

Diabetes and Grocery Shopping

Eating healthy is an important part of managing diabetes. The right meal plan may help you:

- Improve your blood sugar
- Improve your blood pressure and cholesterol numbers
- Keep your weight on track
- Reduce your risk of other health problems, including heart disease

Your meal plan starts with choosing the right foods for you. When creating your meal plan, it is important to include a variety of different foods and watch the portion sizes. When shopping for food, follow these simple tips. Check off the ones you are ready to try now.

WHEN I AM AT THE STORE, I WILL:	ITEMS TO ADD TO MY SHOPPING LIST:
<input type="checkbox"/> Read and compare food labels. Choose foods that have more fiber and fewer calories, and are lower in cholesterol, sodium (salt), and sugars. Try to avoid foods with saturated fat or trans fat.	
<input type="checkbox"/> Buy a variety of fruits. Choose fresh fruits like apples, melons, citrus fruit, and berries. Choose frozen or canned fruit in juice or light syrup.	
<input type="checkbox"/> Buy a variety of vegetables. Choose leafy, dark-green vegetables like spinach. Choose fresh, frozen, or canned vegetables without added salt, fat or sugar.	
<input type="checkbox"/> Buy calcium-rich foods that are low in fat. Choose low-fat or skim milk. Choose low-fat or non-fat yogurt.	
<input type="checkbox"/> Buy whole-grain foods. Try whole-grain bread, crackers, and pasta, or brown rice, oatmeal, barley, and quinoa.	
<input type="checkbox"/> Go lean with protein. Choose lean meats like chicken without the skin. Try other types of protein, such as fish, nuts, seeds, and beans.	
<input type="checkbox"/> Other: (For example, follow my provider's recommendation concerning carbohydrates)	

You may also want to make an appointment with a registered dietitian or a certified diabetes educator (CDE):

- A registered dietitian is an expert in food and nutrition
- A CDE is an expert at teaching people how to manage their diabetes

Some dietitians and CDEs work together to help people with diabetes plan lifestyle changes.

Ask your healthcare provider, registered dietitian, or CDE to help you choose the right foods to help manage your diabetes.

