



DIABETES & HEART-HEALTHY SHOPPING GUIDE

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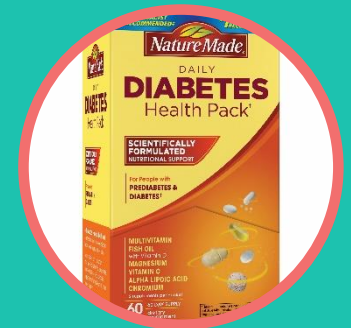
FOR PEOPLE WITH DIABETES,
PREDIABETES, HEART DISEASE
— AND THEIR FAMILIES

This free guide is brought to you by



CDIABETES.COM
Cardio and Diabetes Healthy Living Tips

This guide has been reviewed by health care professionals. However, it is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.



BEFORE YOU START, UNDERSTAND THE NUTRITION FACTS LABEL



Serving Size is the basis for all the information on the label.

Choose items with less fat, cholesterol, sugar and sodium.

Choose items with more fiber, vitamins A and C, calcium and iron.



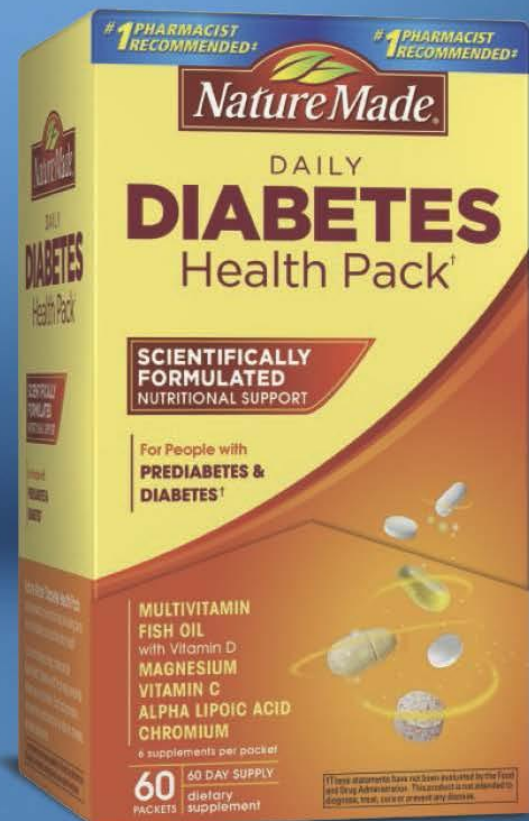
Nutritional support for People with diabetes & pre-diabetes[†]

The Nature Made® Diabetes Health Pack is scientifically formulated to supply nutritional support for people with diabetes or prediabetes, and provides essential nutrients that may be lacking due to the strain diabetes can often put on the body's health.[†]

CONVENIENT DAILY PACK TO TAKE
ANYTIME, ANYWHERE

**#1 PHARMACIST
RECOMMENDED**
VITAMIN AND SUPPLEMENT BRAND^{*}

[Read More](#)



*Based on a survey of pharmacists who recommend branded vitamins and supplements.
†These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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NUTRITION FACTS: MAJOR POINTS

Serving Size

Keep track of how many grams you are eating.

Calories

Keep snacks to 50-200 calories, and meals to 300-600 calories.

Saturated & Trans Fats

Select foods with zero grams of trans fats and as few grams of saturated fat as possible.

Fiber

Choose foods with at least three grams of fiber, and eat a total of 25-35 grams of fiber a day.

Sugar

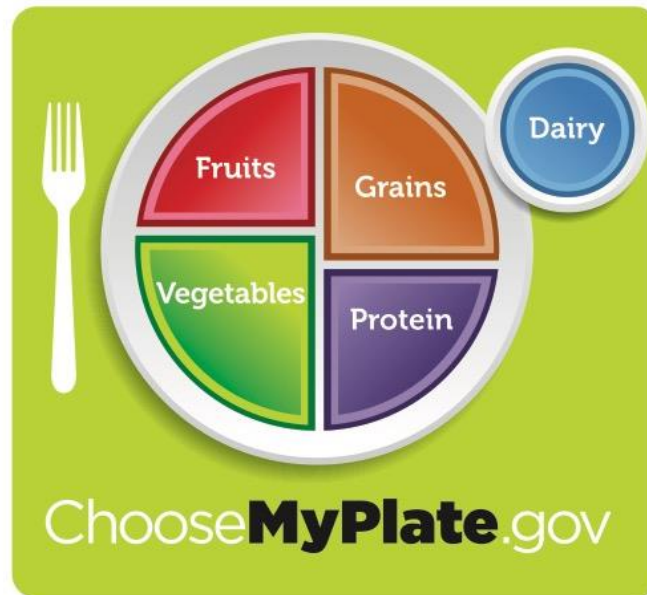
Select foods with as little added sugar as possible. Try to eat foods with 10 grams of sugar or less per serving.

UNDERSTAND THE NUTRITION FACTS LABEL

- Serving Size is the basis for all the information on the label.
- Choose items with less fat, cholesterol, sugar and sodium.
- Choose items with more fiber, vitamins A and C, calcium and iron.

