



FamilyMedicalDoctors

SPECIALTY DIET GUIDE

Diabetes / Lower-Carb

A simple plate for steadier blood glucose

Reduce glucose spikes without removing every carbohydrate or sacrificing fiber.

BUILD A 9-INCH PLATE

- 1 Fill half with non-starchy vegetables.
- 2 Fill one quarter with lean protein.
- 3 Fill one quarter with a quality carbohydrate; choose water.

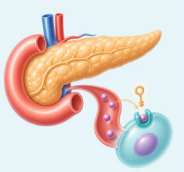


CHOOSE MORE OFTEN

- Non-starchy vegetables
- Lean fish, poultry, eggs, tofu, and legumes
- Small portions of quality carbohydrates
- Olive, avocado, or coconut oil
- Butter, tallow, plain full-fat dairy, and cheese
- Water

LIMIT OR CHECK FIRST

- Sugary drinks and juice
- Sweets
- Refined bread, rice, cereal, and snack foods
- Oversized carbohydrate portions
- Highly refined seed oils and ultra-processed foods



WHY THESE CHOICES MATTER

Carbohydrate raises blood glucose after meals, so the type, amount, and timing matter. Fiber-rich, minimally processed carbohydrates usually digest more slowly. Real-food fats do not directly raise glucose and can support satiety; portions still matter for energy needs and individualized lipid goals.

AN EASY DAY

Breakfast: eggs with vegetables and berries. Lunch: chicken salad with beans. Dinner: half a plate of vegetables, fish, and a small whole-grain portion. Snack: nuts or plain yogurt.

CHECK WITH YOUR CLINICIAN

There is no single ideal carbohydrate percentage. If you use insulin or a medicine that can cause low glucose, your dose may need adjustment as carbohydrate intake falls; monitor and contact your care team. If you take an SGLT2 inhibitor (Jardiance, Farxiga, Invokana), do not go very low-carb or ketogenic without talking to us first - ketoacidosis can occur even when your glucose reads normal.