

# LOW CARB CHEATSHEET

MCT2D.org

## 0g CARB FOODS (Per serving)



**Meats**  
Beef, Lamb,  
Pork, Veal (3 oz)



**Poultry**  
Chicken, Turkey,  
Duck (3 oz)



**Fish / Shellfish**  
Salmon, Tuna, Sardines,  
Shrimp, Lobster, Crab (3 oz)



**Eggs**  
whole or whites  
(1 egg)



**Lemon, Lime,  
Vinegar, Herbs,  
Spices** (1 tsp)



**Fats: Oils**  
Avocado, Olive,  
Sesame, Peanut,  
Canola (1 tsp)



**Fats: Other**  
Butter (1 tsp),  
Mayo (1 tbsp),  
Heavy cream (1 tbsp)



**Beverages**  
Water, Black coffee,  
Unsweetened tea,  
sparkling water (8 oz)

## HIGH CARB FOODS



**Brown Rice**  
(50g per 1 cup  
cooked)



**Fruit Smoothie**  
(35g per 8 oz)



**100% Juice**  
(26-30g per 8 oz)



**Whole Wheat  
Bread**  
(15-20g per slice)



**Sugary Cereal**  
(50g per 1 cup  
with no milk)



**Fruit Jam  
or Jelly**  
(30g per 2 tbsp)



**10" Tortilla**  
(40g per wrap)

## 1-5g CARB FOODS (Per serving)



**Leafy Greens**  
Lettuce, Spinach, Arugula,  
Kale, Collards, Turnip, Romaine  
(1 cup raw or 1/2 cup cooked)



**Non-starchy Vegetables**  
Asparagus, Bell peppers, Bok Choy,  
Brussel Sprouts, Cucumbers, Cabbage,  
Cauliflower, Eggplant, Onions  
(1 cup raw or 1/2 cup cooked)



