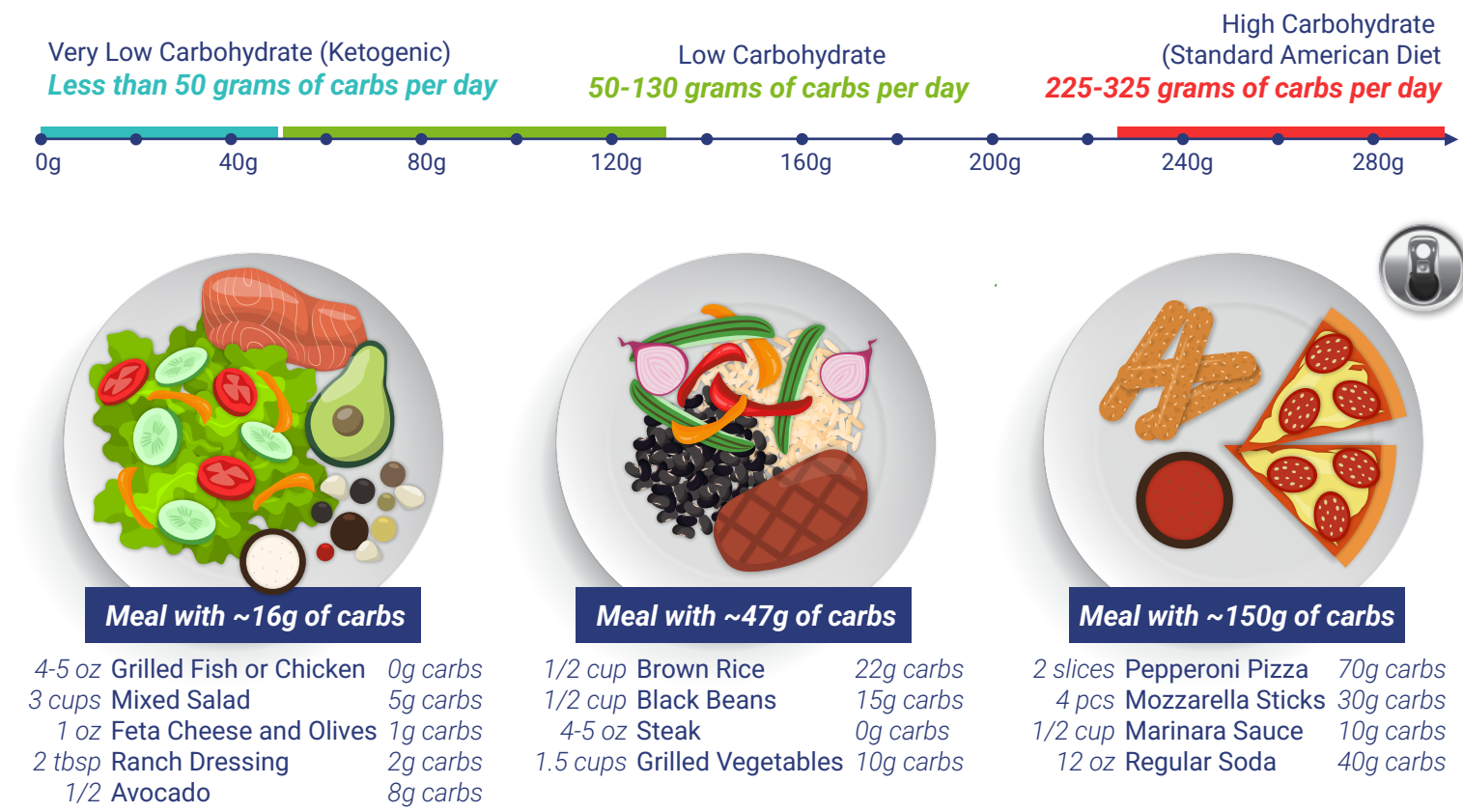
## What is Included?

- Getting Started on a Low Carb Lifestyle
- Back to Basics
- Building Your Plate
- Understanding Nutrition Labels
- Sample Meal Plan: 50 – 130 grams of carbs
- Sample Vegetarian Meal Plan: 50 – 130 grams of carbs
- Low Carb Snack List
- Low Carb Grocery Shopping List
- Create Your Low Carb Goals
- Additional Low Carb Resources

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.



