

diabetic shopping

a diabetic diet is a healthy diet. it is fine for the whole family to eat the diabetic diet, because it is the healthiest diet possible!

shop for safe portions:

focus on portion control. for many people, this is the hardest part. you'll need to start using:

- smaller plates (9 inches in diameter)
- smaller bowls for soup and cereal (holding 1 cup when almost full)
- small dessert dishes for fruits, yogurts, etc. (hold 1/2 cup when almost full)
- and drinking glasses that hold 1 cup when almost full, and 1/2 cup when half full (save your big glasses for water only).

when you grocery shop, keep these smaller portions in mind.

buy half and buy double:

plan to "buy half" - meaning, buy half as much starchy food as you did in the past. for example:

instead of 2 loaves of bread, buy 1 loaf.

instead of 10 pounds of potatoes, buy 5 pounds.

instead of the biggest box of cereal or spaghetti, buy the smallest box.

also plan to "buy double" - buy twice as much vegetables and fruits as you did in the past.

i recommend you buy two vegetables and 1 fruit for each of six days of the week (leave one day for leftovers).

for example:

instead of buying a head of lettuce, some tomatoes, some bananas and some orange juice, buy...

| | | | | | |
|-----------------|------------------|--------------|------------------|-------------------|---------------|
| lettuce, | carrots, | green beans, | stewed tomatoes, | orange juice, | bananas, |
| fresh tomatoes, | corn on the cob, | broccoli, | frozen spinach, | pineapple chunks, | peaches, |
| cucumbers, | snap/snow peas, | cauliflower, | frozen peas, | applesauce, | strawberries. |

4 rules 4 shopping:

the easiest way to save money and control your nutrition is to follow these 4 rules:

1. pick one day a week to do the shopping. don't "run to the store" more than once a week.
2. make a menu list of meals you plan to have during the week. try to incorporate any foods you already have on hand from last week.
 - plan for each breakfast to have 2 servings each of starch and protein, and 1 serving each of dairy and fruit.
 - plan for each lunch and supper to each have 2 servings of vegetable and 1 serving each of starch, protein, dairy and fruit.
 - don't forget one low-carb snack per day.
 - *save your menu list!* you'll use it during the week while you are deciding what to cook.
3. make a shopping list of the foods you will need for these meals.
4. eat before you go. don't shop on an empty stomach!

about frozen dinners:

read the label! use the "**6/ 60/ 600**" rule, and buy a frozen dinner only if it has...

- around **6** grams of fiber
- less than **60** grams of carbohydrate
- **and** less than **600** mg of sodium.

about "helpers":

boxed, packaged, or canned foods are very high in sodium, carbohydrates, preservatives, and artificial flavor enhancers. save them for treats.

watch your portions *very carefully* with these foods:

- a can of soup makes about 2 cups, serves two (1 cup chicken noodle soup = 1 serving protein + 1 serving starch; 1 cup cream of mushroom soup = 1 serving dairy).
- canned stew, chili, pork and beans, etc, make about 2 cups, serves two (1 cup canned stew = 1 serving protein + 1 serving starch).
- a box of macaroni and cheese makes about 3 cups, serves three (1 cup = 1 serving starch + 1 serving dairy).
- "helper" mix with meat added makes about 5 cups, serves five (1 cup "helper" = 1 serving protein + 1 serving starch +/- 1 serving dairy).

what is a serving?

review: breakfast = 1-2 servings each of starch and protein; 1 serving each of fruit and dairy.

lunch and supper = 2 servings vegetable, 1 serving each of starch, protein, dairy, and fruit.

