

Diabetes and grocery shopping

Eating healthy is an important part of managing diabetes. Follow these simple tips when shopping for groceries:

Before you go to the store:

- Make a grocery list.
- Eat something. If you are hungry, you may buy food you do not need.

Once you are shopping:

Stay in the outer aisles of the store

- This is where the fresh foods are kept. Processed foods (like canned foods) often have more salt in them and can be found in the inner aisles.

Read and compare food labels

- Choose foods that have fewer calories and are lower in:
 - Saturated fat
 - Trans fat
 - Cholesterol
 - Sodium (salt)
 - Sugars

Choose wisely:

Buy a variety of fruits and vegetables

- Get frozen, canned, or fresh fruits like melons, berries, or oranges.
- Choose canned or frozen fruit without added sugar or syrup.
- Buy fresh leafy dark-green vegetables like broccoli or spinach.
- Buy orange vegetables like carrots or squash.
- Choose frozen vegetables without added salt, butter, or sauces.

Choose calcium-rich foods

- Buy low-fat or skim milk.
- Try kale or collard greens because they contain calcium.

Buy whole grain products

- Try whole wheat bread, crackers, cereals, brown rice, oatmeal, and barley.

Go lean with protein

- Buy lean meats like chicken without the skin and low-fat ground beef.
- Try different types of protein like fish, nuts, seeds, beans, and peas (like pinto beans, split peas).

Take charge of what you eat.

Grocery-shop smart to help you and your family make healthy food choices.