



Living with Diabetes

dietitian's tips

- 1 Choose non-sugar sweetened beverages.** Check the nutrition label for the added sugar content of your beverages. Opt for options with no added sugar or those that use alternative sweeteners.
- 2 Choose balanced snacks to stay full and manage blood sugar.** Aim to include a source of protein with each snack and pair it with either a healthy fat or a carbohydrate. Check out our “Build a Better Snack” handout for more information and snack inspiration.
- 3 Aim for a consistent eating schedule.** Eating meals and snacks at the same time daily can help manage blood sugar highs and lows. If you're on insulin or medication, time your meals accordingly to prevent lows.
- 4 Make exercise a regular part of your routine.** Whether it's dancing, hiking or walking, find what you enjoy and keep moving!
- 5 Limit alcohol.** If you do drink alcohol, do so in moderation and pair it with a snack or meal to avoid blood sugar lows.
- 6 Choose whole grains and high-fiber foods.** Balanced carbs are key to blood sugar control. Select whole grains and fiber-rich foods to help maintain steadier blood sugars and support overall health.
- 7 Make smart choices when dining out.** Share your entree, ask for dressings and sauces on the side and explore better-for-you menu offerings. Don't be afraid to try new, nutritious dishes!

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.





registered dietitian team **diabetic shopping list**

SOUPS/BROTH

Health Valley No Salt Added Soups and Broths
Full Circle Low Sodium Chicken Broth
Healthy Choice Soups
Swanson's No Salt Added Broth
Pacific Low Sodium Broths
Kitchen Basic Unsalted Stocks

PASTA & PIZZA SAUCE

Carbone No Sugar Added Marinara
Rao's Roasted Garlic Sauce
Michael's of Brooklyn Marinara
Food Club Pizza Sauce

GRAINS

Quinoa
Brown Rice
Food Club Long Grain Brown Rice
Whole Wheat Pasta Noodles
Whole Grain Couscous
Food Club Whole Grain Pasta
Kashi Whole Grain Waffles
Skinny Pop Popcorn
Boom Chicka Pop Popcorn
(or buy kernels to make at home using canola oil)
Four Brother's Long Grain Wild Rice
Bird's Eye Frozen Brown Rice
Farro
Barley
Banza Pasta

NUTS & SEEDS

No Salted Added Sunflower Seeds
Chia Seeds
Ground Flax Seeds
All Unsalted Nuts (almond, peanut, pistachio, etc)

CRACKERS

Triscuit Crackers
Wheat Thins
Crunchmaster Crackers
Wasa Crackers

CHIPS

Beanitos
Sun Chips
Late July Multigrain Tortilla Chips
Harvest Snaps

FROZEN MEALS

Healthy Choice
Lean Cuisine
Smart Ones

LUNCHEON MEAT

Oscar Mayer Turkey or Chopped Ham Lunch Meat
(in round container with yellow on bottom of pkg.)
Kretschmar Master Cut at Deli
Applegate Naturals Oven Roasted Turkey Breast
Dietz and Watson Turkey and Chicken Breast

BARs

Fiber One Bars or Food Club Fiber Bars
That's It Fruit Bars
RXBars
Skout Organic Snack Bars

JUICE

100% Fruit Juices
Four Brothers Cold Pressed Juices
Naked Juices

OILS

Canola Oil
Extra Virgin Olive Oil
Smude's Sunflower Oil
Avocado Oil

BREAD

100% Whole Grain Sandwich Rounds
Brownberry Breads
Pepperidge Farms Breads
Ancient Grains
100% Whole Wheat
Sara Lee 45 Calories Whole Grain Bread
Dave's Killer Bread
Food Club 100% Whole Wheat Bread
Thomas' Whole Wheat English Muffins
Mission Whole Wheat Tortillas
Mission Carb Balance Tortillas
Brownberry Whole Wheat Hamburger and Hot Dog Buns

NUT BUTTERS

Old Home Peanut Butter
Crazy Richard's Peanut Butter
Justin's Peanut Butter
Barney Butter Almond Butter

FRUITS & VEGETABLES

All Fruits and Vegetables
• unseasoned, unsweetened and unsalted frozen fruits and vegetables
• canned fruit in 100% juice
• no salt added canned vegetables

CEREAL

Fiber One Cereal
Shredded Wheat Cereal
Great Grains Cereal
Oatmeal
Cheerios
Bob's Red Mill Hot Cereals
Catalina Crunch Cereals

CONDIMENTS/DRESSINGS

Mayo with Olive Oil
Wholly Guacomole
Sabra Hummus
Salad Dressing-Olive Oil, Balsamic Vinegar and Fresh Squeeze of Lemon with Dried Herbs
Heinz No Sugar Added Ketchup
Mustard
Ken Davis *(Original)*
G Hughes Sugar Free BBQ Sauce
Mrs. Dash Marinades
Marzetti Simply Dressed

Full Circle Ranch
Bolthouse Farms
Panera Bread Sugar Free Poppyseed
Litehouse Dressings
G Hughes Yum Yum Dipping Sauce
Skinnygirl Sugar Free Balsamic Vinaigrette Salad Dressing
Good Good Jams
Smash Foods Fruit Spreads
Food Club No Sugar Added Relish

PROTEIN

Tofu
Boca
Quorn
Wild Planet No Salt Added Canned Tuna
Canned Salmon
Hormel No Salt Added Canned Chicken
93-95% Lean Beef
Sirloin or Loin Cuts of Beef
Fresh Skinless, Boneless Chicken Breasts
Unseasoned Ground Turkey and Chicken
Grass Fed Beef
Unbreaded Fish
Fresh or Frozen Salmon
Eggs Including the Yolk
Raw Almonds
Raw Walnuts
Variety of Beans - Black Beans, Kidney Beans, Garbanzo Beans, etc. *(opt for reduced sodium canned versions or no salt added versions and rinse off excess sodium, or buy dried beans and cook at home)*

DAIRY

Skim Milk
Fair Life Milk
Too Good, Oikos Triple Zero or Dannon Light + Fit Yogurts
Fat-Free/Low-Fat Cottage Cheese
Food Club Light String Cheese
Reduced Fat Swiss Cheese
Part Skim Mozzarella
Laughing Cow Cheese for Crackers

BUTTER

Land O'Lakes Light Butter with Olive or Canola Oil
Smart Balance Butter with Omega 3s or Olive Oil

BEVERAGES

Bubbly Sparkling Water
La Croix Sparkling Water
Polar Sparkling Water
Spindrift Sparkling Water
Nixie Sparkling Water
Culture Pop Soda
Mio or Food Club Beverage Enhancer
Crystal Light