



## Sam's Club Nature Made® Shopping List

### Shopping List for Diabetics

#### Shopping Tips:

Have your meals planned out ahead of time.

Check off each item that goes into your cart to keep track of your grocery shopping.

If you are working with a nutritionist on your diet, follow their advice.

Know what foods to avoid (see below) before you start shopping.

#### Below are foods that are healthy choices for diabetics:

##### Fruits & Vegetables

Fruits

Vegetables (limit starchy vegetables like corn and potatoes)

##### Beans & Legumes

Dried beans and legumes (no seasoning packets)

Canned beans and legumes

##### Breads & Grains

Bread (100% whole grain, look for at least 2 g fiber/serving)

Pita, wraps, bagels (100% whole wheat)

Oatmeal (Irish oats, steel cut, old fashioned, instant) plain, unflavored

Cous cous (100% whole wheat, no seasoning packet)

Rice (brown, whole grain, or wild)

Quinoa

Farro (100% whole grain)

Cornmeal (whole grain, no grits)

Flour (100% whole grain)

##### Proteins

Egg whites

Tuna and salmon (if canned- very low sodium)

Shellfish (fresh or no sauce added frozen)

Chicken and turkey breast

Deli meats: chicken or turkey, no salt added

Tofu and tempeh: plain, any texture

##### Dairy Products

Non-fat or low-fat milk

Fat-free greek yogurt

Cottage cheese

Ricotta cheese

Parmesan cheese

Fat-free sour cream

##### Snack Foods

Popcorn (unsalted)

Baked tortilla chips

#### To support healthy blood pressure levels already in normal range, avoid the following foods:

Pickles & olives

Capers

Crackers (salted)

Canned foods

Canned soups

Frozen entrees

Salad dressing

Soy sauce

#### Diabetics should avoid the following foods:

Refined carbohydrates (white rice, bread and flour)

Processed foods

Sugary snacks including cookies, cake, candy, ice cream, candy bars

Fruit juice

Dried fruit

Full fat dairy

Fried foods