



# Grocery Guide: Diabetes Smarts

## Before you go:

- Review the stores weekly ad and check out what's on sale
- Create a menu for the week, including snacks
- Write out your grocery list based on the layout of your store
- Eat a small snack beforehand, to help stick to what's on your list

## Produce

### **Daily Recommendation: 5 cups of fruits & vegetables**

- Shop the rainbow - different colors mean different nutrients
- Purchase pre-cut produce and salad mixtures for convenience
- Even if you only like a few vegetables, stock up on the ones you like
- Buy only what you need for a few days to reduce waste and cost
- Use overripe produce in soups or smoothies



Most fruits, besides tropical fruits like bananas, pineapple or mangoes, and vegetables are low in naturally occurring sugars. Choose whole fruits and vegetables instead of juices, as their fiber can slow digestion and help control blood sugar.

## Deli/Bakery

- Pick up a rotisserie chicken and use the leftovers for enchiladas, chicken salad, etc.
- Try a healthier deli salad like kale salad or broccoli crunch as a side dish
- Opt for whole grain bakery rolls and buns
- Grab freshly made guacamole, salsa or hummus for a healthier spread or dip

## Breads

### **Daily Recommendation: 6-8 ounces of grains**

- Make half of your daily intake whole grains
- Whole grains contain fiber, B vitamins, iron, antioxidants and magnesium
- Select items with a whole grain listed first: wheat, oat, barley, rye, etc.
- Choose options with at least 3g of fiber per serving
- Look for the whole grain stamp to help easily identify good options
- Use whole grain pita bread for pizza crust, flatbreads or homemade garlic bread
- Use whole grain tortillas for sandwich wraps or breakfast burritos



Refined grains have most of their nutrients removed and are digested similarly to simple sugars. Eating three servings of whole grains a day has shown a decreased risk for type 2 diabetes. Eating whole grains and foods high in fiber can help control blood sugar.

## Pasta/Rice

### **Daily Recommendation: 6-8 ounces of grains**

- Make half of your grains whole, such as wheat pasta, quinoa, brown rice, etc.
- Select items that have a whole grain listed first
- Rice is budget friendly at just 10 cents per serving
- Prepare extra portions of rice or pasta to use as sides or in dishes throughout the week up to 5 days in the refrigerator

## Canned Goods

### **Daily Recommendation: 5 cups of fruits & vegetables**

- Try to choose options labeled low sodium or no salt added
- Pick options that are packed in water or 100% juice instead of syrup
- In a pinch, simply rinse and drain canned veggies and beans to reduce sodium
- Canned beans can be a convenient and budget friendly source of protein
- Try canned fruit on oatmeal, salads or in smoothies
- Add canned veggies or beans to soups and stews



Beans, peas and lentils have been linked to increasing satiety and controlling blood sugar. Choose canned fruits packed in water, or 100% juice. Read the food label and check added sugars, carbohydrates and portion size.

## Meat/Seafood

### **Daily Recommendation: 5 1/2 to 6 1/2 ounces of protein**

#### **Meat**

- Serving size is roughly 3 oz. of cooked meat, or the size of a deck of cards
- Meat contains B vitamins, which help with energy production
- Choose leaner cuts of meat like loins or rounds
- Choose ground meat that is at least 90% lean
- Drain the fat and rinse to reduce fat content
- Refrigerate and skim off any fat at the top

#### **Seafood**

- Serving size is roughly 3 oz. of cooked fish, or the size of a checkbook
- Fatty fish like tuna and salmon contain healthy omega 3 fatty acids
- Non-fatty fish like cod and tilapia are lean protein sources with a lower fat content



Foods with protein like meat are digested more slowly and can help regulate blood sugar. Choose lower fat cuts and options that are skinless and have less marbling.

## Fats, Oils & Spices

- Herbs and spices add flavor without adding sodium, sugar or fat
- Tropical oils, like coconut and palm are high in saturated fats and should be used sparingly
- Choose oils such as olive or canola, which contain healthy monounsaturated and omega 3 fats
- Limit salt intake and try using no-salt seasonings or create your own blend
- Drizzle extra virgin olive oil on your bread, pasta or vegetables instead of butter
- Create your own sauces and marinades using oils, fresh citrus juices and variety of herbs and spices



Using healthy fats and oils to help control calories and maintain a healthy weight. Try low-calorie sweeteners or cinnamon to sweeten up yogurt, cereal and baked goods instead of sugar to help control blood sugar.

## Cereal/Granola

**Daily Recommendation: 6-8 ounces of grains**

- Check labels for total and added sugars
- Good options should have low sugar and high fiber
- Choose options with 3g of fiber or more per serving
- Try overnight oats for an easy grab and go breakfast



Read the nutrition label and check the sugar and fiber content. Also look at the ingredients list for different types of sugar. Refined grains have most of their nutrients removed and are digested similarly to simple sugars. Eating whole grains and foods high in fiber can help control blood sugar.

## Snacks

**Daily recommendation: 5 1/2 to 6 1/2 ounces of protein**

- Choose snacks that contain protein and fiber to help fill you up
- Nuts & seeds are good sources of fiber, protein and unsaturated fats, but check the sodium content
- Read the label, watch the serving size, and limit Trans and saturated fat
- Choose crackers, chips and pretzels made with whole grain - the first ingredient listed should be a whole grain
- Try creating your own trail mix with unsalted nuts, dried fruit and a small handful of chocolate chips



Foods high in protein and fiber can provide energy and help control blood sugar levels. Eating smaller meals throughout the day, instead of three larger meals can help boost satiety and help prevent spikes and drops in blood sugar.

## Dairy/Eggs (cheese, cottage cheese, & yogurt)

### **Daily Recommendation: 3 cups of dairy products**

- One cup of dairy is equal to 1 cup of milk or yogurt, 1.5 oz of natural cheese, or 2 oz. of processed cheese
- Eggs are the least expensive source of high quality protein
- Milk is another affordable source
- Dairy products are the primary source of calcium and vitamin D in the US and promote healthy bones and teeth
- Choose lower fat options
- Try plain Greek yogurt, which contains 2x the protein compared to regular yogurt - sweeten it with fresh fruit, cinnamon or granola



Reduced fat varieties of dairy products can reduce risk of type 2 diabetes and lower blood pressure. One cup of plain yogurt contains 12-14g of naturally occurring sugars (lactose). Check the label for added sugars in yogurt and other flavored dairy products.

## Frozen Food (meats, veggies, fruits)

### **Daily Recommendation: 5 cups of fruits & vegetables**

- Fruits and veggies are picked at their peak and flash frozen, which helps preserve nutrients and prolong shelf life
- Great alternative to fresh options, but check the label for added sodium and sauces
- Stock up on frozen fruits for smoothies and frozen veggies for quick and easy side dishes
- Frozen fish is quick to thaw and a great last minute dinner
- Choose frozen meals between 400-500 calories and less than 600mg of sodium



Frozen food can be convenient, but paying attention to the sodium content is important. Limit your intake to 2,300mg/day. Foods containing more than 400mg are high in sodium - try limiting entrees to no more than 600mg.

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**Contact your onsite Health Coach for more information:**

Allison Knight, NBC-HWC, NDTR, CPT  
National Board Certified Health & Wellness Coach,  
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer  
262.804.1068 • [allisonknight@employeehc.com](mailto:allisonknight@employeehc.com)