



DIABETES & HEART-HEALTHY SHOPPING GUIDE

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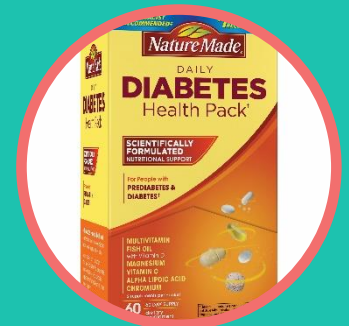
FOR PEOPLE WITH DIABETES,
PREDIABETES, HEART DISEASE
— AND THEIR FAMILIES

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.



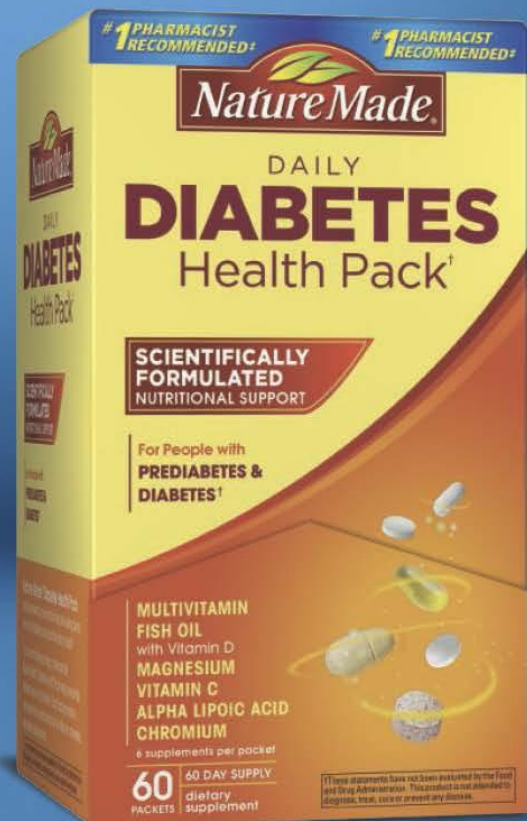
Nutritional support for People with diabetes & pre-diabetes[†]

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

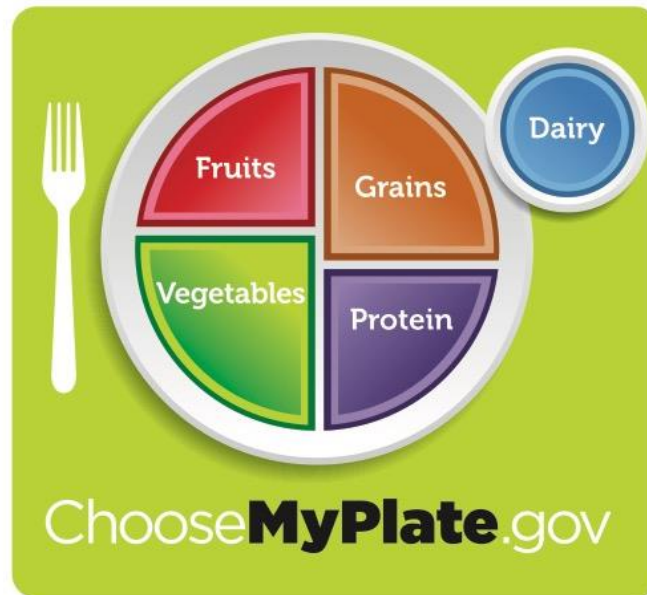
- Serving Size is the basis for all the information on the label.
- Choose items with less fat, cholesterol, sugar and sodium.
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Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
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.

- 1 Know the Serving Size
- 2 Mind the total Calories
- 3 Limit these Nutrients
- 4 Look at grams of Carbs
- 5 Get enough Fiber, Protein, Vitamins and Minerals

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†

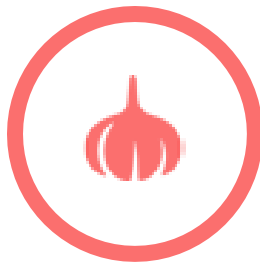
*Products containing at least 400 mg per serving of plant sterols and stanols, eaten twice a day with meals for a daily intake of at least 800 mg as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Nature Made CholestOff® Plus supplies 900 mg of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

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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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.



