

Healthy & Handy Grocery List

FRUITS & VEGGIES

Buy fresh and frozen most often

Low-Carb Veggies

- | | |
|---|---|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Baby carrots | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Snow peas |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Romaine/spinach |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Fresh or canned tomatoes | <input type="checkbox"/> 100% vegetable juice |
| <input type="checkbox"/> Frozen veggies | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Other: _____ | |

Wholesome Fruit

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Frozen fruit |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Canned fruit (in own juice) | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Other: _____ | |

LOW-FAT DAIRY

Pick yogurts with less than 20 grams carbs per cup

- Skim milk
- Unsweetened soy milk
- Plain or unsweetened almond milk
- Low-fat yogurt
- Light smoothies
- Other: _____

FLAVORFUL ADDITIONS

Use these instead of the salt shaker

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Balsamic vinegar | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Low-fat mayo |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Salsa |

CARB CHOICES

Choose cereal with 4 or more grams of fiber

Cereal

- | | |
|--|--|
| <input type="checkbox"/> Bran flakes | <input type="checkbox"/> Shredded wheat |
| <input type="checkbox"/> Kashi® GOLEAN | <input type="checkbox"/> Steel-cut oatmeal |
| <input type="checkbox"/> Plain/light instant oatmeal | |
| <input type="checkbox"/> Other: _____ | |

Breads, Crackers, Other Whole Grains

- 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

- | | |
|---|---|
| <input type="checkbox"/> Brown/wild rice | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Corn and peas | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> High fiber pasta | <input type="checkbox"/> 100% whole-wheat pasta |
| <input type="checkbox"/> Other: _____ | |

HEALTHY FATS

Eat with colorful fruits and veggies

- | | |
|--|---|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Light salad dressing |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Light tub margarines |
| <input type="checkbox"/> Canola oil | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Ground flaxseed | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Light mayo | |
| <input type="checkbox"/> Other: _____ | |

LEAN PROTEIN

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

Beans, Nuts, Vegetarian Choices

- | | |
|---|--|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Lentil soup |
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Veggie burgers | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Other: _____ | |

Fish and Seafood

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Cod | <input type="checkbox"/> Salmon |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Rainbow trout | <input type="checkbox"/> Canned Tuna |
| <input type="checkbox"/> Other: _____ | |

Beef, Chicken, Other Animal Protein

- | | |
|---|---|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Skinless, chicken breast |
| <input type="checkbox"/> Lean, extra lean ground turkey | <input type="checkbox"/> Skinless, turkey breast |
| <input type="checkbox"/> Reduced-fat cheese | <input type="checkbox"/> Turkey hot dogs, bacon and burgers |
| <input type="checkbox"/> Pork loin, tenderloin | <input type="checkbox"/> 90-95% lean ground beef |
| <input type="checkbox"/> Sirloin | <input type="checkbox"/> Cottage cheese |
| <input type="checkbox"/> Other: _____ | |

SWEETS & TREATS

Choose snacks with 2 or more grams of fiber

- | | |
|--|--|
| <input type="checkbox"/> Dry roasted peanuts | <input type="checkbox"/> Low-sugar jelly |
| <input type="checkbox"/> Light ice cream | <input type="checkbox"/> String cheese |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Mini pizza |
| <input type="checkbox"/> Baked chips | <input type="checkbox"/> 100-calorie popcorn |
| <input type="checkbox"/> Kashi® bars | <input type="checkbox"/> Frozen peaches |
| <input type="checkbox"/> Other: _____ | |

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!