

Diabetes: Navigating the Grocery Store

Many people diagnosed with diabetes worry that they will have to give up their favorite foods. However, current guidelines show that no food is off limits, and you don't have to sacrifice taste to effectively manage your condition. Read on for information about making wise choices in the grocery store.

To manage diabetes, it's important to watch more than just your intake of sugars. Nutrition experts recommend eating a variety of foods in moderate amounts, while watching the type *and* amount of carbohydrates and fats in your diet. Fruits, vegetables and grains—especially whole grains—should be emphasized as part of planned meals and snacks. Of course, regular physical activity is also a key factor in managing diabetes.

When you have diabetes, advice on eating well is easy to find, but it can be confusing to apply when it comes to making daily food choices. Working with a registered dietitian or certified diabetes educator should be a first step, as he or she can help you develop a meal plan that is right for you. Make a shopping list and read food labels in the grocery store so you become familiar with foods that fit your meal plan, and give you the taste you enjoy and the nutrition you need. The following tips can help you get started.

Fruits and Vegetables

Fresh, frozen or canned whole fruits and vegetables are great choices to put in your shopping cart. Go easy on fruit juice.

- Look for colorful choices—a clue that the produce is rich in nutrients. For example, dark-green leafy spinach or kale, vibrant red strawberries, deep-yellow peaches or bright orange peppers all supply important nutrients.
- Consider convenience items, such as an in-store salad bar or bagged salad greens, when you are short on time.

Grains

Make half your grain food choices whole grains.

- Look for the words “whole grain” as the first or second ingredient in the ingredient list on food products.
- Choose whole grain cereal for breakfast; brown rice or whole wheat pasta for side dishes; whole grain bread for sandwiches and whole grain crackers for snacking.



Cheesy Smashed Potatoes

Dairy Foods

Nonfat (fat free) or low fat milk products can help you manage your fat intake without compromising taste or nutrition.

- If you drink whole or reduced fat (2%) milk, gradually switch to milk with a lower fat content.
- Choose nonfat yogurt, low fat or nonfat cottage cheese or reduced fat cheese. Individual portions of dairy foods make great snacks.

Protein Foods

Let your food choices *and* how these foods are prepared work to your advantage.

- Opt for lean meat, skinless poultry or fish. Trim any excess fat before cooking. Bake or grill your choice instead of frying.
- Each week, select one night to prepare a vegetarian dinner. Experiment with a meatless ethnic dish based around beans or lentils combined with colorful vegetables.

Desserts, Snacks and Condiments

All foods you eat count as part of your daily meal plan, so remember to account for desserts, snacks and condiments, too.

- Check out low calorie and/or sugar free desserts. Read the Nutrition Facts label to see how a serving of a “sugar free” option fits into your eating plan.
- Choose desserts and snacks that are already prepared and portioned to help you manage the amount of food you eat.
- Use condiments such as barbecue sauce, salad dressing, mustard or reduced fat mayonnaise to add flavor; watch portion sizes to manage calories, sodium.

Beverages

Don't allow extra calories and carbohydrates to sneak into your plan through beverages.

- Choose sugar free beverages that are low in calories, such as flavored seltzer or sugar free soft drinks.
- Opt for water or unsweetened coffee or tea.

Practice Safe Shopping

Take note of the “sell by” or “use by” dates on packages before and after you buy them. While in the store, inspect meat, poultry and fish to be sure packaging is not damaged or torn, and that canned goods are free of dents, bulges and leaks. Select frozen and refrigerated foods, as well as any cooked items from

the deli, just before you check out. Check that frozen foods feel solid and refrigerated foods feel cold; get these foods home promptly; then quickly store them in the refrigerator or freezer. Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.

.....
Check out these delicious Healthy Living recipes to see how they might fit into your meal plan.

Cheesy Smashed Potatoes

Prep: 10 min. **Total Time:** 40 min. **Makes:** 6 servings, 1/2 cup each

- 1 lb. red potatoes (about 3), cut into chunks
- 1 cup small cauliflower florets
- 1/4 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream
- 1 cup KRAFT 2% Milk Shredded Sharp Cheddar Cheese

COOK potatoes and cauliflower in boiling water in large saucepan 20 min. or until vegetables are tender; drain. Return to pan.

ADD sour cream; mash until vegetable mixture is fluffy.

STIR in cheese.

Substitute: Prepare using frozen cauliflower.

Use Your Microwave: Place potatoes and cauliflower in large microwaveable bowl; add enough water to cover. Cover bowl with waxed paper. Microwave on HIGH 20 min. or until vegetables are tender. Continue as directed.

Nutrition Bonus: These cheesy potatoes are a delicious side dish at 1 Carb Choice per serving. It also provides vitamin C from the combination of cauliflower and potatoes and is high in calcium from the Cheddar cheese.

Nutrition Information Per Serving: 120 calories, 5g total fat, 3g saturated fat, 15mg cholesterol, 180mg sodium, 14g carbohydrate, 2g dietary fiber, 1g sugars, 7g protein, 6%DV vitamin A, 10%DV vitamin C, 30%DV calcium, 4%DV iron.

Exchange: 1 Starch, 1 Meat (L)

Creamy Layered Squares

Prep: 15 min. plus refrigerating **Makes:** 9 servings

- 1-1/2 cups boiling water
- 1 pkg. (0.6 oz.) JELL-O Strawberry Flavor Sugar Free Gelatin Ice cubes
- 1 cup cold water
- 1-1/2 cups thawed COOL WHIP Sugar Free Whipped Topping, divided

ADD boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Add enough ice to cold water to measure 1-1/2 cups. Add to gelatin; stir until ice is completely melted. Remove 1-1/2 cups gelatin; set aside on counter. Refrigerate remaining gelatin 30 min. or until slightly thickened.

ADD 3/4 cup COOL WHIP to chilled thickened gelatin; whisk until well blended. Pour into 8-inch square dish. Refrigerate 15 min. or until gelatin mixture is set but not firm. Carefully pour reserved gelatin over creamy gelatin layer in dish.

REFRIGERATE 3 hours or until firm. Cut into squares; top with remaining COOL WHIP.

Success Tip: To make JELL-O Gelatin that is clear and uniformly set, be sure the gelatin is completely dissolved in the boiling water before adding the cold liquid. Stirring with a rubber spatula will help ensure that all the crystals are dissolved.

Keeping it Safe: Desserts made with, or decorated with, COOL WHIP should be stored in the refrigerator.

Nutrition Bonus: This delicious low fat low calorie layered dessert that is 1/2 Carb Choice can help you stick to your meal plan.

Nutrition Information Per Serving: 35 calories, 1.5g total fat, 1.5g saturated fat, 0mg cholesterol, 50mg sodium, 4g carbohydrate, 0g dietary fiber, less than 1g sugars, 1g protein, 0%DV vitamin A, 0%DV vitamin C, 0%DV calcium, 0%DV iron.

Exchange: 1/2 Carbohydrate

Dietary Exchanges based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 by the American Diabetes Association and the American Dietetic Association.