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.

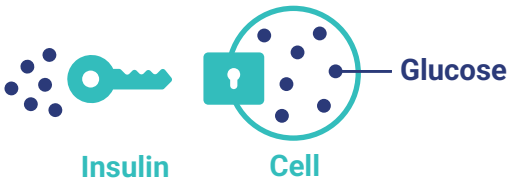
What is insulin? Insulin is a chemical released when you eat carbs. Everyone needs insulin to live.

Updated April 2023 The American Diabetes Association supports individualized eating plans for people with type 2 diabetes. Reducing your carbohydrates can help you control blood sugar and reduce medications.

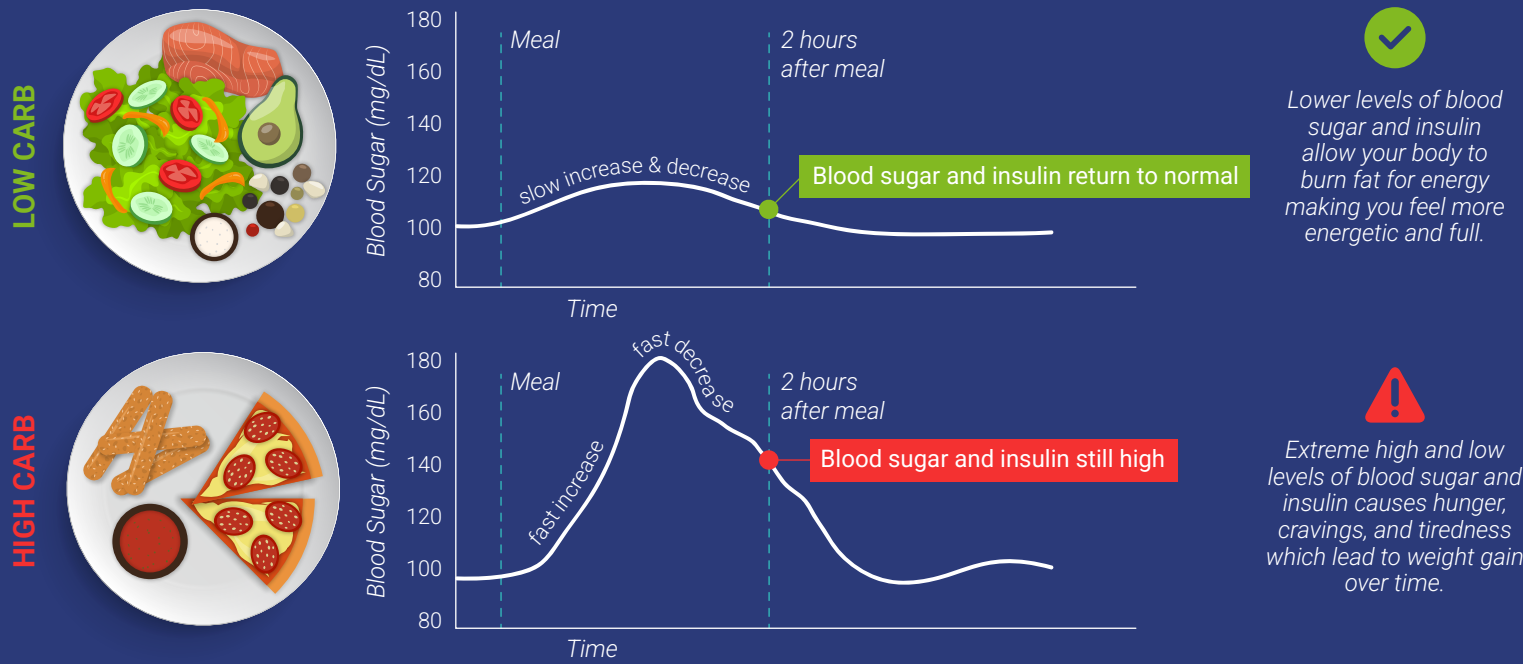
Want to learn more? Scan or visit MCT2D.org/patients



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?



