

Abbott MCT2D FreeStyle Libre 2 Sensor



Abbott MCT2D FreeStyle Libre 2 Sensor User Guide

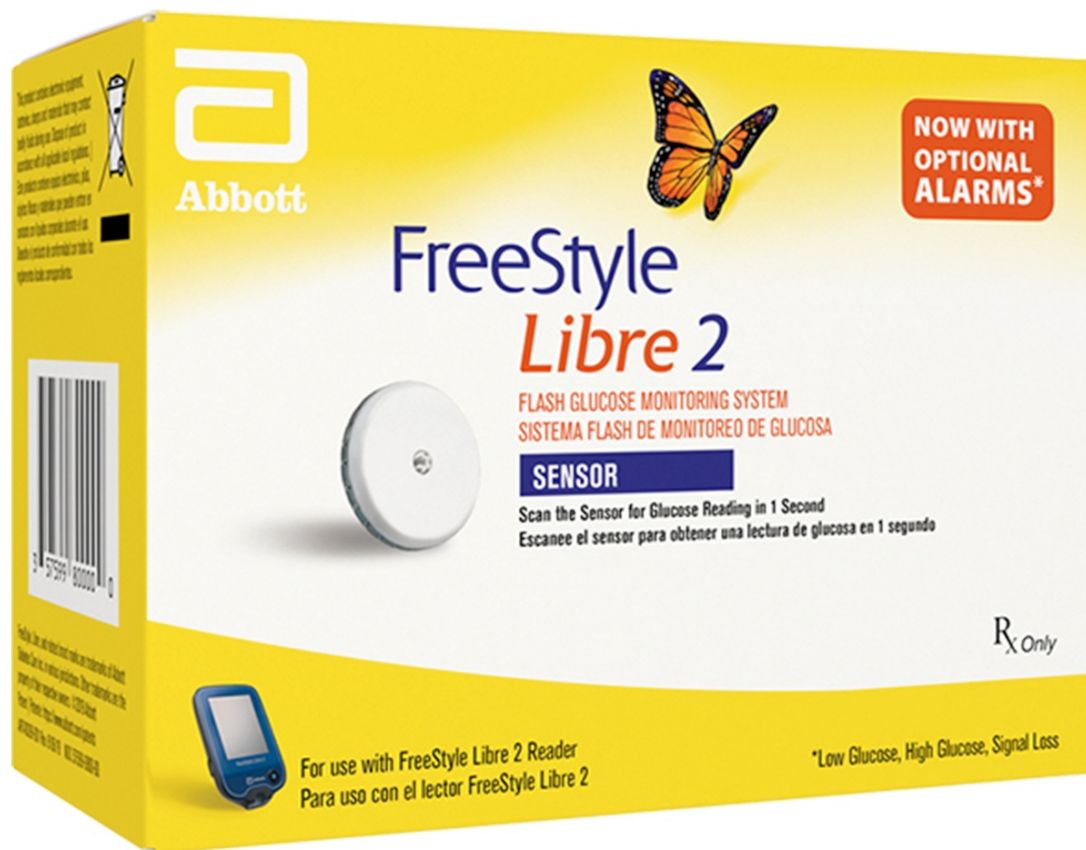
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Abbott MCT2D FreeStyle Libre 2 Sensor



Product Information

• Specifications:

- **Product Name:** Low Carb Lifestyle for Type 2 Diabetes
- **Website:** michmed.org/kqQ4b.
- **Features:** Low-carb recipes, meal plans, grocery lists, educational resources, blood sugar tracker

Product Usage Instructions

• Getting Started on a Low-Carb Lifestyle

- This handout serves as an introduction to a low-carb lifestyle.
- It includes visual guides, start-up tips, food swaps, and more to help you transition to a low-carb diet.

• Low-Carb Recipes and Snacks

- Explore over 50 delicious low-carb recipes categorized by cost, meal type, carbs per serving, and prep time. Choose recipes that suit your preferences and dietary needs.

• Cheat Sheet and Blood Sugar Tracker

- Utilize this tool to understand how different foods impact your blood sugar levels. The cheat sheet provides examples of foods categorized by carb content, helping you make informed choices throughout the week.

• Building Your Plate

- Follow the simple 4-step process outlined to create delightful low-carb meals. This guide will help you balance your plate with the right proportions of nutrients for a healthy diet.

