

6 Easy Ways to Shop Healthy with Diabetes



1. Shop the outside aisles

Healthier foods are around the outside aisles of the grocery store:

- Fruits & vegetables
- Meats & fish
- Low-fat milk & yogurt
- Whole grains

2. Avoid center aisles

Less healthy foods are usually in the center aisles. **Only shop here for:**

- High fiber cereals
- Lentils & beans
- Frozen/canned vegetables & fruit
- Natural nut butters & healthy oils

3. Check food labels

It is important to read the food labels to make sure each serving is close to:

- Total Carbohydrate = 15g
- Saturated Fat & Sodium = 5% or less
- Trans Fat = 0g
- Dietary Fiber = 10% or more

4. Shop in season

Buy fruits and veggies that are in season. They will taste better and are cheaper.

- Squash & apples are good in fall.
- Corn & mango are good in summer.
- Carrots & oranges are good in winter.
- Peas & pineapple are good in spring.

5. Buy in bulk

It can save you money when you buy the bigger bags. These things last longer:

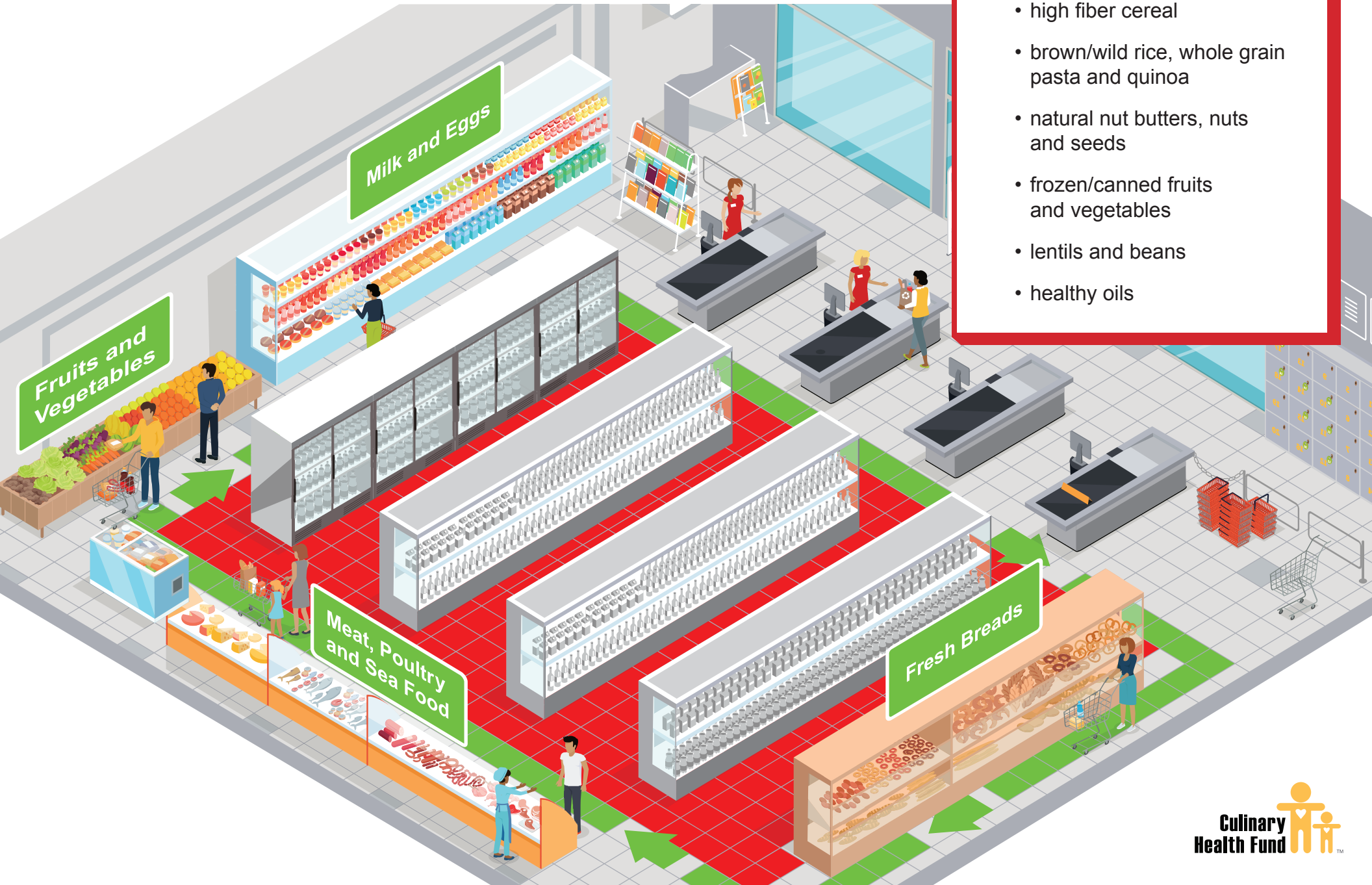
- Dried beans & rice
- Nuts
- Cereal
- Coffee

6. Use coupons

Look for coupons and sales. Buy items that will last a long time when they are on sale. Don't forget to:

- Sign up for a loyalty store card.
- Buy store brand items.

When you go to the grocery store, shop the outside aisles



Avoid Center Aisles

(avoid the red area in this photo)

Only shop there for items such as:

- high fiber cereal
- brown/wild rice, whole grain pasta and quinoa
- natural nut butters, nuts and seeds
- frozen/canned fruits and vegetables
- lentils and beans
- healthy oils