MEATS & DELI



- Pre-packaged meats and processed foods are convenient, but high in sodium.
- Choose “lean,” “low fat,” and “low sodium” whenever possible.
- Leaner protein choices include roast beef, chicken and turkey breast, and ham that is 97% (or more) fat free.
- Tofu and other soy-based products are lean and healthy meat substitutes.

- Rotisserie chicken is convenient and cost-effective. Leftovers are good for casseroles, sandwiches, soups and stews. Slice or shred leftover chicken and store in a plastic bag or container in the refrigerator or freezer.
- Prepared soups, salads, sandwiches and wraps are convenient last minute meals, but read the Nutrition Facts label before you buy.

- Look for lean choices to limit calories and saturated fat, the type of fat linked to heart disease and insulin resistance.
- Meats labeled 80 percent lean are 20 percent fat, and that’s too much.
- Choose cuts of beef with “round” or “loin” in the name, such as round steak or tenderloin.



BREAD



- As with all carbohydrates, quality counts and portion size rules.
- Eating whole wheat bread and other whole grains might lower your risk for heart disease, certain cancers, and even weight gain.

- Choose breads and crackers that are 100 percent whole wheat or other whole grain (such as barley, rye, or oats) as the first ingredient.
- “Multigrain” and “high fiber” don’t guarantee a whole grain product. Look for the Whole Grain Stamp or check the fiber content on the Nutrition Facts label.

- Any product bearing the Whole Grain Stamp contains at least 8 grams (1/2 serving) of whole grains. A serving of whole grains is 16 grams. Try to eat 48 grams (three servings) each day.
- Choose bread products (flatbreads, pita, English muffins, flour or corn tortillas) that provide 3 grams or more of dietary fiber per serving and whose first ingredient is a whole grain, such as whole wheat flour, rye, brown rice, or barley.



MILK & CHEESE



- Milk and cheese can be high in saturated-fat and calories, so try to choose reduced-fat options.
- Unsweetened soy, almond and cashew milks are great non-dairy alternatives.
- Reduced-fat or 2% cheese has less fat and saturated fat while containing more protein per ounce than regular cheese. Look for pre-sliced and shredded cheese for added convenience and versatility.

- One to 1-1/2 ounces of cheese has the same amount of protein as one ounce of beef, poultry, or fish.
- Add flavor to omelets, potatoes, pasta or salads with small amounts of sharp cheddar, crumbled feta, or Parmesan.
- Avoid processed cheese products due to their higher sodium content and overall lower nutrient value.

- Cottage cheese is a protein-and calcium-packed option for a quick breakfast or lunch and is delicious with your favorite fruits, nuts, or vegetables.
- Ricotta cheese is available in a reduced-fat version and is a great addition to egg noodle dishes, such as lasagna.



SPREADS, EGGS & YOGURT

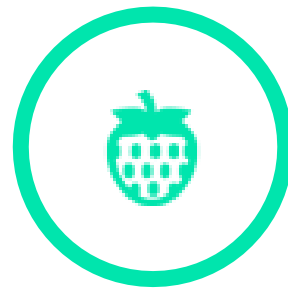
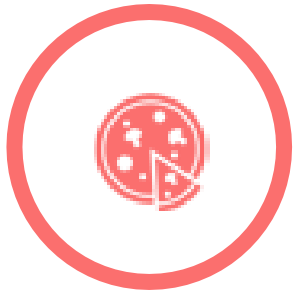


- Margarine and buttery spreads are full of unhealthy trans fats. Look for spreads labeled “trans fat-free” that contain no more than 1 gram of saturated fat per tablespoon. “Partially hydrogenated” is code for “trans fats” and even a small amount is too much.

- Eggs are a cost-effective, natural source of high-quality protein and other nutrients, all for 70 calories an egg. Plus, eggs can play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more.

- Greek yogurt is full of vitamins and minerals as well as healthy probiotics and protein. Because of its thick, creamy texture, Greek yogurt can be substituted for other fats in baked goods. Swap cream cheese, oil, butter, sour cream or mayonnaise with yogurt to cut calories and boost the protein content of your favorite desserts. Plain Greek yogurt has double the protein, half the carbs and half the sodium of the regular variety. Read labels - some varieties of Greek yogurt are high in fat and have less calcium than regular yogurt.

