12 Stops to Shop

What’s a Diabetes Smart Pick?
The American Diabetes Association reminds us that, as with all foods, you need to work them into your individualized meal plan in appropriate portions.

All of the foods noted as Smart Picks on this roadmap provide key nutrients that are typically low in the American diet, including calcium, potassium, fiber, magnesium and vitamins A, C, D and E.

Greek Yogurt: A Smart and Delicious Snack Pick!
As part of your balanced, carb-conscious lifestyle, you deserve a delicious, convenient and nutrient-dense snack. A light, nonfat yogurt or Greek yogurt can provide the irresistible, fresh and creamy taste you’re looking for; along with the nutrition you can feel good about. It also makes a great addition to your cooking routine, in both sweet and savory recipes!

Look for flavors you love or try something new during your 12 stops to shop!
Best Choice Tip: Try to incorporate beans, legumes, peas, lentils, nuts, and seeds into several meals a week. They are a source of protein and fiber. Just keep in mind that dried beans also count as a starch, so make them count towards your carbohydrate intake.

Smart Picks: Dried Beans and Unsalted Nuts (but mind your portions, they are high in calories)

Best Choice Tip: Choose one cup of fat-free or low-fat milk for 12 grams of carbohydrate, 8 grams of protein, and calcium!

Best Choice Tip: Choose white meat chicken or turkey breast (without the skin) or lean cuts of meat that are lower in saturated fat.

Best Choice Tip: Try to include fish at least two times per week but skip the breading and frying.

Smart Picks: Salmon, Albacore Tuna, Mackerel, and Rainbow Trout

Best Choice Tip: Some nonfat or lowfat Greek yogurts have twice the protein of regular yogurts (12g and 5g protein respectively per 5.3 oz. serving)! Look for light varieties with delicious flavors and 0% fat per serving!

Smart Picks: Nonfat or Lowfat Greek or Regular Yogurt

Best Choice Tip: Add variety to your protein choices by scrambling or boiling an egg!

Best Choice Tip: Try to include fish at least two times per week. But skip the breading and frying.

Smart Picks: Salmon, Albacore Tuna, Mackerel, and Rainbow Trout

Best Choice Tip: Check that whole grains like brown rice, buckwheat, oatmeal, quinoa, rolled oats, and whole-grain barley, corn, rye, or wheat are first on the ingredient list.

Smart Picks: Pearled Barley and Oats/Oatmeal

Best Choice Tip: Some vegetable oils or plant-based spreads that have no partially hydrogenated vegetable oils (no trans-fat). Watch portion sizes since all fats are high in calories.

Best Choice Tip: Eat at least 3-5 servings of vegetables a day.

Smart Picks: Spinach, Collards, and Kale; Tomatoes

Best Choice Tip: Many fruits contain vitamins, minerals, and fiber. They also have carbs, so make sure to count them in your meal plan.

Smart Picks: Citrus Fruits (Grapefruit, Oranges, Lemons, and Limes) and Berries (Blueberries, Strawberries, Blackberries, Cranberries, and Raspberries)