

DIABETES FRIENDLY SUPERMARKET ROADMAP



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Consult your Healthcare Professional to learn how the foods within this roadmap can be included as part of a balanced diet.

FOODS TO CHOOSE AT A GLANCE

NONSTARCHY VEGGIES

Jicama, Brussels Sprouts, Carrots, Asparagus, Beets, Broccoli, Collard Greens, Cucumbers, Onions, Spinach, Zucchini/ Yellow Squash, Tomatoes

STARCHY VEGGIES

Parsnips, Green Peas, Winter Squash, Corn, Regular Potato and Sweet Potato

FRESH FRUIT

Blackberries, Raspberries, Fresh Figs, Oranges and Grapefruit, Pears, Strawberries, Apples, Bananas

LEAN PROTEIN FOODS: FISH, SEAFOOD, POULTRY, EGGS & MEAT

- Catfish, Cod, Flounder, Haddock
- Salmon, Mackerel, Tuna
- Shellfish: Clams, Crab, Imitation Shellfish, Lobster, Shrimp and Scallops
- White Meat Poultry Without the Skin
- Eggs and Egg Whites
- Veal Cutlet or Loin
- Lamb Chop, Leg or Roast
- Beef: 90% or Higher Lean Ground Beef; Chuck, Round, Rump or Sirloin, Steak and Tenderloin

NONFAT OR LOWFAT GREEK & REGULAR YOGURT

Nonfat or Lowfat Greek or Regular Yogurt (Sweetened with Non-Nutritive Sweetener or Plain)

PROTEIN FOODS: PLANT-BASED

Beans: Black, Garbanzo, Kidney, Lima, Navy, Pinto, White, Cooked or Canned, Lentils, Black-Eyed or Split Peas, Edamame (Shelled), Nuts, Seeds and Nut Butters, Hummus

WHOLE GRAINS

Bran Cereal (Twigs, Buds or Flakes), Oats: Any Original (Unsweetened) Variety of Oatmeal, Barley, Couscous, Kasha, Whole-Wheat Pasta, Polenta, Quinoa, Brown and Wild Rice

SPREADS & OILS

Oils: Olive, Corn, Cottonseed, Flaxseed, Grapeseed, Safflower, Soybean, Sunflower, Lower-Fat Spread (30-50% Vegetable Oil, Trans-Fat Free), Reduced-Fat Mayonnaise, Reduced-Fat Salad Dressing (Check the Carbohydrate Quantity on the Label)

BEVERAGES

Water, Unsweetened Tea (Hot or Cold), Coffee, Other Calorie-Free Beverages

WHAT'S A DIABETES SMART PICK?

The American Diabetes Association reminds us that, as with all foods, you need to work them into your individualized meal plan in appropriate portions.¹

All of the foods noted as *Smart Picks* on this roadmap provide key nutrients that are typically low in the American diet, including calcium, potassium, fiber, magnesium and vitamins A, C, D and E.

GREEK YOGURT: A SMART AND DELICIOUS SNACK PICK!

As part of your balanced, carb-conscious lifestyle, you deserve a delicious, convenient and nutrient-dense snack. A light, nonfat yogurt or Greek yogurt can provide the irresistible, fresh and creamy taste you're looking for, along with the nutrition you can feel good about. It also makes a great addition to your cooking routine, in both sweet and savory recipes!

Look for flavors you love or try something new during your *12 stops to shop!*

¹ American Diabetes Association, *Diabetes Superfoods: Diabetes.org/superfoods*

#9 DRIED BEANS, LEGUMES, PEAS, LENTILS, NUTS & SEEDS

Best Choice Tip: Try to incorporate beans, legumes, peas and lentils into several meals a week. They are a source of protein and fiber. Just keep in mind that dried beans also count as a starch, so make them count towards your carbohydrate intake.

Smart Picks: Dried Beans and Unsalted Nuts (but mind your portions, they are high in calories)



#8 MILK

Best Choice Tip: Choose one cup of fat-free or lowfat milk for 12 grams of carbohydrate, 8 grams of protein and calcium!



#4 POULTRY & MEAT

Best Choice Tip: Choose white meat chicken or turkey breast (without the skin) or lean cuts of meat that are lower in saturated fat.



#3 FRESH FRUIT

Best Choice Tip: Many fruits contain vitamins, minerals and fiber. They also have carbs, so make sure to count them in your meal plan.

Smart Picks: Citrus Fruits (Grapefruit, Oranges, Lemons and Limes) and Berries (Blueberries, Strawberries, Blackberries, Cranberries and Raspberries)



#5 FISH & SEAFOOD

Best Choice Tip: Try to include fish at least two times per week – but skip the breading and frying.

Smart Picks: Salmon, Albacore Tuna, Mackerel and Rainbow Trout



#2 STARCHY VEGGIES

Best Choice Tip: Can provide vitamins, minerals and fiber – but remember keep portions small because these count towards your carbohydrate intake.

Smart Pick: Sweet Potatoes



#10 WHOLE GRAINS

Best Choice Tip: Check that whole grains like brown rice, buckwheat, oatmeal, quinoa, rolled oats, and whole-grain barley, corn, rye or wheat are first on the ingredient list.

Smart Picks: Pearled Barley and Oats/Oatmeal



#7 REGULAR & GREEK YOGURT

Best Choice Tip: Some nonfat or lowfat Greek yogurts have twice the protein of regular yogurts (12g and 5g protein respectively per 5.3 oz. serving)! Look for light varieties with delicious flavors and 0% fat per serving!

Smart Picks: Nonfat or Lowfat Greek or Regular Yogurt



#6 EGGS

Best Choice Tip: Add variety to your protein choices by scrambling or boiling an egg!



#12 BEVERAGES

Best Choice Tip: Choose zero-calorie or very low-calorie drinks.

Smart Pick: Water



#11 SPREADS & OILS

Best Choice Tip: Choose vegetable oils or plant-based spreads that have no partially hydrogenated vegetable oils (no trans-fat). Watch portion sizes since all fats are high in calories.



#1 NONSTARCHY VEGGIES

Best Choice Tip: Eat at least 3-5 servings of vegetables a day.

Smart Picks: Spinach, Collards and Kale; Tomatoes



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12 Stops to Shop

FINISH



START