FROZEN FOOD



- Pick frozen meals with fewer than 400 calories, 4 grams of saturated fat, and 600 milligrams of sodium. Make sure the meals contain at least a couple of grams of fiber and a minimum of 14 grams of protein. Match the carbohydrate content to your personal meal plan.
- Some frozen pizzas are three or more servings but look like just one or two – check the serving size on the Nutrition Facts label. Choose thin or flatbread crusts over deep-dish crusts. Buy a veggie pizza or ‘spruce up’ a plain one with fresh herbs and your favorite veggies. Add lean ham, strips of chicken, or chicken sausage for added protein.

- Before cooking a frozen meal, add frozen vegetables right on top to make the portion larger and more nutritious.
- Microwavable ‘steamer’ bags of frozen vegetables are convenient and versatile. Avoid frozen vegetables with sauces that add fat and sodium.
- If you aren’t comfortable cooking fresh fish, try a frozen seafood meal or fish fillets. Avoid breaded varieties.

- Buy frozen berries and other fruits without added sugars to top oatmeal, or puree 1/2 cup and enjoy like sorbet.
- Low sugar, sugar-free, and no-sugar-added frozen dairy desserts and sugar-free popsicles offer you calorie savings and help you stay on track with your nutrition and diabetes goals.

PANTRY STAPLES



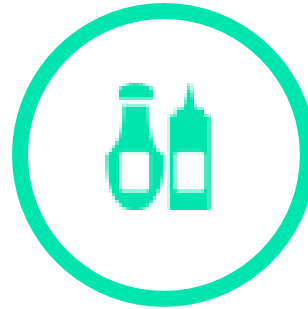
- Look for products made with whole grains (the Nutrition Facts label should list a whole grain as the first ingredient), but pay attention to total carbohydrate content.

- Plain barley, brown rice, bulgur wheat and quinoa are healthy alternatives to white rice as a side dish.

- A wide variety of whole grain pastas are available in most supermarkets. Check the Nutrition Facts label and try for a minimum of 3 grams of fiber per serving.

- Olive oil is full of “good” fats that lower the risk of heart attack — and helps keep blood sugar steady. These fats have even been shown to help reduce insulin resistance.
- Canola oil cooking spray is a low-fat non-stick alternative to butter or oil for frying or baking.

BEANS, CANS & PASTA SAUCE



- Canned and dried beans are a nutrition and shopping bargain.
- Beans are just about your best source of dietary fiber. Fiber slows digestion and keeps blood sugar from rising quickly after a meal. It can even lower your overall blood sugar levels.

- Because it slows digestion, fiber also keeps you feeling full longer.
- Beans contain fiber, protein, and other healthful nutrients. Add canned beans to salads (rinse them first), and to pasta dishes and chili. Black bean, split pea, or lentil soup, even if it comes from a can, is an excellent lunch.

- Canned vegetables can be as nutritious as their fresh and frozen counterparts, and more affordable. Discard the liquid in the can to reduce the sodium content.
- Choose lower-fat, tomato-base sauces instead of alfredo and other creamy pasta sauces. Check the label for carbohydrates; some sauces contain over 15g for a standard 1/2 cup serving size.

CEREAL & BREAKFAST FOODS



- Oatmeal. The fiber in oats might help lower cholesterol and steady blood glucose levels. This can be beneficial for people with diabetes.
- Steel Cut Oats have a heartier texture than quick oats and are worth the cooking time.
- Beware pre-packaged or instant oatmeal – it can be full of sugar and artificial flavorings.

- Add a tablespoon of chopped walnuts and some cinnamon to cooked oatmeal for a healthy fat and flavor boost.
- Choose cereals that provide at least 5 grams of fiber per serving. Try to limit the portion size to the one designated on the Nutrition Facts label.

- Cereals with 4 or more grams of protein per serving help you control the mid-morning munchies. You'll also get protein from the milk you add to your cereal.
- Most bars in the cereal aisle do not provide an adequate amount of protein or fiber—or even calories—to qualify as a meal replacement. Most 'breakfast' bars have neither protein nor fiber, but they might contain sugar or enriched white flour as their main ingredients. Look for a bar that provides 10g of protein, and 3g of fiber for each 15g amount of total carbohydrate.

