



# Healthy & Handy Grocery List

## FRUITS & VEGGIES



Buy fresh and frozen most often

### Low-Carb Veggies

- Artichokes
- Asparagus
- Baby carrots
- Bell peppers
- Broccoli
- Cauliflower
- Eggplant
- Fresh or canned tomatoes
- Frozen veggies
- Other: \_\_\_\_\_
- Green beans
- Jicama
- Mushrooms
- Onions
- Snow peas
- Romaine/spinach
- Summer squash
- 100% vegetable juice
- Zucchini

### Wholesome Fruit

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Canned fruit (in own juice)
- Cantaloupe
- Cherries
- Other: \_\_\_\_\_
- Frozen fruit
- Kiwi
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries

## LOW-FAT DAIRY



Pick yogurts with less than 20 grams carbs per cup

- Skim/1% milk
- Plain, nonfat yogurt
- Plain, calcium-fortified soy milk
- Light, flavored yogurt
- Light, flavored milk and soy milk
- Light smoothies
- Other: \_\_\_\_\_

## FLAVORFUL ADDITIONS

Use these instead of the salt shaker

- Balsamic vinegar
- Basil
- Cilantro
- Other: \_\_\_\_\_
- Garlic
- Ginger
- Low-fat mayo
- Salsa



## FIBER-RICH CARBS



Choose cereal with 4 or more grams of fiber

### Cereal

- Bran flakes
- Cinnamon oatmeal squares
- Kashi® GOLEAN
- Other: \_\_\_\_\_
- Plain/light instant oatmeal
- Shredded wheat
- Steel-cut oatmeal

### Breads, Crackers, Other Whole Grains

- Arnold® sandwich thins
- Whole-grain mini bagels
- Whole-grain pitas
- Whole-wheat breads and rolls
- Whole-wheat tortillas
- Whole-wheat waffles
- Other: \_\_\_\_\_

### Pasta, Rice and Starchy Veggies

- Brown/wild rice
- Corn and peas
- Dreamfields® pasta
- Other: \_\_\_\_\_
- Quinoa
- Sweet potatoes
- 100% whole-wheat pasta

## HEALTHY FATS



Eat with colorful fruits and veggies

- Avocado
- Nuts
- Canola oil
- Ground flaxseed
- Light mayo
- Other: \_\_\_\_\_
- Light salad dressing
- Light tub margarines
- Olives
- Olive oil

## LEAN PROTEIN



Choose beef with "loin" or "round" on the label

### Beans, Nuts, Vegetarian Choices

- Almonds
- Black beans
- Boca® burgers
- Kidney beans
- Other: \_\_\_\_\_
- Lentil soup
- Peanut butter
- Tofu
- Walnuts

### Fish and Seafood

- Cod
- Halibut
- Rainbow trout
- Other: \_\_\_\_\_
- Salmon
- Shrimp
- Canned Tuna

### Beef, Chicken, Other Animal Protein

- Eggs
- Lean, extra lean ground turkey
- Reduced-fat cheese
- Pork loin, tenderloin
- Sirloin
- Other: \_\_\_\_\_
- Skinless, chicken breast
- Skinless, turkey breast
- Turkey hot dogs, bacon and burgers
- 90-95% lean ground beef
- 2% Cottage cheese

## SWEETS & TREATS



Choose snacks with 2 or more grams of fiber

- Dry roasted peanuts
- Light ice cream
- Hummus
- Baked chips
- Kashi® bars
- Other: \_\_\_\_\_
- Low-sugar jelly
- String cheese
- Mini pizza
- 100-calorie popcorn
- Frozen peaches

## OTHER ITEMS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

This information is for general education only.  
Please consult your diabetes team for medical, nutrition or fitness advice.



# Shopping Tips

- Reach for whole wheat pasta over regular pasta
- Fill your cart with more colorful fresh or frozen fruits and veggies—shop on sale and in season
- Buy lean or extra-lean ground turkey for tacos, meatloaf and burgers
- Stick to your list and avoid shopping hungry
- When buying frozen dinners, choose those with less than 600mg of sodium per meal
- Choose plain, nonfat yogurt and add your own fruit
- Shop the outside edges of the grocery store for fresher choices



## Shopping List Ideas

### High in Omega 3s

Albacore tuna  
Lake trout  
Herring  
Mackerel  
Salmon  
Walnuts



**Strengthens your heart and your mind!**

### Best Organic Picks

Apples  
Pears  
Peaches  
Bell peppers  
Spinach  
Potatoes



**High in pesticides—try organic or wash and scrub before eating!**

### Soluble Fiber Foods

Apples  
Carrots  
Kidney beans  
Lentils  
Oats/Oatmeal  
Pears



**Helps to lower blood glucose and cholesterol!**

### Superfood Choices

Plain, nonfat yogurt  
Berries  
Beans  
Tomatoes  
Salmon  
Green tea



**Loaded with nutrients to control your weight and fight disease!**