Getting Started

- Start by changing one meal at a time (i.e., breakfast). It can be easier to transition gradually to a low carb meal plan. Start with making changes to one meal and do this for a few days to a week. Once you've got the hang of it, modify your next meal to low carb. Focus on:
  - Adding protein, non-starchy vegetables, & healthy fats
  - Swapping out your starch (bread, rice, potato, pasta etc.) for non-starchy vegetables (broccoli, leafy greens, cauliflower, green beans etc.)
- Listen to your hunger cues. One benefit of following a low carb lifestyle is you don't have to count calories. You are encouraged to eat when you are hungry and stop when you are full.
- Replace sugary drinks such as pop and fruit juice with water and unsweetened beverages. Enjoy black coffee and unsweetened teas. If using flavored creamers, replace it with a splash of heavy cream or sugar-free versions.
- Find good snack options. Replace high carb, sugary snacks like chips and baked goods with low sugar fruits like berries. For savory snacks, try veggies and dip, deviled eggs, tuna salad, or nuts and cheese combos. Combining fats and protein help make a balanced and satisfying 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

Low carbohydrate eating patterns should not be used in combination with SGLT2 inhibitor medications. Talk to your doctor before reducing the carbohydrates in your diet.



## Back to Basics – Diabetes and Diet

### Why do we focus on carbohydrates (carbs) for diabetes?

- ALL carbs turn into sugar in our blood
- Carbs cause blood sugar to rise higher and faster than other food groups.
- Reducing carb intake and pairing carbs with other nutrients (protein, fiber, & fat) can decrease their effect on blood sugar levels.

### Which food groups are considered carbs?

#### • Dairy

- Milk
- Yogurt



#### • Fruit and Fruit Juice (any)



#### • Starch/Grains

- Bread
- Cereal and Grains
- Crackers and Snacks
- Beans (black, kidney, white, etc.)



#### • Starchy Vegetables

- Peas
- Corn
- Potatoes



#### • Desserts and Sweets



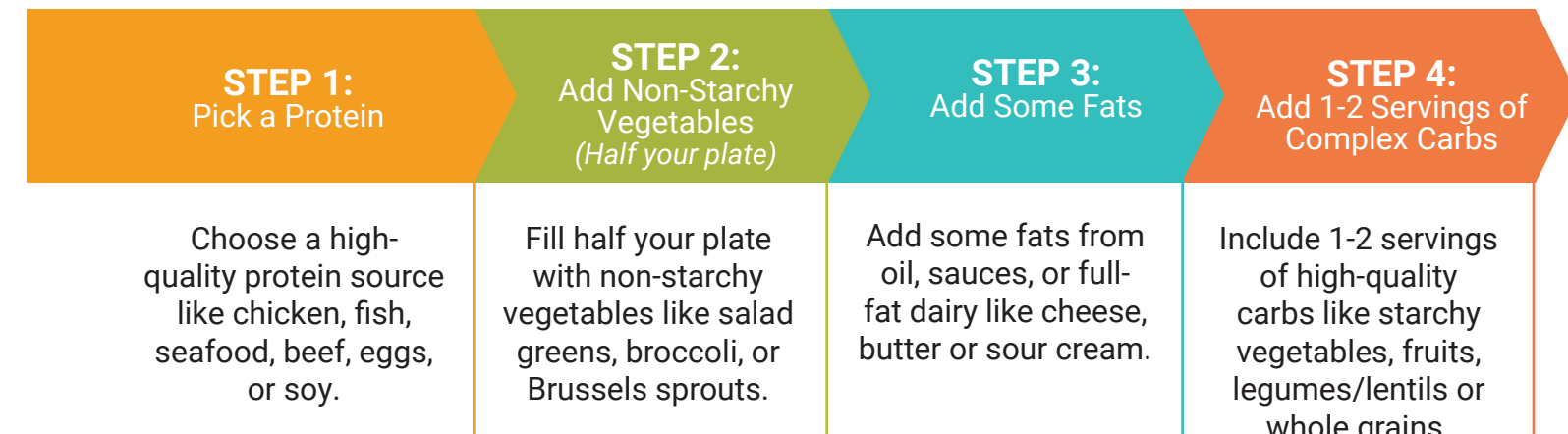
#### • Sugar-Sweetened Beverages

- Pop/soda
- Sports drinks
- Energy drinks
- Sweet tea
- Lemonade
- Coffee drinks w/ sugar



