Diabetes Grocery Store Tour

Produce

This area of the grocery store is filled with excellent foods to help you maintain your diabetes. Fruits and vegetables are healthy, contain many important vitamins and minerals, are low in fat and sodium, and contain a lot of fiber.

Vegetables

Vegetables, as they are, have very few calories so we can eat these in freely.
There are two categories of vegetables, starchy and non-starchy.   The following is a listing of some of the foods that are found in each category:

Starchy Vegetables	Non-Starchy Vegetables	
Corn	Asparagus	Greens
Mixed vegetables with corn, peas or pasta	Artichokes	Mushrooms
Peas, Green	Broccoli	Okra
Plantains	Beans (green)	Onions
Potatoes, any variety	Bamboo Shoots	Pea Pods
Pumpkin	Brussels Sprouts	Peppers
Squash, winter (acorn, butternut)	Cabbage	Spinach
Yams, sweet potatoes	Carrots	Tomatoes
	Cauliflower	Turnips
	Celery	Eggplant

- Fresh vegetables are always best because they contain less sodium, less fat, and more fiber as opposed to frozen or canned vegetables.
- Non-starchy vegetables do contain some carbohydrates. Each serving of non-starchy vegetables contain about 5 grams of carbohydrates
- Each starchy vegetable has 15 grams of carbohydrate per serving.
- A serving of vegetables = 1 cup of raw vegetables or ½ cup cooked vegetables

Fruits

Fruits provide a lot of essential vitamins and nutrients we need in our diets. They can also add something "sweet" to our meals.

- 1 serving of fruit = ½ cup canned or fresh fruit or unsweetened fruit juice, 1 small fresh fruit (about 4 oz. in size), and 2 tablespoons of dried fruit
- Fresh or frozen fruits are always best for added fiber.
- Choose whole fruit instead of juices whenever possible. If purchasing fruit juice, be sure that the label says *100% fruit juice*.
- When purchasing canned fruits, choose those "light or extra light syrup" or in their own juice. Avoid fruits canned in heavy syrup.
- Make sure you wash your fruits very well before eating them!!!

Some examples of fruits are:

Apples	Grapes	Peaches
Blackberries	Honeydew Melon	Pears
Banana (extra small)	Kiwi	Raspberries
Cantaloupe	Mango	Strawberries
Grapefruit	Oranges	Watermelon

<u>Dairy</u>
The dairy aisle can sometimes be confusing to shop in and determine what products to look for when purchasing meals.   The foods found in the dairy aisle can be placed into various categories which we will go over.

Milk
Milk is an excellent source of calcium and protein. Milk provides us with strong bones and teeth. On a diabetic meal plan, only milk and yogurt are found under the milk category. Milk and yogurt are grouped into three categories: fat-free/low-fat, reduced-fat or whole based on the amount of fat that is found in the product.

- Look for milk and yogurt that is fat free or reduced fat.
- The best choices of milk are skim/fat-free or 1%.
- Choose yogurts that are light or fat-free.
- A milk serving = 1 cup, 8 oz., or ½ pint.
- A milk serving has 12 grams of carbohydrate so this should be counted as carbohydrate choice when meal planning.

Cheeses
Although many people consider cheese to be in the milk group, for a person with diabetes, it is actually classified as a meat or meat substitute due to the nutrient content. Cheeses fall into various meat categories due to the type of cheese and the amount of fat that is found within each cheese. Below is a list of the cheeses and meat categories to which they belong:

Lean Meats: Cottage Cheese, cheeses with 3 grams of fat or less per oz.

Medium-Fat Meats: Cheeses with 4-7 grams of fat per oz. Ex. Feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string, and ricotta

High-Fat Meats: Regular, American, bleu, brie, cheddar, hard, goat, Monterey Jack, queso and Swiss

Eggs
Eggs are also found in the meat group due to their nutrient composition.   Eggs are found in the lean meat category.

- 1 serving of lean meat = ¼ cup egg substitute, plain or 2 egg whites.
- Due to the cholesterol content found in the yolks of eggs, it is recommended that you only have 3-4 whole eggs per week due to the cholesterol content.

Meat and Meat Substitutes

Meat and meat substitutes contain a lot of protein that our body needs to stay strong. Meat and meat substitutes are broken down into four different categories: lean meat, medium fat meat, high-fat meat and plant-based protein. The difference in the meat categories is based on the amount of found within each.

