

Total Carbs - Fiber = Net Carbs

Since Fiber does not affect blood sugar, subtract the Fiber from the Total Carbohydrates and you get what is called Net Carbohydrates. Net Carbs is the number you will be concerned with from now on.

Don't be concerned. Carb Awareness requires a little math and some simple tracking until you begin thinking about food differently. Then you can easily keep track of everything in your head from day to day.

Every day is a new day, and you roll back to 0- every midnight.

If you take control of your health, change your thinking about food, and eat properly . . . your weight loss will be easier and your blood sugar level will fall.



Type 2 Diagnosis
First Aid Kit

Type 2 Diabetes



Lifestyle Quick Start Guide



Type 2 Diagnosis
First Aid Kit

To Learn More About Diabetes and How To Reverse It
Refer To These Resources

Dr. Jason Fung

The Diabetes Code (ISBN-13 : 978-1771642651)
and on YouTube

Dr. Sarah Hallberg

on YouTube

www.accu-check.com

A1C estimator based your glucose readings

www.carbmanager.com

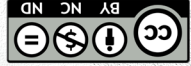
website and app for tracking carb consumption

www.tovaindustries.com/carbaware/recipe.php

Carbquick and Carbaware recipes

Think carefully about what you read, see, and hear so that you can make the best informed decision for your best health outcome.

Issues with depression? Check out Stephen Ilardi, Ph.D. and The Depression Cure - on YouTube



David Mevius
www.davidmevius.com

Let others "count carbs" . . . You, develop your Carb Awareness. There are 3 types of carbs:

- Sugars - the natural sugars in foods, and added sugars in processed foods.
- Starches - "starchy" vegetables and grains.
- Fiber - the part of plant foods that aren't digested but help your gut health.

Sugars and Starches raise your blood sugar. Fiber does not.

All packaged foods have a Nutrition Facts label shows the Total Carbohydrates, Dietary Fiber, and Sugars. They are measured in grams. Any food that doesn't have a Nutrition Facts label, like fresh fruits, can be understood after a quick internet search for "carbs in [item]".

TODAY . . . Go to the grocery and buy 18-24 eggs, a couple of packs of sausage or bacon, a pound of real butter, and a loaf of Nature's Own Life Whole Grain Sugar Free bread.

Buy good quality meats. This is your diet for your first week.

After you wake up and take your morning fasting blood sugar reading, enjoy "breakfast"!

Have 2 or 3 eggs cooked in real butter, 2 or 3 sausage patties or bacon slices, and a slice of toast with butter or peanut butter.

This delicious "breakfast" has about 16g of carbs.

Repeat this for "lunch" and "dinner" and your daily carb intake is only about 48g of carbs!

Now that you don't have to worry about what to eat right now, let's start thinking about your kitchen. When I got to this point, I had to give away a couple of hundred pounds of flour, cornmeal, rice, and other staples that I could no longer use.

As a southern boy it hurt my wallet and my love of bean and rice, jambalaya, dirty rice, boudin . . . ooooh. It hurt deep. But I knew that if I didn't commit to change, I couldn't take control of my condition. It was all in my hands.

How committed to change are you?

Only you can decide what you need to remove from your kitchen, just remember, this is a life change . . . not a "diet".

If you resist something, it will haunt you constantly.

If you remove something, it is gone forever.

Consider replacing some of the products you use now.

Get rid of the flour ... Carbalose can be used 1 for 1 to replace all-purpose flour.

Carbalose 32g net carbohydrates per cup
(all-purpose flour 88g/cup)

Get rid of the sugar ... Splenda granulated sweetener can be used 1 for 1 to replace sugar.

Splenda Coffee Creamer – Sweet Cream flavor
1g of net carbohydrates – 15 calories per Tbsp

3 Tbsp in a cup of french roast coffee with a tsp
or two of splenda sweetener makes a tasty Cafe Au Lait
that only has about 3g of carbs.



Nature's Own Life 100% Whole Grain Sugar Free Bread
8g of net carbohydrates – 50 calories per slice

A slice toasted with no sugar added peanut butter spread
on it is only about 12g of net carbohydrates.



Mission Carb Balance Flour Tortillas
4g of net carbohydrates – 70 calories each

Add some shredded beef or chicken, a little lettuce
and a pinch of cheese, topped with picante sauce
and you have a soft taco with only about 7g of net
carbohydrates.



Ray's No Sugar Added Original Barbeque Sauce
4g of net carbohydrates – 15 calories per 2 Tbsp



Rub 2 Tbsp on a skinless boneless chicken breast. bake
at 350° for 30 minutes. Tasty BBQ chicken with only 4g
of net carbohydrates.