



Living with Diabetes

Dietitian's Tips

1 Sweetened beverages may help to quench the thirst you are looking for. However, most drinks have more added sugars than you would expect. Try switching to a drink with alternative sweetener or no added sugars such as La Croix and Dasani Sparkling in order to cut back on the amount of added sugars in your diet, but to still get some flavor and fizz.

2 Snacking is an important part of anyone's diet. Rather than going for a quick fix, look to having a complete snack that includes a good carbohydrate, protein, heart healthy fats and a fiber source to help control hunger cravings between meals. Here are a couple examples: An apple with peanut butter, or whole grain crackers with a cheese stick and or hummus.

3 Try eating your meals and snacks around the same time every day to help prevent against highs and lows. If you are taking insulin or diabetes medication, be sure to time these around your meals to prevent lows.

4 Not only is diet important in controlling diabetes, so is exercise! So get moving in whatever way works best for you! If you like to dance, try taking a Zumba class, if walking is more your style, or if you like to hike, lace up those tennis shoes and move!

5 If you drink alcohol, it important to limit intake. Alcohol can cause lows, so if you do choose to drink, limit to 1-2 drinks and be sure to drink plenty of water and have a small snack or meal including carbohydrates and protein or fat.

6 In addition to keeping your carbohydrates balanced at all meals and snacks it's important to select whole grains and high fiber foods. A diabetic diet is a balanced meal plan that all individuals can follow, whether you are diabetic or not.

7 When going out to eat, split your entrée with another person, ask for dressings and sauces on the side, and check out other options on the menu to find better-for-you entrées. Don't be afraid to try new foods!



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NUTRITION EDUCATION
with    **COBORN'S**

Dietitian's Diabetic Shopping List



SOUPS/BROTH

Health Valley No Salt Added Soups and Broths
Full Circle Low Sodium Chicken Broth
Campbell's Low Sodium Soups
(for sodium restricted diets)
Healthy Choice Soups
Healthy Request Soups
Swanson's No Salt Added Broth
Pacific Low Sodium Broths
Kitchen Basic
Imagine

PASTA SAUCE

Enrico's No Salt Added Pasta Sauce
Victoria Low Sodium Pasta Sauces
Green Mill Pasta Sauce

GRAINS

Quinoa
Brown Rice
Lundberg's Short Grain Brown Rice
Whole Wheat Pasta Noodles
Whole Grain Couscous
Smart Taste Pasta
Food Club Whole Grain Pasta
Kashi Whole Grain Waffles
Skinny Pop Popcorn
Boom Chicka Pop Popcorn
(or buy kernels to make at home using canola oil)

SEEDS

No Salted Added Sunflower Seeds
Chia Seeds
Ground Flax Seeds
Nots

CRACKERS

Triscuit Crackers-Hint of Salt
Kashi Whole Grain Crackers
Plain Wheat Thins-Hint of Salt
Back To Nature Whole Grain Crackers

CHIPS

Xochitl No Salt Added Tortilla Chips
Beanitos
Way Better Snacks
Food Should Taste Good Chips
Low Sodium Dutch Potato Chips
Lightly Salted Lays

FROZEN MEALS

Kashi Frozen Meals
Healthy Choice
Lean Cuisine
Smart Ones

LUNCHEON MEAT

Oscar Mayer Turkey or Chopped Ham Lunch Meat
(in round container with yellow on bottom of pkg.)
Kretchmar Master Cut at Deli

BUTTER

Land O'Lakes Light Butter with Olive or Canola Oil
Heart Wise Butter (plant sterols)
Smart Balance Butter with Omega 3s or Olive Oil

BARs

Fiber One Bars or Food Club Fiber Bars
Kashi Granola Bars
Belvita

JUICE

Minute Maid Heart Wise Orange Juice
(plant sterols)
Welch's 100 % Juice Plus Fiber
100% Apple Juice
Naked Juices

OILS

Canola Oil
Extra Virgin Olive Oil
Smude's Sunflower Oil

SEASONINGS

Mrs. Dash
Spike
Frontier-No Salt
Chef Paul's Seasonings
Rumford Baking Powder
Simply Organic Vegetable Seasoning
Garlic Powder
Onion Powder
Fresh, Dried, and Freeze Dried Herbs and Spices

CANNED FRUITS AND VEGETABLES

No Salt Added Canned Vegetables
100% Juice or No Sugar Added Fruits
(canned/packaged)
Unsweetened Applesauce

BREAD

Fiber One Bread
Ezekiel Bread – Low Sodium
100% Whole Grain Sandwich Rounds
Brownberry Breads
Pepperidge Farms Breads
Ancient Grains
Double Fiber
Extra Fiber
Sara Lee 45 Calories Whole Grain Bread
Wholesome Harvest Bread

NUT BUTTERS

Smart Balance Peanut Butter
Food Club Peanut Butter No Salt Added
Almond Butter

PRODUCE

All Fruits and Vegetables *(lots of fresh produce items,
frozen unseasoned, no salt/sugar added and canned)*

CEREAL

Fiber One Cereal
Shredded Wheat Cereal
Great Grains Cereal
Oatmeal
Cheerios
Bob's Red Mill Hot Cereals
Museli from Natural Foods
Barenaked Granola *(only the Fit Line)*

CONDIMENTS/DRESSINGS

Mayo with Olive Oil
"Just mayo"
Wholly Guacamole
Sabra Hummus
Peanut Butter
Salad Dressing-Olive Oil, Balsamic Vinegar and
Fresh Squeeze of Lemon with Dried Herbs
No Salt Added Ketchup
Mustard
Ken Davis *(Original)*
Guy Fieri BBQ Sauce *(Bourbon Brown Sugar)*
Mrs. Dash Marinades
Amino Acids instead of Soy Sauce
Marzetti Simply Dressed
Full Circle Ranch
Bolthouse Farms
Panera Bread Sugar Free Poppyseed
Opa Greek Yogurt Dressings
Litehouse Dressings

PROTEIN

Tofu
Boca
Quorn
Very Low Sodium Canned Tuna
Canned Salmon
Hormel No Salt Added Canned Chicken
93-95% Lean Beef
Sirloin or Loin Cuts of Beef
Fresh Skinless, Boneless Chicken Breasts
Unseasoned Ground Turkey and Chicken
Grass Fed Beef
Unbreaded Fish
Wild Caught Fresh or Frozen Salmon
Eggs Including the Yolk
Raw Almonds
Raw Walnuts
Emerald Dark Chocolate Almonds
Variety of Beans - Black Beans, Kidney Beans,
Garbanzo Beans, etc. *(make sure to buy reduced
sodium canned versions or no salt added versions and
rinse off excess sodium, or buy dried beans and cook
at home)*

DAIRY

Skim Milk
Fair Life Milk - Chocolate only
Any light yogurt or 100 calorie yogurt
0% Fat Greek Yogurt- choose the one with the
highest NuVal score
Light Yogurt
Fat-Free/Low-Fat Cottage Cheese
Food Club Light String Cheese
Reduced Fat Swiss Cheese
Part Skim Mozzarella
Laughing Cow Cheese for Crackers

ICE CREAM

Kefir
Skinny Cow
Kemps Vanilla Frozen Yogurt, No Added Sugar,
Fat Free