• Sample Low-Carb Meal Plan

- If you're unsure about what to eat on a low-carb lifestyle, refer to the sample 7-day meal plan provided. It offers a structured approach to meal planning and helps you stay on track with your dietary goals.

- **Low Carb Grocery List**

- Stock up your fridge and pantry with low-carb essentials by using the recommended grocery list. This list ensures you have the necessary ingredients to prepare meals that align with your low-carb diet.

- **Low Carb Jumpstart Blog**

- Visit the Low Carb Jumpstart Blog for articles addressing common questions related to low-carb living. Learn about navigating holidays, finding low-carb fast food options, budget shopping tips, and more to support your journey.

- **Intro to Low Carb Video Series**

- Watch the 3-part video series providing detailed explanations of the basics of a low-carb lifestyle. Gain insights into the principles of low-carb eating and how it can benefit individuals managing Type 2 Diabetes.

FAQs

- **Q: How can I access the resources mentioned in the user manual?**

- **A:** You can scan the QR codes provided in the manual or visit the website michmed.org/kqQ4b for access to resources such as recipes, meal plans, educational materials, and more.

- **Q: Are the low-carb recipes suitable for people with Type 2 Diabetes?**

- **A:** Yes, the low-carb recipes are designed to support individuals managing Type 2 Diabetes by providing balanced and nutritious meal options with controlled carbohydrate content.

- **Q: Can following a low-carb lifestyle help in preventing or reversing Type 2 Diabetes?**

- **A:** Adopting a low-carb lifestyle along with other healthy habits like regular exercise and medical supervision can contribute to the prevention and management of Type 2 Diabetes. However, individual results may vary.

RESOURCE MENU

Scan the QR codes below or visit michmed.org/kqQ4b to find these resources and more!

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



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



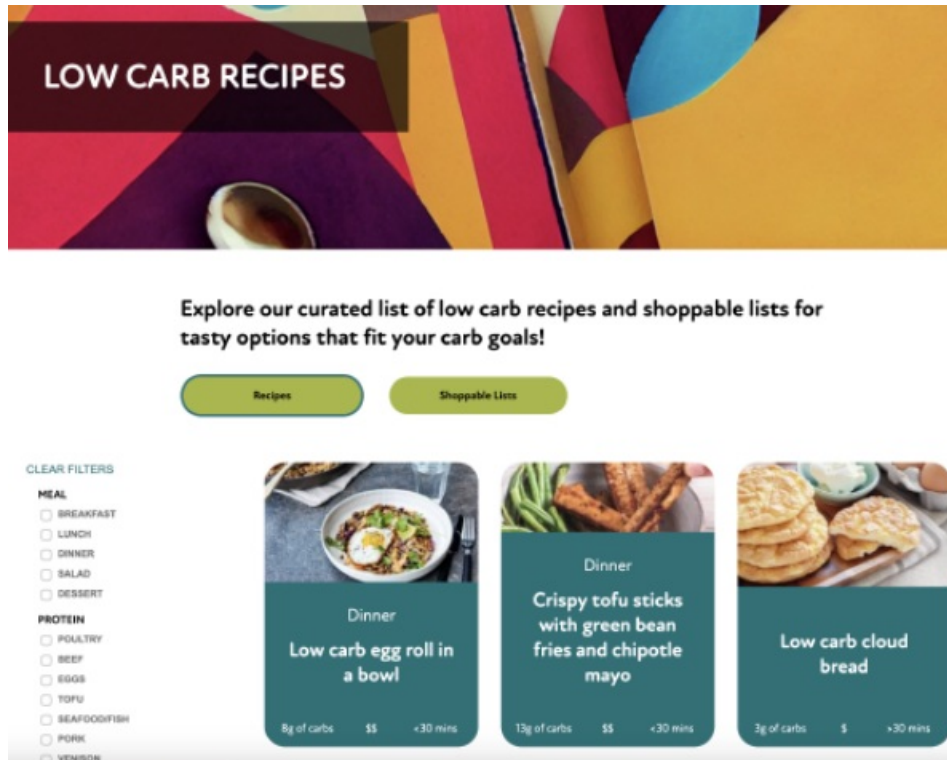
Getting Started on a Low-Carb Lifestyle

This handout is an introduction to a low-carb lifestyle including visual guides, start-up tips, food swaps, and more!



