

GROCERY SHOPPING SECRETS for SUCCESS



The key to creating diabetes-friendly meals is having the right ingredients. And it's easier to get the right ingredients when you have a grocery store strategy.

This guide will provide insight on items to avoid, the best time to go, and the things you should come home with. While these tips may not apply to all stores, they are something to keep in mind.

SUN

MON

TUE

WED

THU

FRI

SAT

Let Your Eyes Roam

Grocers place the items they want you to buy at eye-level. Have a look around and you'll save some money and find healthier items.



Dairy / Breads



Why Wednesday Morning?

- It's less crowded, which means you'll feel more relaxed reading labels and comparing nutritional values.
- Stores mark items down to make room for their end of week shipments.

Milk Does a Body Good

Grab some fat-free or low-fat (1% milk). Milk is a good source of protein, and switching to 1% will save you 70 calories and 4 grams of saturated fat per serving!

Choose the Right Breads

Rye bread not only contains antioxidant levels similar to that of many types of berries, but the high fiber content makes it an excellent aid in the lowering of cholesterol.

Fresh Meats / Deli / Seafood



Avoid the End of the Aisle

- Those items are there to entice you, and they're usually junk food that you don't really need.
- Despite the sale sign, the items at the ends are more expensive.

Stick to the Perimeter

- The middle aisles are lined with the unhealthy temptations that wreak havoc on blood glucose levels.
- The outside lanes feature healthy items like fruits, vegetables, and dairy.
- Fresh foods always taste better and they're good for you, too.

Make Room for Veggies

Focus on non-starchy veggies like asparagus, carrots, broccoli, cucumber, and mushrooms. They're full of vitamins, minerals, and fiber.



Fresh Produce



Catch Some Fish

Seafood is a smart move for people with diabetes because it's lower in saturated fat. It's also full of essential fatty acids, which help promote a healthy cardiovascular system.

SALE!

SALE!

SALE!

SALE!

SALE!



Don't be Tempted at Checkout

Only unhealthy impulse items are near the checkout. They're testing your willpower. Be strong.