

Food Shopping and Diabetes



Eating well with diabetes is possible on any budget. The food choices you make can help keep your glucose levels within target ranges, decrease hunger, increase energy, and reduce your risks of future health problems. Knowledge is power in making the right food choices

LET'S GO FOOD SHOPPING!

No matter where you shop, you have choices that can make a difference.

- ✓ **Focus on choosing fresh fruits, vegetables, protein and dairy.**
These options provide nutrients you need to keep your energy levels up and stay healthy. Seasonal, frozen, and canned fruits or vegetables are good options and may cost less.
- ✓ **Stay full longer with whole grain foods.**
Whole grain foods include things like whole wheat bread, corn tortillas, whole grain pasta, barley, oats and brown rice. Check the Nutrition Facts label and ingredients to make sure a whole grain is listed first. The word “enriched” as the first ingredient is a sign that it is not a whole grain.
- ✓ **Have your list ready before stepping into the store.**
Planning before you go makes it easier to stay focused on your health goals and budget. Organize the list by store section or food groups to make sure you’re prioritizing healthy foods.
- ✓ **Don’t go food shopping when you are hungry!**
When you are hungry and faced with options, it is much harder to make healthy choices.



MAKE THE MOST OUT OF YOUR FOOD BUDGET

- 1 Plan meals ahead and consider coupons** and sale items that lower the cost of ingredients.
- 2 Make a list and stick to it.**
- 3 Sign up for any discount cards** that stores offer.
- 4 Consider store brands** that are lower in cost.
- 5 Buy in bulk** for items you use often and that have a long shelf life.
- 6 Take advantage of BOGO sales** (buy one get one free).
- 7 When planning meals, reduce time by using ingredients for multiple meals**, such as baking a whole chicken for one meal and using leftover chicken to make chicken tacos or chicken salad another day or more.

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NEED HELP? If you often worry that the food will run out before you get money to buy more, or the food you buy doesn't last and you don't have money to buy more, please talk with your diabetes care and education specialist, registered dietitian nutritionist, or healthcare provider. They can connect you to resources that can help you.