Low-Carb Recipes and Snacks

Check out 50+ delicious low-carb recipes and filter them by cost, meal type, carbs per serving and prep time.



Sample Low-Carb Meal Plan

- **Are you wondering what to eat in a low-carb lifestyle?**
 - Look no further! Here's an example of a 7-day meal plan.



- **Low Carb Grocery List**
 - Stock your fridge and pantry with this list of low-carb foods!



Low Carb Jumpstart Blog

- The Jumpstart Blog is a collection of articles addressing commonly asked questions like how to navigate the holidays, low carb fast food options, tips for shopping on a budget, and more!



BLOG

News, tips, and more about low carb!

WE'RE ALL MADE OF SOMETHING DIFFERENT

Low Carb Spotlight: Breadless

There's a new restaurant tucked away in the Rivertown neighborhood of Detroit called Breadless, serving on-the-go low-carb sandwiches and bowls packed with delicious ingredients and dressings, taking the city by storm with their innovative idea of using hearty leafy greens to wrap their sandwiches in place of more conventional lettuce wraps.

[Read More >](#)

Macronu

Foods cont
proteins, ar
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and where



WEEKLY CARB & BLOOD SUGAR TRACKER

WEEKLY CARB & BLOOD SUGAR TRACKER

NAME: _____

DOB: _____

TARGET RANGES

PRE-MEAL POST-MEAL

OPTIONAL GOALS

(Complete at beginning of week)

Daily carb intake:

Minutes of physical activity:

Daily blood sugar checks:

REFLECTIONS

(Complete at end of week)

This week my energy level was:
(circle)

1 2 3 4 5
Low I felt very tired High I had lots of energy

This week my food cravings were:
(circle)

1 2 3 4 5
Low I had no cravings High I had lots of cravings

NOTES:



MONDAY	DATE:	TUESDAY	DATE:	WEDNESDAY	DATE:
BREAKFAST		BREAKFAST		BREAKFAST	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS
Blood sugar 1 hour after meal:		Blood sugar 1 hour after meal:		Blood sugar 1 hour after meal:	
LUNCH		LUNCH		LUNCH	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS
Blood sugar 1 hour after meal:		Blood sugar 1 hour after meal:		Blood sugar 1 hour after meal:	
DINNER		DINNER		DINNER	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS
Blood sugar 1 hour after meal:		Blood sugar 1 hour after meal:		Blood sugar 1 hour after meal:	
SNACK		SNACK		SNACK	
Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS	FOOD / DRINK ITEM	CARBS
Blood sugar before bed:		Blood sugar before bed:		Blood sugar before bed:	
Total carbs for the day:		Total carbs for the day:		Total carbs for the day:	
PHYSICAL ACTIVITY	DURATION	PHYSICAL ACTIVITY	DURATION	PHYSICAL ACTIVITY	DURATION
How do you feel about the meals you ate today?		How do you feel about the meals you ate today?		How do you feel about the meals you ate today?	
Good Neutral Needs work		Good Neutral Needs work		Good Neutral Needs work	

Cheat Sheet and Blood Sugar Tracker

- This combo tool shows examples of foods categorized by carb content and helps you understand how foods impact your blood sugar throughout the week.



Building Your Plate

- Use this simple 4-step process to create delightful, low-carb meals.

BUILDING YOUR PLATE

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



STEP 1: Pick a Protein	STEP 2: Add Non-Starchy Vegetables (Half your plate)	STEP 3: Add Some Fats	STEP 4: Add 1-2 Servings of Complex Carbs
Choose a high-quality protein source like chicken, fish, seafood, beef, eggs, or soy.	Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.	Add some fats from oil, sauces, or full-fat dairy like cheese, butter or sour cream.	Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/lentils or whole grains.



Intro to Low Carb Video Series



A 3-part video series explaining the basics of a low-carb lifestyle.



This practice is a member of the Michigan Collaborative for Type 2 Diabetes. Committed to preventing and reversing Type 2 Diabetes in Michigan.

Documents / Resources



[Abbott MCT2D FreeStyle Libre 2 Sensor](#) [pdf] User Guide

MCT2D FreeStyle Libre 2 Sensor, MCT2D, FreeStyle Libre 2 Sensor, Libre 2 Sensor, Sensor

References

- [User Manual](#)

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