

# 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



## 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

## Other

Fresh herbs  
Garlic  
Lemons & limes  
Shirataki/konjac noodles



## 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)!

## 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

### Fruits

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

### Starchy vegetables

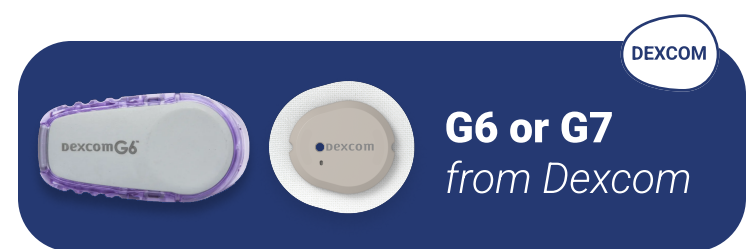
Beans  
Beets  
Carrots  
Corn  
Green peas  
Lentils  
Potato  
Squash  
Taro  
Yams



# Resources for Getting Started with Continuous Glucose Monitors

Continuous glucose monitors (CGMs) can help you manage your diabetes by providing real-time glucose readings, eliminating the need for frequent finger pokes. CGMs allow you to learn how food impacts your blood sugar, helping you make healthier decisions in the future. You can also easily share glucose data with your family and healthcare team while tracking your trends over time. We've gathered some resources to help you get started with your CGM. If you have any more questions, reach out to your healthcare team for support.

*Two of the most common brands of CGMs used by patients with type 2 diabetes:*



*I am using or was prescribed this brand and model of CGM:* \_\_\_\_\_  
*Write in your CGM here*

## I want to learn more about getting started with a CGM.

ABBOTT

**FreeStyle Libre 2 or 3**  
Get the Support you need with guides and videos.

**FreeStyle Libre 3:** [www.freestyle.abbott/us-en/freestyle-libre-3-resources.html](http://www.freestyle.abbott/us-en/freestyle-libre-3-resources.html)  
**FreeStyle Libre 2:** [www.free style.abbott/us-en/freestyle-libre-2-resources.html](http://www.free style.abbott/us-en/freestyle-libre-2-resources.html)

DEXCOM

**Dexcom G6 or G7**  
Attend a free online classes on a variety of topics including app and receiver setup, CGM basics, and data sharing. See back for more info.

**Register online at** [www.dexcom.com/en-us/dexcom-care](http://www.dexcom.com/en-us/dexcom-care)


## I need help affording my CGM.

ABBOTT

**FreeStyle Libre 2 or 3\***  
If you have a commercial insurance plan with a high deductible, call the Abbott customer care team at **(844) 330-5535** or **scan the QR code** to ask about two voucher options you may be eligible for:

1. Receive 1 free sensor (14 days)
2. Receive 2 sensors per month for \$75 monthly copay (*Talk to your local pharmacist for more information*)


\* If you have Medicare, the Libre 3 is only available at medical suppliers at this time.



DEXCOM

**Dexcom G6 or G7**  
Have Dexcom complete an insurance benefits check and get help understanding coverage by completing a new patient form at [www.dexcom.com/en-us/start](http://www.dexcom.com/en-us/start)

If you have a commercial insurance plan with a high deductible, visit [www.dexcom.com/en-us/savings-center](http://www.dexcom.com/en-us/savings-center) or **scan the QR code**



## I need technical support or a replacement sensor.

ABBOTT

### FreeStyle Libre 2 or 3

Call the Abbott customer care team at **(855) 632-8658** or complete an online form by scanning the QR code.

[www.freestyle.abbott/us-en/support/contact-us.html](http://www.freestyle.abbott/us-en/support/contact-us.html)



DEXCOM

### Dexcom G6 or G7

Call the Dexcom product support line at **(844) 607-8398** or complete an online form at [www.dexcom.com/en-us/contact](http://www.dexcom.com/en-us/contact)

*Tip: Keep your CGM's packaging incase you need to request a replacement.*

## I want more education and support as I start using my CGM.

ABBOTT

### FreeStyle Libre 2 or 3

The MyFreeStyle program is a free 6+ month diabetes education and support program that will teach you how to use your CGM to manage your diabetes. Visit:

[www.StartMyFreeStyle.com](http://www.StartMyFreeStyle.com)

DEXCOM

### Dexcom G6 or G7

Dexcom offers robust online education for getting started and using a G6 or G7 CGM including videos and live chat support. Visit:

[www.dexcom.com](http://www.dexcom.com) (then click 'Learn')

## Additional information on Dexcom learning opportunities in Michigan

**Online Classes for G6 or G7** (Register online at [www.dexcom.com/en-us/dexcom-care](http://www.dexcom.com/en-us/dexcom-care))

DEXCOM

- **What a Dexcom G7 Can Do For You**

An introduction to the G7 CGM, the benefits of trend arrows, alerts, and advantages of CGM vs. fingersticks with a blood glucose monitor. You will review insights gained from viewing CGM readings in Clarity and how it can help you better manage your diabetes. *This class will not provide step by step instruction on set up.*

- **G7 Getting Started (separate classes for the G7 app and the G7 receiver)**

Walk through setting up the G7 CGM for the first time, using either the G7 app on a smart phone or the G7 receiver. Other training topics will include how to change the sensor every 10 days, trend arrows, guidelines to follow when using the G7 system for treatment decisions and how the alerts work.