## BUILDING YOUR PLATE

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



10 inch Dinner Plate

## Learn how to read nutrition labels on packaged foods

*In this example, one serving is 1 cup (55g).*

*This example has 21g of total carbohydrates in one serving.*

*This example has 2g of dietary fiber in one serving.*

*This example has 8g of total sugars in one serving.*

*This example has 10g of protein in one serving.*

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# 7-DAY SAMPLE MEAL PLAN

## Low Carb Meal Plan (50-130g per day)

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

50-130g  
per day



SUNDAY		
Breakfast	Lunch	Dinner
<p><b>3 egg omelet</b> with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese</p> <p>1 slice whole wheat bread or 1 cup mixed berries</p> <p><b>Total carbs: 20-25g</b></p>	<p><b>Wrap sandwich</b> (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired</p> <p><i>Optional: add 1oz nuts for crunch or avocado</i></p> <p><b>Total carbs: 25-30g</b></p>	<p><b>2 cups spaghetti squash*</b> topped with ½ cup low carb tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables</p> <p><i>Optional: add grated Parmesan</i></p> <p><i>*Note: Can also use high-protein, low carbohydrate pasta</i></p> <p><b>Total carbs: 40g</b></p>
MONDAY		
Breakfast	Lunch	Dinner
<p><b>¾ cup plain Greek yogurt</b> topped with 1oz mixed nuts, 1 cup berries or 1 piece fruit (1 small apple, plum, kiwi, 1 cup cantaloupe)</p> <p><b>Total carbs: 25g</b></p>	<p><b>2-3 cups mixed greens</b> topped with 4-5oz tuna or other canned fish, ½ cup chickpeas, diced cucumber, tomato, onion, pickles, olives, avocado, and feta or shredded cheese</p> <p>Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette</p> <p><b>Total carbs: 25g</b></p>	<p><b>Chicken Alfredo</b> (whole grain fettuccine with 4-5oz chicken grilled, ½ cup Alfredo sauce, and 2oz (dried) whole grain fettuccine)</p> <p>Serve with side salad (dressing full-fat or olive oil and vinegar)</p> <p><b>Total carbs: 50g</b></p>
TUESDAY		
Breakfast	Lunch	Dinner
<p><b>Baked avocado cups</b> (cut avocado in half, add 1 egg to center of each half, then bake at 425 degrees for 15-20 min)</p> <p>1 piece of fruit (1 small apple, plum, kiwi, 1 cup cantaloupe, 1 cup berries)</p> <p><b>Total carbs: 30g</b></p>	<p><b>Lettuce wraps</b> (2-3 large lettuce leaves topped with 4-5 oz turkey or chicken, 2 tbsp hummus, diced tomato, onion, and 1oz pumpkin seeds)</p> <p><b>Total carbs: 20g</b></p>	<p><b>2 cups lentil soup</b> (brown lentils, onions, garlic, diced carrots, zucchini, celery, mushrooms)</p> <p>Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight)</p> <p><i>You can make these in batches!</i></p> <p><b>Total carbs: 43g</b></p>

## WEDNESDAY

Breakfast	Lunch	Dinner
<p><b>Farmer's breakfast</b> made with 2 slices bacon or other breakfast meats</p> <p>1-2 eggs, cooked in any style</p> <p>½ cup sautéed spinach or other greens</p> <p>1 slice whole grain toast</p> <p><b>Total carbs: 20g</b></p>	<p><b>Burrito bowl</b> made with 1 cup cauliflower rice, 4-5oz taco meat, 1 cup sautéed vegetables, ½ cup black beans, 2 tbsp salsa, and 1 tbsp sour cream</p> <p>1 small fruit</p> <p><b>Total carbs: 42g</b></p>	<p><b>4-5oz Grilled/baked fish</b></p> <p>2 cups baked/grilled non-starchy vegetables sprinkled with 1oz mixed nuts</p> <p>½ cup sautéed corn or 1 small baked sweet potato</p> <p><i>Optional: add 1 tbsp sour cream or butter</i></p> <p><b>Total carbs: 32g</b></p>