- Always bake, roast, grill, broil, poach, steam or boil meats instead of frying.
- Trim off visible fat or skin to reduce the fat content of the meat.
- Drain meats of excess fat after cooking
- 1 meat portion = 1 oz meat
- Try to choose lean meats over high fat meats most days
- Be careful of purchasing processed and packaged meats for sandwiches. Many contain a lot of sodium that can

Below are examples of meats that fall into each category:

Lean Meat:
Beef: select or choice grades trimmed of fat (grand round, roast, round, sirloin, tenderloin, beef jerky, catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna, buffalo, ostrich, rabbit, venison, lamb chops, organ meats, Canadian bacon, chicken without the skin, turkey, processed sandwich meats with 3 grams of fat or less per oz., sardines, clams, crab, lobster, imitation shellfish, shrimp, and veal.

Medium-Fat Meat:
Corned beef, ground beef, meatloaf, prime grades of meat, short ribs, fish (any friend product), pork cutlet or shoulder roast, chicken with skin, sausage with 4-7 grams of fat per oz.

High-Fat Meat:
Bacon (pork and turkey), hot dogs, ground pork, spareribs, processed sandwich meat with 8 grams of fat or more per oz (bologna, pastrami, hard salami), sausage with 8 grams of fat per oz. (Bratwurst, Italian, Polish, summer, smoked)

Plant-Based Proteins:
Baked beans, Beans (garbanzo, kidney, lima, navy, pinto, white), soy based foods (such as bacon, chicken, beef), edamame, falafel, hummus, lentils, veggie burgers, peas, refried beans, soy nuts, tempeh and tofu

** These products actually count as 1 carbohydrate + at least 1 meat exchange depending on the product. Check the back of the label for more specific information!

Starches
Starches, otherwise known as carbohydrates, are foods such as breads, cereals, and some vegetables. Starches are the foods that diabetes patients need to watch out for the most. Although you need to watch them, you need to make sure that you get 3-4 starches (or carbohydrate) choices in with each meal. Foods that contain starch are our most common source of energy and we find that these foods are easiest for us to eat!

- We recommend that you try to eat 3-4 servings of whole grains per day. Whole grain foods are those that contain 3 or more grams of fiber per serving.
- To determine if the product has whole grain or not, check the nutrition label to make sure that it says, "100% whole grain" and that whole grains are listed first in the ingredient list on the nutrition facts panel.
- When looking at cereals, try to choose cereals that have less sugar content to them and more fiber.
- Choose starchy foods that are low in fat as often as you can.
- One starch = ½ cup cooked cereal, grain or starchy vegetables, ½ cup cooked pasta or rice, 1 oz of bread (usually 1 slice of bread) and ¾-1 oz. of most snack foods

Examples of Foods in the Starch Group and Serving Size:

Food	Serving Size		Food	Serving Size
Bagel, large (about 4 oz.)	¼ (1 oz.)		Cereal, cooked (oats, oatmeal)	½ cup
Bread, white, whole wheat	1 slice		Cereal, shredded wheat, plain	½ cup
English muffin	½		Cereal, sugar-coated	½ cup
Hot dog bun or hamburger bun	½		Cereal, unsweetened, ready-to-eat	¾ cup
Pita, 6 inches across	½		Cereal, puffed	1 ½ cups
Roll, plain, small	1 (1 oz.)		Granola	1/4 cup
Taco shell, 5 inches across	2		Grits, cooked	½ cup
Taco shell, 6 inches across	1		Kasha	½ cup
Taco shell, 10 inches across	1/3 tortilla		Pasta, cooked	1/3 cup
Waffle, 4 inch square	1		Rice, white or brown, cooked	1/3 cup
Cereal, bran	½ cup		Wild rice, cooked	½ cup

Crackers and Snacks

Food	Serving Size		Food	Serving Size
Animal Crackers	8		Graham Crackers (2 ½ inch square)	3
Crackers			Matzoh	¾ oz.
Round-butter type	6		Oyster Crackers	20
Saltine-type	6		Popcorn	3 cups
Sandwich-style (peanut	3		Pretzels	¾ oz.
Butter filling)			Rice cakes, 4 inches across	2

Sweets, Desserts, and other Carbohydrates
A common myth about being a diabetic is that you have to completely stay away from all sweet foods. This is NOT true. Although most of our dessert options are usually sweet in nature, we can have them we just have to watch our portion sizes and adjust our meals to fit these foods in. Since the sweets and desserts to contain carbohydrates, we will have to modify our meal plan to allow for these foods.

- Remember that 15 grams of carbohydrate = 1 starch. Many foods in the starches, desserts and other carbohydrates group do not equal a single carbohydrate choice and often times include other groups such as "fat". It is important to read the labels on these foods to determine how many carbohydrates are contained in these foods to understand how to modify your meal to include these foods.
- You do not want to have these foods often. It is important to try and stick to your regular diet and only add these foods in as a "treat".
- The serving sizes of these foods are small because they do contain fat.