- **Clarity: Preparing for Your HCP Appointment with G6 and G7**

Review Dexcom Clarity including how to access Clarity, how data is imported into Clarity and how to share reports with your healthcare team. The class will provide an explanation of Clarity reports and discuss insights that can be gained to help facilitate a more meaningful discussion with your healthcare team.

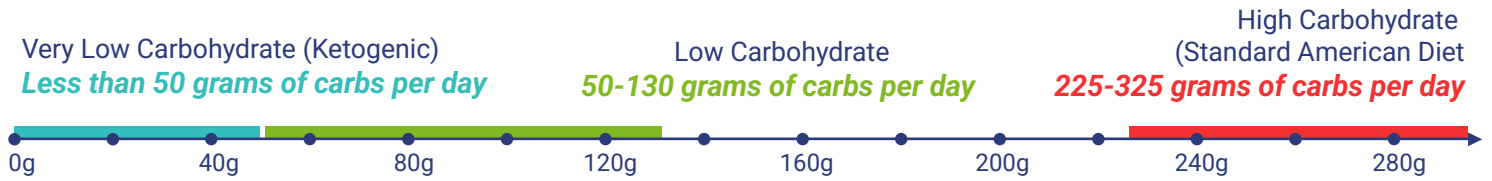


Scan the QR code to register for a Dexcom online class.

For any additional Dexcom training needed, please call 1-888-738-3646 and choose "training and education" as the prompt.

# 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.



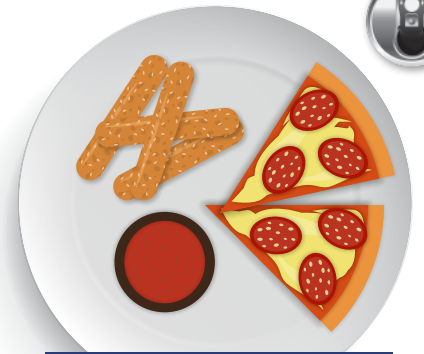
**Meal with ~16g of carbs**

- 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!

## 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.

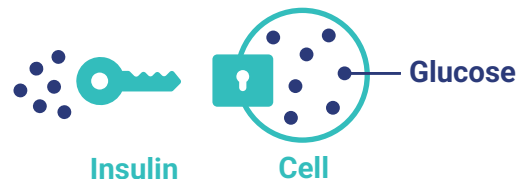
Updated April 2023

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](https://MCT2D.org/patients)

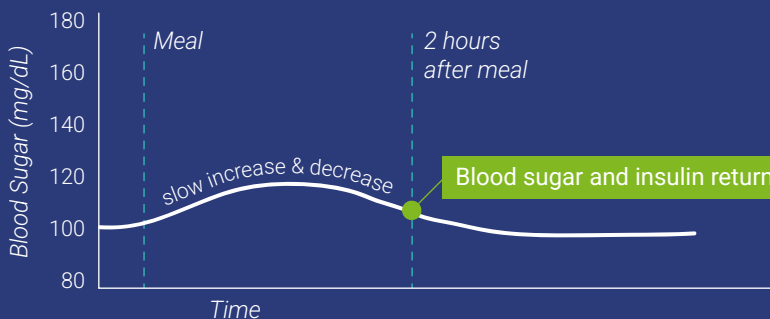


**What does insulin do?** Insulin helps move glucose (sugar) from the blood into the cells for energy. You can think of insulin as a key that unlocks your cell so that glucose can enter. High levels of insulin tell your body to store extra sugar as fat. Low levels of insulin tell your body to burn fat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



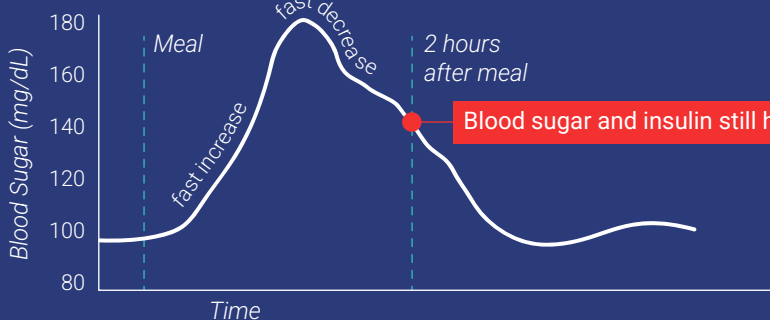
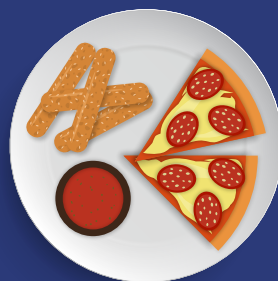
## What happens when you eat a low vs. high carb meal?

LOW CARB



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

HIGH CARB



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

## 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.

<b>Eat This</b>	<b>Not That</b>
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.