

GROUP	TIPS	GREAT CHOICES
PRODUCE	<ul style="list-style-type: none"> • Fresh fruits and vegetables are naturally low in calories, fat, and sodium, and high in vitamins, minerals, and other important nutrients. • Remember portion size when enjoying fruits and starchy vegetables, like corn, peas, and potatoes. 	<p>ONE SERVING =</p> <ul style="list-style-type: none"> • Small piece (4 oz.) whole fruit, like apples or oranges • ½ cup canned fruit • ½ cup fruit juice • 1 cup melon cubes • ½ cup peas, corn, potatoes
COLD CUTS & SANDWICHES	<ul style="list-style-type: none"> • Cold cuts are primarily protein, so they have little affect on your blood glucose. But they can be high in sodium and fat, so look for leaner, low-sodium options. • Choose whole grain bread for sandwiches, and load them up with fresh vegetables. 	<p>Lean, lower-sodium Boar's Head deli meats:</p> <ul style="list-style-type: none"> • Low Sodium Oven Roasted Beef • Golden Classic Oven Roasted Chicken Breast • Maple Glazed Roasted Chicken Breast • Black Forest Brand Boneless Smoked Ham • 47% Lower Sodium Golden Catering Style Oven Roasted Turkey Breast • 43% Lower Sodium Hickory Smoked Black Forest Turkey Breast <p><small>*Please see Boar's Head Nutrition Facts brochure at delicatessen counter for more lower sodium options</small></p>
CHEF-PREPARED FOODS	<ul style="list-style-type: none"> • Choose oil-based chef-prepared salads over mayo or cream-based choices. 	<ul style="list-style-type: none"> • Rotisserie Chicken (with the skin removed) • Fire Roasted Vegetables • Grilled Salmon • Quinoa Salad
BEEF	<ul style="list-style-type: none"> • Choose the leanest cuts of meat, like top, eye, round, loin, and flank cuts. • Trim any visible fat from the surface of beef. • Use only 90% or leaner ground beef. 	<ul style="list-style-type: none"> • We offer a variety of high quality 100% black angus meats. Just choose the leaner cuts and trim any excess fat. • Try our 93% lean ground beef for a delicious hamburger.
PORK	<ul style="list-style-type: none"> • Choose the leanest cuts of pork, like loin chops or tenderloin, most of the time. 	<ul style="list-style-type: none"> • All of our pork sausage is made fresh in-store and does not have any artificial preservatives, additives, or fillers! It is 85% lean, so you can feel good about enjoying it from time to time.
CHICKEN	<ul style="list-style-type: none"> • Skinless white meat is the leanest choice. 	<ul style="list-style-type: none"> • All of our chicken is hand-trimmed and recipe ready, which means less work for you! Try the skinless chicken breasts.
FISH	<ul style="list-style-type: none"> • All unbreaded or unbattered fish is a great choice. • Choose fatty fish, like salmon or trout, to increase your omega-3 fatty acids. 	<ul style="list-style-type: none"> • We offer a variety of fresh (never frozen!) Hawaiian fish. Ask our seafood associates for preparation ideas. • If you want it and we don't carry it, just ask! We can usually accommodate special requests.

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MILK	<ul style="list-style-type: none"> Enjoy fat free or 1% milk for a great source of protein, calcium, potassium, and vitamin D. 	<ul style="list-style-type: none"> We carry a variety of fat free and 1% milk brands, including organic options.
YOGURT	<ul style="list-style-type: none"> Look for non-fat plain, sugar free, or light yogurt. Keep carbohydrates to less than 20 grams per container. 	<ul style="list-style-type: none"> Siggi's Icelandic Yogurt (only 11 grams of carbohydrate and 9 grams of sugar) Dannon Light and Fit Yoplait Light Yogurt Chobani 0% Plain Greek Yogurt, and add your own fresh fruit
CHEESE	<ul style="list-style-type: none"> Use low-fat or fat-free cheese. Use grated cheese—with its strong flavor, a little goes a long way. 	<ul style="list-style-type: none"> Low-fat or fat-free cottage cheese Ricotta Mozzarella
BUTTER SUBSTITUTE	<ul style="list-style-type: none"> Use real butter sparingly. Opt for tub margarine, as stick margarine often contains trans fat. 	<ul style="list-style-type: none"> Benecol (contains plant stanols that may help reduce cholesterol) Smart Balance Light
FROZEN MEALS	<ul style="list-style-type: none"> Often high in calories, fat, and sodium. Look for lighter options with less than: <ul style="list-style-type: none"> 400 calories 5 grams saturated fat 600 mg sodium 45 grams carbohydrate 	<ul style="list-style-type: none"> Some Healthy Choice meals, like Turkey Medallions and Chicken Pesto Some Lean Cuisine meals, like Szechuan-Style Stir Fry with Shrimp and Chicken Carbonara
FROZEN FRUITS & VEGETABLES	<ul style="list-style-type: none"> Frozen fruits and vegetables are a great alternative to fresh, especially when produce is not in season. 	<ul style="list-style-type: none"> Any plain frozen vegetables (no sauces or added ingredients) Plain frozen fruit, no added juice or sugar
FROZEN DESSERTS	<ul style="list-style-type: none"> Remember that 'no sugar added' does not always mean low in carbohydrate. Choose sugar free popsicles or fudge bars or low fat, no sugar added ice cream with less than 16 grams of carbohydrate. 	<ul style="list-style-type: none"> Popsicle Sugar-Free Bars Dreyers No Sugar Added Fruit Bars Dreyers No Sugar Added Fat-Free Ice Cream
COLD CEREAL	<ul style="list-style-type: none"> Whole grain cereals provide fiber and other important nutrients. Make sure a whole grain is listed as the first ingredient. Aim for at least 5 grams of fiber per serving. Choose cereal with little added sugar. 	<ul style="list-style-type: none"> Kellogg's All Bran Fiber One Original Cheerios
HOT CEREAL	<ul style="list-style-type: none"> Oatmeal is a great source of soluble fiber, which can help lower cholesterol. Watch out for high added sugar in instant oatmeal. Choose lower sugar options. 	<ul style="list-style-type: none"> Make plain old-fashioned or quick oats and add fresh fruit and nuts Quaker Lower-Sugar Instant Oatmeal

