

What are the best ways to navigate and make healthy choices in the grocery store that will help you better manage your diabetes? These are important questions. Here are some helpful tips to make food shopping easier, healthier, and better for your diabetes management.

### **General Food Shopping Tips:**

- Eat before you shop.
- Bring a list.
- Stay in the perimeter of the grocery store.
- Read labels.

### **Best Choices for a Healthy Diet**

- Meat and poultry (avoid lunch meats and processed meats like sausage and bacon)
- Fish high in omega-3s (see below)
- Low carb fruits and veggies
- Cheese
- Yogurt

### **Shopping for Fish**

Choose fish that is high in omega-3 fats. Examples include:

- Mackerel
- Herring
- Sardines
- Salmon
- Tuna
- Lake Trout

All fruits and vegetables have carbohydrates, and carbohydrates raise your blood sugar. Know the carb content of your produce choices.

### **Shopping for Veggies**

#### High Carb:

Potatoes = 20g (approx. 1 cup mashed)

Corn = 19g (approx. 1/2 cup raw)

Peas = 14g (approx. 1/2 cup cooked)  
Carrots = 10g (approx. 1/2 cup raw)

Low Carb:

Celery = 3g (approx. 1/2 cup raw)  
Zucchini = 4g (approx. 1/2 cup cooked)  
Pepper = 5g (approx. 1/2 cup cooked)  
Broccoli = 5g (approx. 1/2 cup cooked)

**Shopping for Fruits**

High Carb:

Banana = 23g (1 small)  
Dates = 20g (approx. 4, pitted)  
Mango = 28g (1 cup. sliced)  
Pineapple = 22g (approx. 1 cup, chunks)

Low Carb:

Rhubarb = 5g (approx. 1 cup raw)  
Cantaloupe = 6g (approx. 1/2 cup)  
Grapefruit = 8g (1/2)  
Watermelon = 8g (approx. 3/4 cup)

Here are some excellent snack choices for people with diabetes:

**Shopping for Snacks**

- String cheese
- Sugar-free Jell-O
- Fresh green veggies
- Soy crisps
- Popcorn
- Unsalted nuts
- Peanut butter
- Avocado slices
- Hard-boiled eggs

*Reviewed by [Susan Weiner, R.D., M.S., C.D.E., C.D.N.](#) 3/08*