

Eat fewer refined carbs, one smart swap at a time.

Eating a diet high in refined carbs can contribute to weight gain, elevated blood sugar levels, and an increased risk of type 2 diabetes. If foods like cereal, pizza, and pasta are staples in your current diet, cutting back might feel overwhelming. But small, sustainable changes can make a big difference.

Start Simple:

- + **Ease into the change by swapping refined carb foods for a higher fiber, less processed version.**
- + **If lowering your overall carb intake is your goal, try experimenting with lower-carb substitutions.**

Whether your goal is to find a healthier version of your favorite carb food, or switch to a lower carb alternative, Omada[®] for Diabetes has you covered. Not every option will work for you right away—and that's okay. Give each one a try a few times, and you might be surprised by how quickly you adjust.

PIZZA CRUST

Thick pizza crust



Whole grain flatbread pizza crust*



Cauliflower pizza crust

POTATO CHIPS

Classic potato chips



Parmesan crisps*



Carrot chips

PASTA / NOODLES

White pasta



100% whole wheat pasta*



Soba (buckwheat) noodles*



Zucchini noodles

SANDWICH BREAD

White bread



100% whole wheat sandwich thins*



Lettuce wraps

FRENCH FRIES

French fried potatoes



Carrot fries



Green bean fries



MASHED POTATOES

Mashed white potatoes → $\frac{1}{2}$ potato + $\frac{1}{2}$ carrot mash* → Mashed cauliflower



BREAKFAST CEREAL

Sugary cereal → Plain Cheerios or unsweetened Shredded Wheat* → Plain steel-cut oats* → Unsweetened yogurt



CRACKERS

Traditional crackers → 100% whole wheat thins* → Rye crispbreads or flaxseed crackers* → Salted cucumber slices



RICE

White rice → Brown rice* → Quinoa* → Grated or "riced" cauliflower



BREADCRUMBS

Regular breadcrumbs → Whole wheat panko* → Crushed nuts*

*A healthier choice, but still a bit high in carbs and/or calories. Enjoy a small portion.

Omada for Diabetes gives you access to specially trained health coaches, personalized nutrition coaching, and tools to help you make smart swaps that fit your lifestyle. You'll get the support you need to build healthier habits without giving up the foods you love.

Take control of your health, one meal at a time.



Apply Today

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HealthSelect of Texas® medical plan participants with Type 1 or Type 2 diabetes who are age 18 and older living in the U.S., including those enrolled in Consumer Directed HealthSelectSM and HealthSelectSM Secondary, are eligible to participate. Omada is not available for participants enrolled in the HealthSelect Medicare Advantage plan.