## THURSDAY

Breakfast	Lunch	Dinner
<p><b>Oatmeal</b> (½ cup rolled/steel cut oats, cooked in water, topped with ½ cup berries and 1oz walnuts)</p> <p>2 boiled eggs</p> <p><b>Total carbs: 38g</b></p>	<p><b>2 cups chickpea and vegetable soup</b></p> <p>Side spring salad with 1oz feta cheese or nuts</p> <p><b>Total carbs: 25g</b></p>	<p><b>Low carb pizza</b> (bake low carb tortilla wrap or homemade cauliflower crust topped with ¼ cup sauce, ½ cup shredded cheese, meats, and diced vegetables)</p> <p><b>Total carbs: 30-45g</b></p>

## FRIDAY

Breakfast	Lunch	Dinner
<p><b>Smoothie</b> (blend 1 cup unsweetened almond milk, 1 cup fresh spinach, 1-2 scoops protein powder, ½ banana, ½ cup berries, and 1 tbsp chia seeds or flax meal)</p> <p>OR ready-made protein shake (check nutrition label for carb content). Can add a small piece of fruit or ½-¾ cup berries</p> <p><b>Total carbs: 21g</b></p>	<p><b>1 cup tuna salad/chicken salad/egg salad</b></p> <p>Serve over 2 cups of mixed leafy greens, or make into a wrap or sandwich using low carb bread</p> <p><i>Optional: 1oz cheese, walnuts, or almonds</i></p> <p>Serve with 1 cup mixed fruit</p> <p><b>Total carbs: 25g (44g with wrap)</b></p>	<p><b>4-5oz steak</b></p> <p>Roasted Brussels sprouts (10)</p> <p>1 small baked potato</p> <p><i>Optional: 1 tbsp sour cream or 1oz shredded cheese</i></p> <p><b>Total carbs: 30g</b></p>

## SATURDAY

Breakfast	Lunch	Dinner
<p><b>Egg bites</b> (whisk together 2-3 eggs, chopped onion, peppers, tomato, spinach, mushrooms, seasoning, and 1-2oz cheese of choice. Pour mixture into muffin tin and bake at 350 degrees for 15-20 min or until set)</p> <p>1 small fruit</p> <p><b>Total carbs: 20g</b></p>	<p><b>Cobb salad</b> (2-3 cups lettuce or salad mix, 4-5oz diced chicken or tuna, ½ diced avocado, tomatoes, cucumber, and 2 tbsp blue cheese dressing. Add ⅔ cup cooked quinoa)</p> <p><b>Total carbs: 42-45g</b></p>	<p><b>Chicken fajitas</b> (4-5oz chicken, 1 cup sautéed non-starchy vegetables, 2 tbsp sour cream, and ½ avocado. Serve with 1-2 low carb tortilla wraps)</p> <p><b>Total carbs: 48g</b></p>



# 7-DAY SAMPLE MEAL PLAN

## Lacto-Ovo Vegetarian Low Carb Meal Plan (50-130g per day)

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample Lacto-Ovo Vegetarian 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

