



SHOPPING LIST

Use the list below as a guide on your next trip to the grocery store.

(Depending on your preferences and the amount of people you are feeding, you may not need all of the items on this list.)

REFRIGERATOR

- Fruit (a few of your favorites)
- Vegetables (a few of your favorites – focus on non-starchy vegetables)
- Skim, 1% low-fat milk, or unsweetened soy milk
- Non-fat or low-fat yogurt
- Eggs or egg substitute
- Cottage cheese
- Reduced-fat cheese
- Fresh meat, poultry or fish that you'll use in the next few days
- Trans-free margarine or margarine with plant sterols or stanols

FREEZER

- Frozen fruit
- Frozen vegetables
- Frozen fish fillets or shellfish
- Frozen chicken breast (boneless, skinless)
- Frozen meals (lower-sodium, lean options for days when time is tight)

SPICE CABINET

- Balsamic vinegar or other vinegars that you cook with (white wine, rice, or cider vinegar)
- Pepper
- Salt-free spices—your favorites
- Salt-free dried herb or spice blends
- Cooking sprays
- Vegetable oil
- Olive oil

PANTRY

- Canned vegetables
- Canned fruit (canned in juice)
- Canned beans (low-sodium if available)
- Fat-free refried beans
- Canned tuna or salmon
- Instant oatmeal or quick oats
- Whole grain cereal (unsweetened)
- Brown rice or other whole grains (for example, quinoa, bulgur, or whole grain barley)
- Pasta (try whole wheat)
- 100% whole wheat bread or pita bread
- Dried fruit
- Unsalted nuts
- Peanut butter or another nut butter
- Seeds (sunflower, flax)
- Popcorn (light, microwave)
- Potatoes (white or sweet)
- Spaghetti sauce

Visit diabetes.org/quickmealideas or call 1-800-DIABETES for more information.