Examples of Foods and Servings Sizes found in this Group:

Food	Serving Size	Count as
Drinks		
Energy Drink	1 can (8.3 oz)	2 carbohydrates
Fruit drink or lemonade	1 cup (8 oz.)	2 carbohydrates
Hot chocolate	1 envelope	1 carbohydrate
Soft drink, regular	1 can (12 oz.)	2 ½ carbohydrates
Sports drink	1 cup (8 oz)	1 carbohydrate
Brownies, Cakes, Cookies, Gelatin, Pie, and Pudding		
Brownie, small, unfrosted	1 ¼ in. square	1 carbohydrate + 1 fat
Cake, angel food, unfrosted	1/12 of cake (2 oz.)	2 carbohydrates
Chocolate chip cookies	2 (2 ¼ in. across)	1 carbohydrate + 2 fats
Sugar-free cookies	3 small or 1 large	1 carbohydrate + 1-2 fats
Vanilla wafer	5 cookies	1 carbohydrate + 1 fat
Cupcake, frosted	1 small	2 carbohydrates + 1-1 ½ fats
Fruit cobber	½ cup	3 carbohydrates + 1 fat
Pie, fruit	1/6 of 8 inch pie	3 carbohydrates + 2 fats
Pudding (regular)	½ cup	2 carbohydrates
Candy, Spreads, Sweets, Sweeteners, Syrups and Toppings		
Candy bar	2 "fun" size bars	1 ½ carbohydrates + 1 ½ fats
Hard candy	3 pieces	1 carbohydrate
Chocolate kisses	5 pieces	1 carbohydrate + 1 fat
Coffee Creamer		
Dry, flavored	4 tsp.	½ carbohydrate + ½ fat
Liquid, flavored	2 tsp.	1 carbohydrate
Fruit snacks, chewy	1 roll	1 carbohydrate
Fruit spreads, 100% fruit	1 ½ Tbsp.	1 carbohydrate
Honey	1 tbsp.	1 carbohydrate
Jam or jelly	1 tbsp.	1 carbohydrate
Sugar	1 tbsp.	1 carbohydrate
Syrup (chocolate)	2 tbsp.	2 carbohydrate
Pancake –light	2 tbsp.	1 carbohydrate
Pancake – regular	1 tbsp.	1 carbohydrate

Free Foods
Free foods are considered any food or drink that has less than 20 calories and 5 grams or less of carbohydrate per serving.
- Although these foods are considered "free", we cannot eat as much of them as we want. We should limit ourselves to 3 servings of these foods per day. Even though they are considered free, eating more than the serving size can cause blood sugar levels to increase.
- Foods that fall into this category are:

  Sugar free or hard candy (1 piece)
  Sugar Free gelatin
  Gum
  Salad Greens
  Sugar Substitutes such as: Equal, Splenda, Sweet'N Low
  Cream cheese, fat-free (1 tbsp.)
  Catsup (1 tbsp)
  Lemon juice
  Honey mustard (1 tbsp)
  Pickles (dill – 1 ½ med. , sweet, bread and butter 2 slices)
  Soy sauce (1 tbsp)
  Taco Sauce (1 tbsp)
  Parmesan Cheese (1 tbsp)
  Mustard

- Diet sodas are considered to be a free Food and Friends
- Any flavorings or seasonings such as dried herbs or spices are considered free foods
- Sugar-free foods still may contain carbohydrates so it is important that you still read the nutrition label for foods that claim they are sugar free. These foods need to be eaten in moderation

Meal Plan and Snack Options

Here are some options for menus if you need something to help guide you in meal planning:

Day 1:

Breakfast: ½ cup oatmeal, 1 cup milk, ½ cup fruit, 1 scrambled egg or 1 cup egg substitute, and 1 slice toast with 1 tsp. margarine and sugar-free jelly
Snack: apple (small)
Lunch: Turkey sandwich on whole wheat bread with lettuce and tomato, 2 tsp. light mayonnaise, ½ cup sugar-free pudding, 1 serving of fruit (1/2 cup oranges)
Snack: 1 cup of celery and carrots with 2 tbsp. light or fat-free dressing
Dinner: 3 oz. chicken (grilled), 1 cup each of zucchini and squash (sautéed in 2 tbsp. butter), 1 cup mashed potatoes, 1 cup milk, and ½ cup fruit
Snack: Whole wheat bread with 2 tbsp. of peanut butter and 2 tbsp. of low-sugar jelly

Day 2:

Breakfast: 1 slice Canadian ham or 2 slices turkey bacon, 2 slices whole wheat toast with 1 teaspoon of margarine and 1/2 cup fruit
Snack: 1 low-fat string cheese
Lunch: 1 cup soup, 1 orange, ½ ham sandwich on wheat bread, large salad with greens, carrots, cucumbers, tomatoes, and 2 tbsp. lite or fat-free dressing
Snack: 3 peanut butter and crackers
Dinner: 3 oz. pork chop, 2/3 cup rice, 1 cup broccoli, ½ cup fruit or no-sugar added applesauce
Snack: 2 graham cracker squares

Day 3:
Breakfast: 2 waffles, 2 tablespoons lite syrup, 2 pieces turkey bacon, 1 cup fruit and milk
Snack: 1cup trail mix
Lunch: 1 cup pasta, 3 small meatballs, 1 tablespoon parmesan cheese, ½ cup tomato sauce, large salad and 2 tbsp. lite salad dressing
Snack: light yogurt
Dinner: 3 oz. sirloin steak, 1 medium baked potato, 1 cup of vegetables, 1 dinner roll, 1 tsp. margarine
Snack: 3 cups air-popped popcorn (or a 100 calorie package of popcorn)

Understanding the Nutrition Label

Sample Label for Macaroni and Cheese

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low
20% or more is high

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250   Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

General Nutrient Composition of Foods

** The following chart shows the amount of nutrients in 1 serving from each food group.

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrates Starches: bread, cereals, and grains, starchy vegetables, crackers, snacks, and beans, peas and lentils	15	0-3	0-1	80
Fruits	15	---	---	60
Milk Fat-free, low-fat, 1% Reduced-fat, 2% Whole	12 12 12	8 8 8	0-3 5 8	100 120 180
Sweets, Desserts, and Other Carbohydrates				
Non –Starchy Vegetables				
Meat and Meat substitutes				
Lean Medium-Fat High-Fat Plant-based Protein	--- --- --- ---	7 7 7 7	0-3 4-7 8+ varies	45 75 100 varies
Fats	---	---	5	45
Alcohol	Varies	---	---	100

Helpful Hints for Grocery Shopping
- Don't shop when you are hungry
- Shop early in the day
- Shop alone
- Always use a list
- Cruise the perimeter of the store
- Choose a rainbow of fruits and vegetables
- Go for whole grains
- Decide to try one new item each time you go to the grocery store
- Always read food labels
- Skip the "diabetic" foods!

Guide to Sensible Serving Sizes

This much	is the same as
	3 ounces 1 serving of meat, chicken, turkey, or fish
	1 cup 1 serving of • cooked vegetables • salads • casseroles or stews, such as chili with beans • milk
	½ cup 1 serving of • fruit or fruit juice • starchy vegetables, such as potatoes or corn • pinto beans and other dried beans • rice or noodles • cereal
	1 ounce 1 serving of • snack food • cheese (1 slice)
	1 tablespoon 1 serving of • salad dressing • cream cheese
	1 teaspoon 1 serving of • margarine or butter • oil • mayonnaise

Diabetes Grocery Store Tour

The Nutrition Fact Panel can help to guide you when purchasing your foods. It is very important to understand how to read a Nutrition Facts Panel in order to make healthy food choices.

1**. Look at the serving size**. The serving size will give you information about the food you are eating and the nutrients found in that serving. The servings per container will tell you how many servings are found if you eat the entire product.

2. **Calories**. Calories give us energy that we need to do our daily activities. If you want to lose weight, you might want to watch the amount of calories that you eat. So if we look at the label on the right, our 1 cup = 260 calories. If we decide we want 2 cups, our calories = 520 calories.

3. **Fat**. We want to try and limit the amount of fat that we consume in a day. Choosing low fat foods will help us to fight against heart disease. We also want to try and eat foods that are *trans-fat free.* Trans-fat is something that clogs our arteries and we want to limit these foods.

4. **Carbohydrate**. Carbohydrate is one of the most important things to look for as a diabetes patient. We want to make sure that we get carbohydrates in our diet, but we do not want to get too many because they will increase our blood sugar. 1 Carbohydrate Choice = 15 grams of Carbohydrate. If you look at the nutrition label, you will see that it contains 31 grams of carbohydrate so we would have to count our one serving as 2 carbohydrate choices for our meal. We want to eat 3-4 carbohydrate choices or 45-60 grams of carbohydrate for each meal. We also want to eat 15 grams of carbohydrate or 1 carbohydrate for snack to help maintain our blood sugar levels.

- Check the fiber in your food as well. Try and choose foods with 3 grams of fiber or more per serving.

5. **Protein**. Protein helps us to stay full when we eat. We want to see how much protein is in the foods that we choose. Choosing foods with higher protein may help us to stay fuller longer after we eat.

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