50-130g  
per day



SUNDAY		
Breakfast	Lunch	Dinner
<b>1 cup plain Greek yogurt</b> topped with 1 oz mixed nuts and ¼ cup blueberries  <b>Total carbs: 20g</b>	<b>Quinoa bowl</b> (¾ cup cooked quinoa, ½ cup baked marinated tofu, ½ cup roasted sweet potato cubes, 1 cup lightly sautéed kale, 2 tbsp oil and vinegar dressing.)  <b>Total carbs: 56g</b>	<b>Cauliflower dal</b> and lentil curry made by simmering a large head of chopped cauliflower, red lentils, garlic, and onion in a large pot with stock. Add in your favorite spices and finish off sautéed garlicky spinach.  <b>Total carbs: 45g</b>
MONDAY		
Breakfast	Lunch	Dinner
<b>Tofu scramble.</b> Crumble a block of extra firm tofu and sauté with diced vegetables. Flavor with turmeric, garlic, onion, and cayenne powder. Serve with sliced avocado and some fruit.  <b>Total carbs: 25g</b>	<b>Egg bites.</b> Whisk together 3 eggs, chopped onion, peppers, spinach, mushrooms, seasoning, and 1-2oz cheese. Pour mixture into muffin tin and bake at 350 degrees for 20 min or until set.  <i>Serve with side salad (spring mix, olive oil, lemon juice, salt/pepper, almonds)</i> <b>Total carbs: 20g</b>	<b>Chickpea and tomato stew.</b> Simmered chickpeas in a rich tomato sauce with onions, garlic, bell pepper, and spices (cumin, paprika, coriander). Stir in fresh or frozen spinach and cook additional 5 min. Top with chopped almonds.  <b>Total carbs: 47g</b>
TUESDAY		
Breakfast	Lunch	Dinner
<b>Moroccan-style eggs.</b> Cook low-sugar marinara with diced bell pepper and onion. Cook until soft. Create 2-3 wells using the back of a spoon and crack an egg into each. Cover and simmer for 4-6 min or until desired doneness.  <b>Total carbs: 25g</b>	<b>Black bean salad.</b> Over a bed of leafy greens, sprinkle your favorite toppings like ½ cup black beans, ¼ cup avocado, tomato, cucumber, 2 tbsp salsa, ¼ cup cheese, and dressing (try ranch or lemon and olive oil vinaigrette).  <b>Total carbs: 44g</b>	<b>Spaghetti squash</b> with lentil sauce. Cook diced onion, garlic, celery, and mushrooms in olive oil. Add brown lentils and a can of crushed tomatoes. Simmer on low for 20 min. Season and serve over a bed of spaghetti squash or other low carb pastas (like Palmini).  <b>Total carbs: 53g</b>

WEDNESDAY		
Breakfast	Lunch	Dinner
<b>Chia pudding bowl.</b> Combine ¼ cup chia seeds with 1 cup unsweetened almond/soy milk. Mix and refrigerate for 2 hrs or overnight. Top with ¾ cup plain Greek yogurt, ½ cup berries, and 1oz nuts.  <b>Total carbs: 26g</b>	<b>Creamy white bean soup.</b> In a large pot, cook chopped onion, garlic, carrots, and celery in olive oil. Add in 2 cans of white beans, 5 cups broth, and 1 can coconut milk. Simmer for 20 min and season to taste. Add 3 cups chopped kale or collards and some lemon juice. <i>Delicious with cheese crisps!</i> <b>Total carbs: 28g</b>	<b>Roasted chickpea and tempeh bowl.</b> Place diced cauliflower, cubed tempeh, and a can of drained chickpeas on a tray. Coat with olive oil and season as desired. Bake at 375 degrees for 30 min. Serve with a creamy yogurt dressing and chopped cilantro. <i>Optional dessert: ½ cup berries and whipped cream</i> <b>Total carbs: 43g</b>
THURSDAY		
Breakfast	Lunch	Dinner
<b>Blueberry cheesecake smoothie.</b> Combine 6oz silken tofu, ½ banana, 1 oz cream cheese, 1 cup blueberries, and 2/3 cup unsweetened soy or almond milk. Blend with ice cubes and serve.  <b>Total carbs: 45g</b>	<b>Egg salad lettuce boats.</b> Hard boil 3-4 eggs, peel and mash together with ½ cup mayonnaise, 1.5 tsp mustard, 1 sliced green onion, diced celery, and chopped chives or dill. Spoon over romaine lettuce ‘cups’ and serve.  <b>Total carbs: 25g</b>	<b>Grilled tofu skewers.</b> Marinate tofu chunks in a peanut sauce. Assemble skewers with tofu, onion, zucchini, mushrooms, bell peppers. Grill or roast in the oven (375 degrees for 10-15min) until golden. Serve with cooked quinoa.  <b>Total carbs: 55g</b>
FRIDAY		
Breakfast	Lunch	Dinner
<b>PBJ overnight oats.</b> Combine 1 cup rolled oats, 2 tbsp chia seeds, ½ cup plain Greek yogurt, 1.5 cups unsweetened soy or almond milk, cinnamon powder and 2 tbs peanut butter. Refrigerate overnight.  Top with mashed raspberries and serve.  <b>Total carbs: 49g</b>	<b>Taco salad.</b> Crumble a block of tofu, cook and flavor with taco seasoning. Make your taco bowl with shredded lettuce and top with tofu, guacamole, sour cream, salsa, cheese, diced onions, cilantro, and a squeeze of lime.  <b>Total carbs: 17g</b>	<b>Lentil sloppy joes.</b> Cook diced bell peppers and onion in olive oil. Add brown lentils, stock, and canned crushed tomatoes. Season to taste with chili powder and spices. Add stevia for some sweetness. Simmer on low for 1hr.  Serve over cooked greens or roasted jicama/kohlrabi.  <b>Total carbs: 45g</b>
SATURDAY		
Breakfast	Lunch	Dinner
<b>Egg scramble.</b> Whisk 3 eggs and set aside. Saute diced onion and bell peppers in olive oil, then add the eggs and stir to cook. Fold in spinach and shredded cheese.  Serve with sliced apples or berries.  <b>Total carbs: 24g</b>	<b>Chickpea salad.</b> On a bed of spinach, add diced bell pepper, onion, tomato, ½ cup chickpeas, avocado, and sliced almonds. Sprinkle feta cheese or cheese of choice. Season and toss with lemon and olive oil dressing.  <b>Total carbs: 37g</b>	<b>Black bean burrito bowl.</b> Cook cauliflower rice and serve in a bowl. Top with seasoned black beans, diced onion, cheese, guacamole, salsa, sour cream, and cilantro. Sautéed onions and peppers are delicious too!  <b>Total carbs: 41g</b>