**Avocado**  
(1 oz or 2 tbsp)



**Deli Meat & Bacon**  
(1 oz or 2 slices)



**Dairy**  
Cheese (1 oz or 1/4 cup shredded),  
Cream cheese (1 tbsp)



**Tofu**  
(3 oz)



**Hummus**  
(1 tbsp)

## 5-10g CARB FOODS (Per serving)



**Edamame**  
(1/2 cup peeled)



**Beets**  
(1/2 cup)



**Raspberries**  
(1/2 cup or 2 oz)



**Strawberries**  
(6 medium or 2 oz)



**Carrots**  
(10 baby carrots  
or 1/2 cup)



**Squash**  
butternut, Spaghetti,  
Acorn, Pumpkin  
(1 cup)



**Nuts**  
Walnuts, Almonds,  
Brazil Nuts, Cashews,  
Pistachios, Peanuts (1 oz)



**Seeds**  
Flaxseed (3 tbsp),  
Sunflower (1 tbsp),  
Chia Seeds (2 tbsp)



**Full-fat plain  
Greek yogurt**  
(1 cup)

## 10-20g CARB FOODS (Per serving)



**Cow's milk**  
(1 cup)



**Blueberries,  
Blackberries**  
(1/2 cup or 2.5 oz)



**Beans, Lentils,  
Quinoa**  
(1/2 cup cooked)



**Sweet Potato**  
(1/2 cup mashed)



**Kiwi, Peach**  
(1 whole)



**Rolled Oats**  
(1/3 cup)



**Melon / Watermelon**  
(1 cup diced)



**Green Peas, Corn**  
(1/2 cup)

# Diabetes Carbohydrate Cheat Sheet

**Matt Kingsley**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Diabetes Carbohydrate Cheat Sheet:**

**Diabetes & Carb Counting For Dummies** Sherri Shafer, 2024-08-20 Count on this book to help you count carbs and live a healthy lifestyle with diabetes The person with diabetes is at the center of their own care They make the day to day decisions about what to eat when to exercise and how to use the data they get from blood glucose monitoring devices In order to be successful it is critically important to make those decisions based on sound advice from their healthcare team diabetes experts and reputable resources Carbs and glucose levels go hand in hand when managing all forms of diabetes Diabetes Carb Counting For Dummies teaches you all about carbs and overall healthy nutrition so that you can make informed decisions about what to eat and how much Get up to date guidance to improve your health and live the life you want This updated edition covers the latest dietary guidelines and standards so you ll be on track with the best that science has to offer in diabetes management You ll also get tips on exercise interpreting blood glucose and A1C results and continuous glucose monitoring CGM technology Living your best carb counting life starts with this Dummies guide Demystify the connection between carbs blood glucose levels insulin and exercise Find easy to follow instructions on how to read labels portion your plate and count carbs while still enjoying your favorite foods and traditions Exercise safely while learning how to prevent and treat hypoglycemia Get the latest information on fiber sweeteners gluten and alcohol Explore sample meal plans in carb controlled ranges Learn about new technologies research findings and resources to help you manage diabetes more effectively Discover dietary strategies lifestyle adjustments and tips for controlling carb consumption without limiting your enjoyment of life Whether newly diagnosed or someone who has been living with diabetes for many years this book is an essential guide for people with type 1 diabetes type 2 diabetes prediabetes or gestational diabetes as well as their loved ones This is an accessible resource to help empower you with the tools you need to count carbs and plan meals that support diabetes management weight control and heart health [Diabetes And Carb Counting For Dummies](#) Prof. Don Newton, Unlock the power of carbohydrate counting and take control of your diabetes with Diabetes and Carb Counting for Dummies Carbohydrates Counter for Diabetes This comprehensive and user friendly guide is your key to managing your blood sugar levels and optimizing your health Whether you re newly diagnosed or have been living with diabetes for years this book provides essential knowledge and practical tools to navigate the world of carbohydrates with confidence Say goodbye to guesswork and hello to a simplified approach that puts you back in the driver s seat of your diabetes management Inside Diabetes and Carb Counting for Dummies you ll discover A clear and concise explanation of carbohydrates and their impact on blood sugar levels Step by step instructions on how to accurately count carbs and adjust your insulin or medication dosages accordingly Practical tips for dining out grocery shopping and meal planning while keeping your carb intake in check A comprehensive carbohydrate counter with detailed nutritional information for a wide range of food items Strategies to manage common challenges such as dining at social events coping with emotional eating and dealing with food cravings

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**Managing Type 2 Diabetes For Dummies** American Diabetes Association,2018-02-13 Discover how to manage diabetes for a healthier and happier life Written for anyone diagnosed with type 2 diabetes and for anyone who loves someone with diabetes Managing Type 2 Diabetes For Dummies is an essential guide to understanding the effects of diabetes and knowing what steps to take to successfully manage this chronic illness Diabetes can lead to serious complications but people with diabetes can control the condition and lower the risk of its many complications This is your easy to understand guide that shows you how Under the direction of The American Diabetes Association Managing Type 2 Diabetes For Dummies gives hope to the one in 11 people in the United States who are affected by the disease Written in simple to understand terms Managing Type 2 Diabetes For Dummies is filled with a wealth of expert advice and includes the most current information on recent medical advances for treatment Improperly managed diabetes and consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels eyes kidneys nerves and teeth With the authorities at the American Diabetes Association on your side you will have a practical handbook for preventing complications and managing diabetes with confidence Prevent and manage the complications of the disease Combat diabetes related anxiety and depression Lead a healthy life with type 2 diabetes Tap into the better living rules of the road with Managing Type 2 Diabetes For Dummies By modifying your diet consulting with your doctors staying active and understanding what medications are right for you you will be on the path to a happier and healthier lifestyle

**The Diabetes Diet** Richard K. Bernstein,2024-09-24 Dr Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease Barry Sears Ph D 1 New York Times bestselling author of The Zone This low carb diet book is geared towards diabetics An engineer by training Richard Bernstein entered medical school at age forty five to find solutions to questions he had about how to manage his own diabetes Dr Bernstein pioneered blood glucose self monitoring and the tight control of blood sugar that is now accepted as the standard treatment of diabetes