"one serving" is usually:

1 piece, or a portion the size of a deck of cards

examples: 1 egg, 1 apple, 1 carrot, 1 chicken breast, a 4-oz burger, 1 slice of bread, 1 tortilla, etc.

or... 1/2 cup, or a portion that would fill your cupped hand.

examples: a handful of broccoli, 1/2 c. orange juice, 1/2 c. tuna, 1/2 c. oatmeal, a handful of grapes, or 1/2 c. applesauce.

exceptions: 1 whole cup of fresh salad greens = 1 serving; 1 cup of milk = 1 serving.

for example, a supper for four people might include in total:

- 1 head of lettuce, 1 tomato, 1 cucumber, 4 radishes (2 cups salad=2 servings vegetables each)
- 1 cup dry rice (1/2 cup cooked rice=1 serving starch, each)
- 1 lb fish filets or chicken breasts (1 deck-of-cards sized piece=1 serving protein each)
- 32 ounces yogurt (1 cup=1 serving dairy, each)
- 1 pound strawberries, mashed (1/2 cup each, with yogurt = 1 serving fruit, each)

a supper for three people might include in total:

- 3 carrots (1 handful carrot sticks=1 veg, each)
- 3/4 lb hamburger (1 deck-of-cards hamburger steak =1 protein, each)
- 1 small head of broccoli (1/2 cup steamed florets=1 veg)
- 1 can pineapple chunks (1/2 cup=1 fruit, each)
- 1 box macaroni and cheese (1 cup=1 starch + 1 dairy, each)

a supper for two might include in total:

- 1/2 head of broccoli (1/2 cup florets=1 veg, each)
- 1 can chicken soup (1 cup=1 protein, each)
- 1/2 small head of cauliflower (1/2 cup florets=1 veg, each)
- 1/3 "tube" (pkg) saltines (5 crackers=1 starch, each)
- 1 cup cheese sauce (1/2 cup each=1 dairy, over vegetables)
- 2 oranges (1 orange=1 fruit, each)

forbidden foods

| <u>do not buy:</u> | <u>instead:</u> |
|---|--|
| sweetened tea (instant, bottled, or from fast-food place) | brew your own herb tea, use sugarless sweetener. |
| sugar-free soda (and every other kind of soda) | drink sugar-free noncarbonated drinks and water. |
| sweetened coffee drinks, flavored instant coffee, flavored or plain coffee "whiteners" | buy flavored coffee beans (grind them in the store); "whiten" with milk or half-and-half, and use sugarless sweetener. |
| excessive amounts of beer, wine, and other adult beverages | <u>drink half</u> as much, and have plenty of water on the side. |
| fruit canned in syrup, sweetened juices (read the label!) | buy fruit canned in juice; 100% fruit juice. |
| microwave popcorn, store-bought popcorn flavorings | make your own air-popped popcorn with herbs, spices, etc. |
| regular peanut butter (Jif, Skippy, etc.) | "natural." the only label ingredients should be "peanuts, salt." |
| creamed corn, instant scalloped potatoes, instant macaroni and cheese | make your own! these are actually very old-fashioned dishes. the store-bought versions are loaded with extra carbs. |
| "processed cheese food" like Velveeta and Kraft Singles | use regular cheese. |
| "light" dairy products and dressings (contain starch and gum "fillers" to replace fat, and are higher in carbs) | buy regular "non-light" dairy products; make your own salad dressings; go easy on fats and oils, instead of using fake ones. |
| barbeque, marinade, and dipping sauces, season & rub mixes | make your own! |

about diabetic shopping:

you will notice that these rules demand a kind of "shopping makeover." they condense many "quick trips" to the store and many individual decisions into one weekly list-making routine. when you adjust to it, it's more efficient.

you will find that you do not have as much wasted or un-eaten food, and that you don't spend as much money.

if you save your lists, you can re-use them in the future, especially when you are short on time.

if you post your menu list on the refrigerator, everyone in the family can see what meals are available for that week. this can reduce arguments over what individuals want - or don't want - for breakfast, lunch, and supper.

you'll also find that diabetic shopping is weight-loss shopping. if you are trying to lose weight, you'll be pleasantly surprised by the results. good luck!