NUTS, NUT BUTTERS & SEEDS



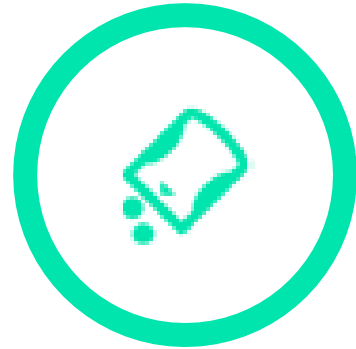
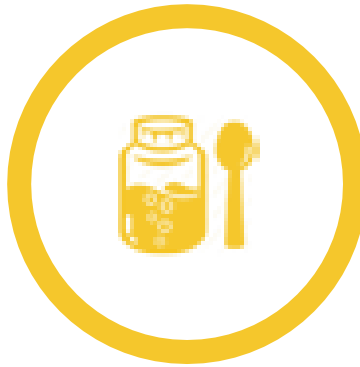
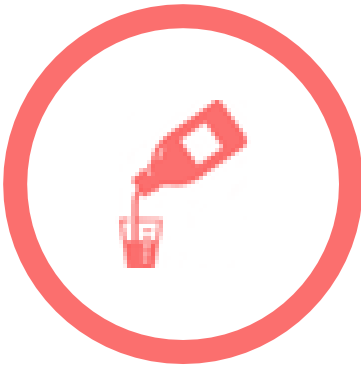
- Loaded with “good” fats that fight heart disease and have been shown to help reduce insulin resistance and make blood sugar easier to control.

- Nuts are one of the best food sources of vitamin E, an antioxidant that protects cells and might help prevent nerve and eye damage. They are rich in fiber and magnesium, both of which may benefit your blood sugar.

- Studies suggest that including nuts in your diet might even help you lose weight, but because nuts and seeds are high in calories, eat them in moderation.



DIABETES-FRIENDLY NATURAL SWEETENERS



- Recent studies have found sugar-free sweeteners to be safe.
- Sugar-free sweeteners are zero-calorie sugar substitutes made from a variety of different substances, such as herbs or sugars that have been modified by scientists so they are still sweet but don't have any calories.

- Replacing sugar with sugar-free sweetener was found to help people lose weight and control their diabetes.

- Common types of sugar-free sweeteners include:
 - Sucralose: brand name Splenda
 - NutraSweet: brand name Equal
 - Saccharin: brand name Sweet'N Low
 - Stevia: brand name Truvia

HEART-HEALTHY PRODUCTS



- Home blood pressure monitors: Taking your blood pressure at home can help your healthcare provider make adjustments to your blood pressure or heart medicines, if necessary. Automatic blood pressure monitors are easy to use; just wrap the cuff around your arm or wrist, press a button and your blood pressure appears on the screen.

- Aspirin: People who are at high risk for a heart attack or have already had a heart attack might want to take a daily, low dose of aspirin. Ask your healthcare provider if it is right for you.

- Fitness monitors: There are a variety of heart rate monitors and activity monitors, or you can simply check your pulse to measure your heart rate. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to calculate your beats per minute.

HEALTHY LIVING PRODUCTS



- **Oral Care:** Brush and floss your teeth every day to avoid tooth decay and prevent gum disease. Choose a toothbrush with soft bristles.

- **Skin Care:** Look for mild lotions that add moisture, gently exfoliate, increase circulation and promote healing without heavy perfumes or alcohol.

- **Quit Smoking:** Nicotine replacement therapy products may help you quit.

- **Meal Replacements:** When time is tight, consider diabetes nutrition shakes and bars. These may help minimize blood sugar spikes.

VITAMINS & SUPPLEMENTS

Discuss these options with your healthcare provider before adding them to your daily regimen



- Multivitamin and mineral supplements: These can help you get vitamins and minerals you may not get in your meals and snacks, such as vitamin B-complex, C, D3, E and magnesium.
- CoQ10 supplements: These are sometimes recommended for people who are taking statin medications.

- Fish oil capsules: Omega-3 fatty acids found in fish oil capsules might reduce your risk of heart disease.
- Niacin: Might help some people maintain cholesterol levels already in a normal range.

- Cinnamon: Advanced Strength CinSulin® uses a patented water extraction process to gently separate and concentrate the healthy beneficial actives.
- Joint Health: The ingredients in Cosamin® ASU promote a positive response associated with cartilage protection and joint comfort.
- Nature Made® Diabetes Health Pack: scientifically formulated to supply nutritional support for people with diabetes or prediabetes.

BLOOD GLUCOSE METERS & STRIPS

What should I consider when choosing a blood glucose meter?



- Is it accurate?
- Is it easy to use?
- Is it easy to carry?
- Is the display screen large enough to see my results?
- Will insurance cover the meter and strips?
- How much will my cost be each year?
- Can I upload the results to a computer or smart phone?