**Your Cheat Sheet To The Glycemic Index Diet** Anna Gracey,2013-09-13 Your Cheat Sheet To The Glycemic Index Diet is a fantastic book that gives the reader the opportunity to learn the various effects that food has on the body The thing is that many persons simply consume foods and do not really know how many carbohydrates they are consuming or how these carbohydrates have an

effect on the level of sugar in the blood They simply know that when they eat certain foods they tend to feel a certain way whether it be energized or lethargic The author has used the book as the medium to get the message across to many as to how the body works and the role that the Glycemic Index has to play and why in the long run it is beneficial to go on a Glycemic Index diet It is a text that is easy to read and is a great resource for anyone seeking information on this particular diet

*Diabetes Meal Planning and Nutrition For Dummies* Toby Smithson, Alan L. Rubin, 2013-10-21 Food awareness nutrition and meal planning advice for people with diabetes Diabetes Meal Planning and Nutrition For Dummies takes the mystery and the frustration out of healthy eating and managing diabetes Both the newly diagnosed and the experienced alike will learn what defines healthy eating for diabetes and its crucial role to long term health why healthy eating can be so difficult and how meal planning is a key to successful diabetes management Diabetes Meal Planning and Nutrition For Dummies takes the guesswork out of eating and preparing diabetes friendly foods You'll learn whether popular diets fit or don't fit into a healthy eating plan what to shop for how to eat healthy away from home which supplements you should consider and how to build perfect meals yourself To get you started this book includes a week's worth of diabetes friendly meals and fabulous recipes that demonstrate how delicious food and effective diabetes management can go hand in hand Includes helpful information for people with both type 1 and type 2 diabetes as well as exchange lists for diabetes Explains how your surroundings and your biology conspire to encourage unhealthy eating and how you can gain control by planning in advance Helps you to understand that fabulous nutritionally balanced food and diabetes management can go hand in hand If you or a loved one has been diagnosed with diabetes Diabetes Meal Planning and Nutrition For Dummies is packed with expert advice surprising insights and practical examples of meal plans coupled with sound nutritional advice

**Diabetes Meal Planning & Nutrition For Dummies** Simon Poole, Amy Riolo, 2023-11-07 Learn how to eat well improve your health and enjoy life with diabetes The new edition of Diabetes Meal Planning Nutrition For Dummies offers you a holistic approach to living your best life with diabetes Optimize your diet and plan delicious meals that will empower you to take control improve your health prevent and even reverse diabetes Written by an award winning chef and renowned doctor who are both experts in the field of nutrition this book helps you understand what defines healthful eating for diabetes its crucial role to long term health and how meal planning is a key to successful diabetes management Learn how to receive all the nutrients necessary for glucose control while managing Type 1 or Type 2 diabetes and maintaining ideal weight Discover how to supercharge your diet and protect yourself from the complications associated with diabetes with anti inflammatory and antioxidant rich foods To get you started this indispensable guide includes 22 mouthwatering easy to recreate and affordable recipes that maximize the benefits of nutritious ingredients to regulate blood glucose levels The kitchen and shopping hacks will enable you to master culinary therapy and take delight in preparing meals and cooking This updated edition includes Practical examples of meal plans perfectly suited for prediabetes Type 1 and Type 2 diabetes A whole person approach to

