Dollar Store Shopping

You can find good for you foods just about everywhere including the dollar store. When shopping, look for the foods below. Try our tips for putting meals together.

**Cans/Jars of Nonstarchy Vegetables**
- Beets
- Mixed vegetables
- Carrots
- Green beans
- Mushroom pieces
- Crushed tomatoes
- Diced tomatoes with chiles
- Spinach
- Sauerkraut
- Minestrone (vegetable soup)
- Jalapeno peppers
- Whole pepperoncini
- Banana peppers
- Marinated vegetables
- Sweet red peppers
- Asparagus tips
- Tomato juice

**Dairy**
- Milk (box)
- Soymilk (box)
- Evaporated Milk
- Pudding

**Starches**
- Oats
- Cream of wheat
- Granola
- Whole wheat bread
- Rice
- Brown rice
- Spaghetti
- Egg noodles
- Pasta
- Light popcorn
- Breadsticks
- Crackers
- Cereal (Raisin Bran, Honey-Os, Granola)
- Chicken noodle soup
- Pizza crust
- Tortillas

**Fruit**
- Applesauce
- Raisins
- Dried fruit (cranberries, mango apricots, figs, papaya, pineapple)
- Canned fruit (peaches, pears, mixed fruit, pineapple, mandarin oranges, mango, strawberry)

**Zero Calorie Drinks**
- Water
- Wyler’s light – drink mix
- Coffee
- Tea (bags)
- Diet soda

**Fresh and Frozen Foods**
- Eggs
- Milk
- Cheese
- Deli turkey and ham
- Frozen vegetables
- Frozen fruit

**Protein**
- Canned tuna
- Canned chicken
- Canned clams
- Canned sardines
- Canned salmon
- Canned mackerel
- Canned mussels
- Dry beans (pinto, kidney, black)
- Canned beans (pinto, garbanzo, black)
- Parmesan cheese
- Cheddar cheese
- American cheese
- Peanut butter
- Nuts and seeds
- Beef jerky/Slim Jim

**Canned Starchy Vegetables**
- Corn
- Sweet peas
- Potatoes
- Lima beans
- Field peas
- Pasta sauce
- Pork and beans
- Baked beans

For more information visit diabetes.org or call 1-800-DIABETES
Plan a Meal
Plan a meal with the diabetes plate.

½ the plate is for nonstarchy vegetables like green beans, carrots, spinach or broccoli

¼ plate is for protein like tuna, chicken, beans

¼ plate is starchy foods and grains like peas, corn, potatoes, rice, pasta or bread

Fruit and/or dairy is on the side

Plan Ideas

Peaches
Spinach and mushrooms
Red peppers and asparagus
Salmon
Milk
Rice

Mixed vegetables with Jalapeno peppers
Beans and cheese
Tortilla

Vegetable soup
Chicken
Crackers

Clams
Pasta
Peaches

Snack Ideas

• Nuts and seeds without candy coating (peanuts, pistachios, cashews, sunflower and pumpkin seeds)
• Fruit
• Beef jerky/ Slim Jim
• Granola bar
• Olives
• Popcorn

Looking for healthy recipes and food tips?
Sign up for our FREE online resource, Recipes for Healthy Living at diabetes.org/recipes.

For more information visit diabetes.org/lexington or call 859-268-9129.