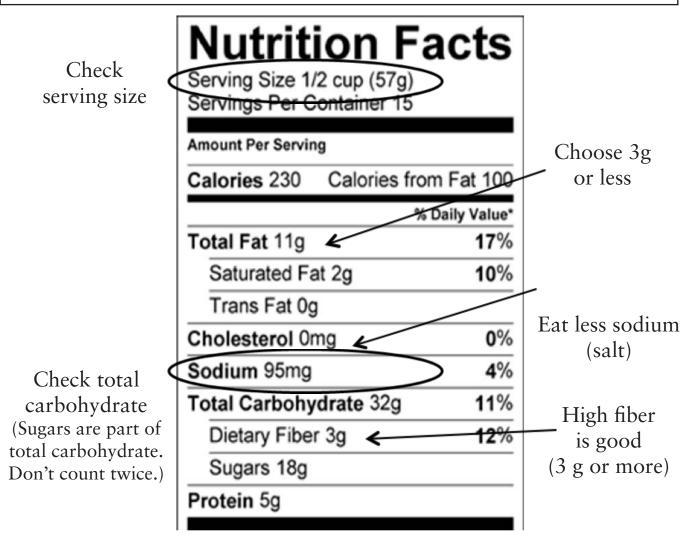
Food Labels

1 carbohydrate serving = 15 grams total carbohydrate

Most people should eat 3-4 servings (45-60g) of carbohydrate at EACH meal.



Ingredient List:

- Look for heart-healthy ingredients in the list (100% whole-wheat flour, olive, canola or peanut oils).
- Remember the main ingredient is listed first on the list
- Choose healthy fats (mono and polyunsaturated) in small portions.
- Choose 'no added salt' foods (especially canned)

Healthy Living with Diabetes www.ParklandDiabetes.com



Grocery shopping list

Fruits:

Fresh, frozen or canned light fruits

Vegetables:

Fresh, frozen or canned "no added salt"

Starches:

Whole grain breads and cereals (unsweetened) Dried beans, lentils, chickpeas Potatoes, corn, green peas Brown rice Whole wheat pasta Whole wheat, graham and animal crackers

Dairy Foods:

Skim or 1% milk Low fat buttermilk Nonfat or low fat yogurt Almond milk (check label for carbohydrate) Part-skim mozzarella cheese 2% cheddar Low fat or fat free cottage cheese

Proteins:

Chicken or turkey (take off skin) Fish (fresh or canned in water) Lean beef (fillet, sirloin, 90% lean ground meat) Eggs Deli meats: low sodium turkey Tofu Veggie burgers (check label for carbohydrate)

Tips:

- Sugar-free doesn't mean carbohydrate-free.
- No sugar added does not mean carbohydrate free.
- Best to choose skim milk (fat free), 1% milk, light yogurt.
- Choose fresh or frozen non-starchy vegetables (3-5 servings minimum per day)

Fats:

Canola oil (good for cooking) Peanut oil Cooking spray, PAM® Olive oil (good for salads) Tub margarine Light mayonnaise Light salad dressings (check label for carbohydrate content) Unsalted nuts Peanut butter (not swirled with jelly or Nutela®) Almond or cashew butter

Beverages:

Club soda or sparking water Crystal Light®, Sugar Free Kool-Aid® Diet sodas (prefer clear colored sodas) Unsweetened tea Coffee (no added sugar)

Others:

Truvia® Stevia® Splenda® Equal® Sweet n' Low® Sugar Free Jello Sugar Free popsicles (check label for carbohydrate) Mrs. Dash® Fresh herbs