Nutrition Facts		
8 servings per container		
Serving size 2/3 cup (55g)		1 Know the Serving Size
Amount per serving		
Calories 230		2 Mind the total Calories
% Daily Value*		
Total Fat 8g	10%	
Saturated Fat 1g	5%	
Trans Fat 0g		3 Limit these Nutrients
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	13%	4 Look at grams of Carbs
Dietary Fiber 4g	14%	
Total Sugars 12g		
Includes 10g Added Sugars	20%	5 Get enough Fiber, Protein, Vitamins and Minerals
Protein 3g		
Vitamin D 2mcg	10%	
Calcium 260mg	20%	
Iron 8mg	45%	
Potassium 235mg	6%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

PRODUCE: YOUR MEAL SUPERSTAR



- If you're shopping using the "MyPlate Method," which you can learn about at choosemyplate.gov, the produce section should be your first stop.

What is "MyPlate?"

- MyPlate is a general guide to healthy eating developed by the U.S. Department of Agriculture.

What are some of the messages of MyPlate:

- Enjoy your food, but eat less.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Vary your veggies.
- Focus on fruits.
- Get your calcium-rich foods.
- Go lean with protein



NON-STARCHY VEGETABLES



Carrots, zucchini, summer squash, peppers, broccoli, cauliflower, tomatoes, salad greens and other leafy vegetables.

A serving of non-starchy vegetables is
1/2 cup cooked or 1 cup raw.

Most contain 5 grams or less of carbohydrates
and 20 calories or less per serving.



RESEARCH. TESTING. HIGH STANDARDS.

A lot goes into these supplements.



Nature Made®
Triple Omega
Helps support a
healthy heart†

Nature Made®
CholestOff® Plus
Clinically proven to
lower cholesterol**†

Nature Made®
Vitamin E
Antioxidant and
essential nutrient†

Nature Made®
Diabetes Health Pack
Scientifically formulated
nutritional support†

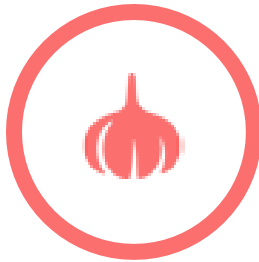
*Products containing at least 400 mg per serving of plant sterols and stanols, eaten twice a day with meals for a daily intake of at least 800 mg as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Nature Made CholestOff® Plus supplies 900 mg of plant sterols and stanols for a daily intake of 1800 mg.

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MORE ABOUT NON-STARCHY VEGETABLES



- Include cooked onions, mushrooms, and peppers in an omelet, meat loaf, tomato sauce, or on a pizza.
- Replace iceberg lettuce in your sandwich with spinach, roasted red sweet pepper strips, or cucumber slices.

- Snack on cut pepper and broccoli buds with hummus, low-fat yogurt dip or dressing.
- Prepare enough salad for two or three days. Seal undressed salad in an airtight container to keep it fresh and crisp. Use a variety of nutrient-rich greens, such as spinach, kale, Swiss chard, and collards.

- Use large lettuce leaves, such as romaine or Bibb, instead of tortillas or shells for a lunchtime wrap or to add a twist to taco night.
- Use chopped mushrooms in place of half the ground meat in meal loaf or burgers. Your food will be moist, lean, and lower in calories.



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STARCHY VEGETABLES



Red or white potatoes, corn, peas, winter squash.

A serving is typically 4 ounces or 1/2 cup, so have
as a side dish.

About 15 grams of carbohydrates and 80 calories per
cooked serving.

Starchy vegetables are higher in carbohydrates,
but they're full of vitamins and nutrients.



FRUIT



- A great way to satisfy a craving for something sweet.
- Contains a wide assortment of vitamins and natural antioxidants.
- However, fruit is high in carbs, so be aware of portion sizes.
- Whenever possible, choose fresh fruit over dried or canned fruit.

- Although fruit juice contains vitamins and other nutrients, the natural sugar content is similar in carbs and calories as regular soda.
- Fresh fruit has high water and fiber content, helping you feel fuller faster and longer.
- Melons, grapefruit, and berries have a higher water content so less carbohydrates (by weight) than some other fruits.

- The average 15-gram serving of fruit is 4 to 6 oz. A medium-sized apple or banana weighs 8 oz, so a piece of fruit is “2 servings.”
- Choose fruits and vegetables that are in season. They’ll be fresher and less expensive than out-of-season options.
- Pre-cut fruits and vegetables are a good option when you’re pressed for time but still want to eat healthy.



SEAFOOD



- Canned salmon, tuna, sardines, and mackerel can be lower-cost nutrition bargains, so stock up when they're on sale.
- To lower the sodium content of canned seafood, rinse and drain before using.

- Eat fish or seafood at least twice a week.
- Many fish are low in fat and saturated fat.

- Higher-fat fish like salmon and mackerel are rich in omega-3 fatty acids, which are linked to heart health.
- Only buy fish that looks and smells fresh.



BEVERAGES



Aside from the best beverage of all—water—there are a few sugar-free and low-calorie options to help satisfy your thirst without wreaking havoc on your blood sugar or weight.

Flavored waters, both carbonated and non-carbonated, are popular, as are sugar-free powdered drinks, such as Crystal Lite.

Unsweetened or sugar-free teas come in a variety of flavors.

Coffee is both a beverage favorite and the primary source of antioxidants for adults in the US, but beware of the ready-to-drink varieties containing sugar and other calorie-laden ingredients.

As with any food or beverage containing artificial sweeteners, diet sodas are safe to consume in moderation.