diabetes that focuses on diet lifestyle exercise and medical treatment Coverage of new therapies and the latest evidence on how gut health can help with diabetes management Nutrition facts and health benefits for your favorite ingredients so you can eat what you love Diabetes Meal Planning Nutrition For Dummies is an excellent resource for those interested in the latest diabetes friendly nutrition guidelines as well as anyone who has been diagnosed with diabetes or has a loved one who has been diagnosed or would like to prevent it Eat Rich, Live Long Ivor Cummins, 2018-02-27 You can take control of your health lose weight prevent disease and enjoy a long and healthy life The unique nutritional program outlined in Eat Rich Live Long is designed by experts to help you feel great while you eat delicious and satisfying foods Millions of people have gotten healthy through low carb plans over the years and a growing number have discovered the wonderful benefits of ketogenic keto nutrition Many are confused though about how low carb they should go Now Eat Rich Live Long reveals how mastering the low carb keto spectrum can maximize your weight loss and optimize your health for the long term In this book Ivor Cummins a world class engineer and technical master for a huge global tech corporation and Dr Jeff Gerber a family doctor who is widely regarded as a global leader in low carb nutrition team up to present their unique perspectives from their extensive clinical medical and scientific research experience Together Cummins and Gerber crack the code that shows you how to eat the foods you enjoy lose weight and regain robust health They reveal how the nutritional experts have gotten it so wrong for so long by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL as the villains In fact as the authors reveal by drawing on the latest peer reviewed global research eating a high percentage of natural fats a moderate amount of protein and a low percentage of carbs can help you lose weight prevent disease satisfy your appetite turn off your food cravings and live longer The heart of Eat Rich Live Long is the book s prescriptive program which includes a seven day eating plan a fourteen day eating plan and more than fifty gourmet quality low carb high fat recipes illustrated with gorgeous full color photographs for breakfasts lunches appetizers snacks dinners drinks and desserts Low carb never tasted so good Nutritional sacred cows are constantly being challenged in the media How much fat should we eat and which kinds of fats are best Which fats can contribute to diabetes heart disease and early mortality Does a high protein diet increase muscle mass and lead to vigorous health or can it promote aging cancer and early mortality Which vitamins and minerals should we be taking if any How do we change our metabolism so that our bodies burn fat instead of all the sugars we consume Does intermittent fasting really work Eat Rich Live Long lays out the truth based on the latest scientific research and it will change the way you look at eating Meanwhile you will lose weight and look and feel great Carb & Calorie Counter for Diabetes Matt Kingsley, 2025-09-28 Unlock Your Health Revolution Discover Shed Pounds Steady Sugars and Master Type 2 Diabetes Are you tired of feeling trapped by type 2 diabetes the constant carb counting energy crashes and frustration of stubborn weight that just won t budge Imagine waking up with steady blood sugar shedding pounds effortlessly and reclaiming the vibrant life you deserve What if you could reverse the grip of diabetes through simple sustainable changes

that fit your busy world That s the promise of Shed Pounds Steady Sugars and Master Type 2 Diabetes A Roadmap to Regain Control Achieve Lasting Weight Loss and Improve Your Health your ultimate guide to turning the tide Dive into 20 engaging chapters covering everything from hydration hacks and stress busting tips to restaurant rebellions and festive feasts all designed to make carb and calorie counting feel like a breeze not a burden What sets this book apart Proven Weight Loss Tactics Learn evidence based methods to drop 10 15 pounds or more with low calorie plans meal swaps and activity boosters that boost insulin sensitivity and pave the way for remission backed by studies like the DiRECT trial showing up to 46% of people achieving diabetes free status Blood Sugar Mastery Get practical tools to stabilize sugars from smart snacking to digital trackers ensuring fewer spikes and more steady energy Delicious Recipes Plans Each chapter ends with 5 unique easy to make recipes think zesty shrimp boats berry chia puddings and herb infused stews all low carb calorie controlled and family friendly Motivational Boosts Inspirational journeys habit building heroes and travel tips keep you fired up proving diabetes management can be empowering and enjoyable

**The Diabetes Rescue Diet** Mark Bricklin, 2013-03-05 Imagine a diet so easy and yet so powerful that it could not only balance out of control blood sugar but effectively reverse insulin resistance freeing people everywhere from the restraints of type 2 diabetes That plan has arrived The Diabetes Rescue Diet promises good wholesome food without making readers count calories buy exotic supplements or completely change their daily routines no sacrifice required The plan is inspired by a Mediterranean diet chock full of whole grains olive oil and hearty fare that is proven to reduce blood sugar and cholesterol levels and lower the risk of heart disease and other serious health threats Readers will still eat favorites like pasta meatloaf and pork tenderloin chocolate and ice cream too but will also savor new dishes like Oven Fried Tilapia and Pineapple Roasted Sweet Potatoes The Diabetes Rescue Diet isn t just about food though Also included are a 21 day walking plan to get readers moving and improve blood circulation in just 15 to 30 minutes a day a dining out guide that proves delicious doesn t have to mean dangerous when it comes to diabetes and a chapter of healthy shortcuts to try right now for head to toe to protection from disease With more than 80 mouthwatering dishes and expert advice Mark Bricklin s The Diabetes Rescue Diet is the last stop on the road to reversing diabetes and attaining great health for life

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