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!
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

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
- Nuts

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)
- 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

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

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.

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

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