



# Diabetic Shopping List

## Produce

All fresh vegetables and fruit have carbohydrates and are a great source of fiber. While one fruit has 15 grams of carbohydrates and non-starchy vegetables have 5 grams, remember whole produce may be sold as more than 1 serving. Use your Carb Counting

Guide for serving size references.

- |   |  |
|---|--|
| <input type="checkbox"/> Baby carrots (have raw with hummus or steamed)             | <input type="checkbox"/> Apples and Swiss cheese (pairing a carb with a protein helps to slow the release of sugar into the bloodstream) |
| <input type="checkbox"/> Bagged lettuce or greens (salads with olive oil & vinegar) | <input type="checkbox"/> Pears   |
| <input type="checkbox"/> Celery sticks (raw with hummus or peanut butter)           | <input type="checkbox"/> Bananas (pair with peanut butter)   |
| <input type="checkbox"/> Sweet potatoes (prick with a fork & microwave until soft)  | <input type="checkbox"/> Oranges   |
| <input type="checkbox"/> Cauliflower (have raw with hummus, roasted or steamed)     | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Snap peas (enjoy raw or steamed)                           | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Wholly Guacamole® Mini Packs (use as a dip) or avocados    | <input type="checkbox"/> _____   |
| <input type="checkbox"/> _____  | <input type="checkbox"/> _____   |
| <input type="checkbox"/> _____  |  |

## Deli

Many convenience items tend to be higher in sodium, saturated fat or sugar. So, we often recommend avoiding them. However, at Festival we have special [Eat Well](#) items that are made with 100% whole grains (if a grain product) and less sodium, sugar and saturated fat compared to other common deli items.

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> <a href="#">Eat Well Deli Salads</a> (ask counter clerks for options, as selection varies on a daily basis)  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <a href="#">Sabra® Hummus</a> or <a href="#">Oasis Hommus</a> —Any variety (found in the refrigerated case between the produce section and the deli counter; great dip alternative for fresh vegetables) | <input type="checkbox"/> _____ |
|   | <input type="checkbox"/> _____ |

## Meat and Seafood

Eat 4-6 oz. of meat or other protein foods each day—just remember to go lean with protein to avoid excess saturated fat! Choose round or loin cuts of beef or pork; skinless poultry; and untreated seafood. Avoid breaded or pre-marinated options to reduce sodium and carbohydrate intake.

- |   |  |
|---|--|
| <input type="checkbox"/> Boneless, skinless chicken breasts (broil or bake with dried herbs; put in a crockpot with garlic and water [or low sodium broth] until cooked for shredded chicken) | <input type="checkbox"/> Cod or tilapia (baked with lemon and dried herbs) |
| <input type="checkbox"/> Lean ground turkey (great hamburger alternative)   | <input type="checkbox"/> _____   |
| <input type="checkbox"/> <a href="#">Salmon</a> (a great source of omega-3 fatty acids, which are great for your health)  | <input type="checkbox"/> _____   |
|   | <input type="checkbox"/> _____   |

## Dairy

Nonfat or low-fat dairy products are recommended. Remember dairy can also be a source of carbohydrates.

- |   |   |
|---|---|
| <input type="checkbox"/> Skim milk  | <input type="checkbox"/> <a href="#">Babybel®</a> Single Serving Cheese |
| <input type="checkbox"/> <a href="#">Chobani®</a> or <a href="#">Dannon®</a> plain, nonfat Greek yogurt | <input type="checkbox"/> Light String Cheese                            |
| <input type="checkbox"/> Eggs (great for omelets with fresh vegetables)                                 | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Kefir (just like a smoothie but with probiotics)                               | <input type="checkbox"/> _____  |

## Frozen

- ☐ [Bird's Eye® Steamfresh](#) vegetables—no added sauce/sodium (convenient, easy to make, quick veggie)
- ☐ [Jimmy Dean® Delights](#) Canadian Bacon, Egg White & Cheese Honey Wheat English Muffin
- ☐ [Bird's Eye® Steamfresh® Protein Blends California Style](#)
- ☐ [Eggo® NutriGrain Whole Wheat Waffles](#) (great when topped with peanut butter for extra protein and healthy fats)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Bakery

Many bakery items have a lot of sodium and/or sugar and/or do not contain a lot of beneficial fiber. However, we do have some [Eat Well](#) items in our Festival bakeries that contain 100% whole grains (so, more fiber, vitamins and minerals) and less sugar, sodium & saturated fat compared to typical bakery items.

- ☐ Eat Well cookies (flavors are apple cinnamon or chocolate chip - still a cookie so we encourage moderation, however, they offer 26g of carbs and 6g of fiber)
- ☐ [Pepperidge Farm® Whole Grain 15 Grain Bread](#) (in the bread aisle)
- ☐ [Eat Well sprouted grain breads](#) (flavors are Rye, Wheat or Honey Wheat)
- ☐ \_\_\_\_\_

## Main Grocery Aisles

Often best to opt for items that specifically state whole grain or no added sugar. Or use NuVal scores (number in the hexagon directly on our price tags) to help guide choices—*remember the higher the score, the better*, and NuVal scores range from 1-100.

- ☐ [Quaker® Old Fashioned Rolled Oats](#)
- ☐ [Total® Whole Grain Cereal](#)
- ☐ [Special K® Cinnamon Pecan](#)
- ☐ [Krema® Natural Peanut Butter](#) (it's just peanuts)
- ☐ [Del Monte® No Salt Added Green Beans and/or No Salt Added Corn](#)
- ☐ [Kitchen Basics® Unsalted Chicken Cooking Stock](#)
- ☐ [StarKist® Low Sodium Chunk Light Tuna in Water](#)
- ☐ [Minute® Ready to Serve Brown Rice cups](#)
- ☐ Refried beans with fresh lime juice
- ☐ Pesto sauce (great over chicken or whole grain pasta!)
- ☐ [Mrs. Dash® Salt Free Seasoning Blends](#) (great way to add flavor to meat, poultry, vegetables or whole grains without the salt or added sugar!)
- ☐ [McCormick® Seasoning Blends](#) (sugar free with great flavor! Use these instead of sugary marinades.)
- ☐ [Essential Everyday® Balsamic Vinegar](#)
- ☐ Olive oil (heart healthy fat & is great for making quick salad dressings—olive oil, balsamic & favorite Mrs. Dash)
- ☐ Cinnamon
- ☐ [Murray Sugar Free® Cookies](#) (check out the wide variety)
- ☐ Unsalted nuts
- ☐ [Glucerna®](#) Shakes and Snacks
- ☐ Trail mix with dried fruit and nuts
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

For more heart healthy recipes and product ideas, please sign up for our weekly Heart Health e-newsletter at [EatWell.FestFoods.com](http://EatWell.FestFoods.com)

Disclaimer: As a retail dietitian I lack access to clinical records and past medical history, therefore I am only able to provide general nutrition recommendations. For a more specific nutrition prescription and diet plan, please make an appointment with your doctor or clinical dietitian.