## Try some of these delicious snack options

- ☐ **Boiled eggs**
- ☐ **String cheese or 1-1.5oz cheese (2 dice-sized cubes)**
- ☐ **Chicken/tuna/egg salad, served with vegetable slices like cucumbers, bell peppers, celery**
- ☐ **Palmful of nuts/seeds (1oz) - walnuts, almonds, pecans, sunflower/pumpkin seeds, etc.**
- ☐ **Plain Greek yogurt with ¼-½ cup berries**
- ☐ **Vegetable platter with dip (ranch, spinach and artichoke dip, etc.)**
- ☐ **Mini meat and cheese board with olives/nuts/vegetables**
- ☐ **Roast beef with mustard/horseradish**
- ☐ **Meat jerky (with no added sugars)**
- ☐ **Low carbohydrate smoothie (½ cup plain Greek yogurt, ½ cup berries, 1 cup coconut milk, 1 handful ice cubes, stevia to taste) or ready-made low carbohydrate shake**
- ☐ **Tortilla 'chips' made with sliced low carbohydrate tortillas (bake 8-10 min or until golden at 400 degrees), served with guacamole or salsa dip**
- ☐ **Celery sticks with natural unsweetened peanut/almond butter**
- ☐ **Sugar free Jell-o cup**
- ☐ **Parmesan crisps**
- ☐ **Pork rinds (can be used to make nachos with ground beef, top with cheese, and bake)**



## NOTES

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# LOW CARB GROCERY SHOPPING LIST

Stock your fridge and pantry with low carb foods

## Meats & Meat Alternatives

Beef (ground, steaks, ribs, or roast)  
Chicken/Turkey  
Duck  
Lamb  
Pork (ground, chops, ribs, or roast)  
Veal  
Goat  
Venison or other game  
Tempeh with no starches added  
Tofu with no starches added

## Dairy

(no added sugars or starches)  
Butter  
Cheeses (full-fat – all types)  
Cottage cheese  
Cream cheese  
Eggs  
Cream (heavy or whipping)  
Ricotta  
Sour cream  
Yogurt (unsweetened Greek)

## Fats & Oils

Avocado/Avocado oil  
Coconut oil  
Ghee/Lard  
Olives/Olive oil  
Schmaltz (chicken fat)  
Sesame oil  
Vegetable oil  
Nut oils



