

Carrasco Wellness and Diabetes Care LLC

Personalized diabetes care and nursing support, in Spanish and English, that promotes lasting health and meaningful results.

KETOGENIC DIET AND DIABETES: WHAT TO KNOW

A ketogenic (keto) diet is a way of eating that is very low in carbohydrates (like bread, rice, pasta, sweets, and sugary drinks). Carbohydrates (carbs) raise blood sugar the most. For many people with **Type 2 diabetes**, eating fewer carbs can help lower blood sugar levels and reduce large blood sugar swings after meals, creating more stable numbers throughout the day.

When carbs are low, the body uses fat for energy instead of sugar. Some people feel less hungry, lose weight, and may need less diabetes medication over time. This way of eating can help some people manage their diabetes better, but it is not the best choice for everyone.



You don't have to figure this out alone. **Work with me, a diabetes care professional, to help you to see if a ketogenic approach is right for you.** Personalized guidance can help you improve your blood sugar safely, adjust medications if needed, and build a plan that fits your lifestyle.

👉 Ready to take the next step?

Schedule a diabetes education or coaching visit to create a plan that supports your goals and long-term health.

Important Safety Disclaimer

This information is for education only and is not medical advice. A ketogenic diet is **not safe for everyone**, especially people who use insulin, take certain diabetes medications, are pregnant, have kidney disease, or have a history of eating disorders. **Never stop or change your medications without talking to your healthcare provider.** If you are thinking about trying a ketogenic diet, talk with your doctor, nurse, or diabetes educator to decide if it is right for you and to stay safe.