## Deli counter

(no added sugars or starches)  
Bacon  
Chorizo  
Corned beef  
Egg salad  
Hot dogs  
Luncheon meats of all types  
Pastrami  
Pepperoni  
Salami  
Sausage



## Canned or packaged meats & seafood

(no added sugars or starches)  
Beef jerky or sticks  
Ham  
Pork rinds or chicharrons  
Anchovies  
Crab  
Salmon  
Sardines  
Tuna



## Beverages

Club soda  
Coffee  
Tea  
Unsweetened flavored seltzers

## Seafood

Crab  
Fish of all types  
Lobster  
Mussels  
Octopus  
Oysters  
Scallops  
Shrimp  
Squid



## Vegetables

Artichoke  
Asparagus  
Baby corn  
Bean sprouts  
Broccoli  
Bok choy  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Fennel  
Greens (all types)  
Green beans  
Green onions/chives  
Kohlrabi  
Leeks  
Lettuces of all types  
Mushrooms  
Okra  
Onions  
Peppers (all varieties)  
Radishes  
Rhubarb  
Rutabaga  
Seaweed  
Shallots  
Snap peas/snow peas  
Sprouts  
Sugar snap peas  
Swiss chard  
Tomatoes  
Turnips  
Watercress  
Zucchini



## Higher Carb Foods

### Milk

Milk (2%)  
Plain soy milk

### Whole grains

Quinoa  
Oats  
Brown rice  
Whole wheat pasta  
Whole wheat/grain bread  
Whole wheat crackers

## Canned goods & condiments

Alfredo sauce  
Artichoke hearts  
Broth or bouillon  
Capers  
Cheese crisps (Parmesan, cheddar, etc.)  
Chipotle peppers  
Coconut milk  
Green chilies  
Horseradish  
Hot sauces  
Mayonnaise  
Mushrooms  
Mustard



Nut butters (no added sweeteners)  
Olives  
Pasta sauce  
Pesto  
Pickles & relish (no sugar added)  
Roasted red peppers  
Salad dressings (full-fat)  
Salsa  
Sauerkraut  
Soy sauce/tamari  
Sun-dried tomatoes in oil  
Tomatoes & tomato paste  
Vinegar

## Cooking & baking items

Low-calorie sweeteners (your preference)  
Chocolate, dark (80% cocoa or more)  
Cocoa powder  
Flavorings and extracts  
Herbs and spices  
Whey protein & other protein powders

## Nuts & seeds

Almonds  
Brazil nuts  
Chia seeds  
Flax seeds  
Hazelnuts  
Macadamia nuts  
Peanuts  
Pecans  
Pumpkin seeds  
Sunflower seeds  
Walnuts





Find more low carb lifestyle resources at [www.MCT2D.org](http://www.MCT2D.org)

## Fruits

Berries  
Kiwi  
Plum  
Pineapple  
Melon/watermelon  
Orange  
Banana  
Grapes  
Cherries  
Canned fruit (in water)

## Starchy vegetables

Beans  
Beets  
Carrots  
Corn  
Green peas  
Lentils  
Potato  
Squash  
Taro  
Yams





Low Carb Lifestyle

# SET YOUR LOW CARB GOALS



Long-Term Goals

Short-Term Goals

My Action Steps

Find more low carb resources at  
[MCT2D.org/resource-library](https://mct2d.org/resource-library)



For more information regarding a low carbohydrate lifestyle please contact your primary care doctor’s office or visit the following sites:

- o [mct2d.org/resource-library](https://mct2d.org/resource-library) – additional low carbohydrate eating resources including a three-part Intro to Low Carb Lifestyle video series.
- o [jumpstart.mct2d.org/](https://jumpstart.mct2d.org/) – provides low carb recipes and assistance building a balanced meal using the 4-step Process.
- o [dietdoctor.com](https://dietdoctor.com) – provides additional recipes, meal plans, and low carb videos.
- o [diabetesfoodhub.org/](https://diabetesfoodhub.org/) – affiliated with the American Diabetes Association, this site provides recipes with nutrition information included. This site does offer a “lower carb” filter under “browse recipes”.



Apps to consider for tracking carbohydrate intake:

- o MyFitnessPal



- o Carb Manager



- o Lose It!



## NOTES

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## NOTES

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