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BREAKFAST BARS	<ul style="list-style-type: none"> For breakfast on-the-go, choose a breakfast bar high in fiber and low in added sugar. 	<ul style="list-style-type: none"> Kashi TLC Cereal Bars
CANNED FISH	<ul style="list-style-type: none"> Canned or packaged tuna fish is a great way to add lean protein to a meal. Look for low-sodium tuna packaged in water. 	<ul style="list-style-type: none"> Starkist Low Sodium Chunk Light
RICE & GRAINS	<ul style="list-style-type: none"> Flavored rice and pasta dishes are usually high in sodium. Use ½ of the flavor packet when preparing. Choose whole grains, like brown rice and quinoa, instead of processed grains. 	<ul style="list-style-type: none"> Stove Top Stuffing Lower Sodium Add spices, like garlic or onion powder, to brown rice and toss with vegetables
CANNED SOUPS & STEWS	<ul style="list-style-type: none"> Often really high in sodium, so look for reduced sodium options. 	<ul style="list-style-type: none"> Select Harvest Healthy Request Progresso Reduced Sodium
PASTA & SAUCES	<ul style="list-style-type: none"> Pasta does not have to be eliminated, but try whole wheat pasta. Some pasta sauces are high in fat, sodium, and added sugar, so check the label. Stay away from cream sauces. 	<ul style="list-style-type: none"> Barilla Whole Grain Pasta Ronzoni Healthy Harvest Whole Grain Classico Tomato Basil Sauce Good Housekeeping Marinara Sauce Dave's Gourmet Roasted Garlic and Sweet Basil Sauce
CANNED BEANS & VEGETABLES	<ul style="list-style-type: none"> Beans are a great source of soluble fiber and low-fat protein. Drain and rinse beans to reduce sodium. Canned vegetables are convenient, but often high in sodium. Buy 'no salt added' veggies, or rinse to remove some sodium. 	<ul style="list-style-type: none"> Libby's Naturals No Salt Added Sweet Corn Western Family No Salt Added varieties
CANNED FRUITS	<ul style="list-style-type: none"> To avoid added sugar, look for fruits canned in their own juice or "no sugar added" options. 	<ul style="list-style-type: none"> Del Monte No Sugar Added varieties
JAM & JELLY	<ul style="list-style-type: none"> Choose sugar free jams 	<ul style="list-style-type: none"> Smuckers Sugar Free
PEANUT BUTTER	<ul style="list-style-type: none"> Peanut butter can have lots of added sugar or oil, so read the nutrition label. Natural style peanut butters are usually a better option. 	<ul style="list-style-type: none"> Adam's 100% Peanut Butter Look for freshly made peanut and almond butter for a pure and natural option.
OILS	<ul style="list-style-type: none"> Focus on cooking with healthy fats and oils, like olive or canola oil. 	
MAYONNAISE	<ul style="list-style-type: none"> Use fat free or light mayo. 	
SALAD DRESSING	<ul style="list-style-type: none"> Look for fat free or light dressing, or regular oil-based options. Avoid regular, creamy dressing—these are usually high in fat. 	<ul style="list-style-type: none"> Western Family and Kraft Light Mayo Annie's Lite Salad Dressing Walden Farms Calorie Free varieties Kraft Light or Free varieties

DIABETES SHOPPING LIST

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BREAD	<ul style="list-style-type: none"> Choose 100% whole grain bread. Read the ingredient list and make sure the first ingredient listed is whole wheat or another whole grain. 	<ul style="list-style-type: none"> Harmons Whole Wheat Loaf Harmons Multi Grain Loaf Sara Lee 45 Calorie 100% Whole Wheat
CRACKERS	<ul style="list-style-type: none"> Choose whole grain, baked crackers that are low in fat. 	<ul style="list-style-type: none"> Mary's Gone Crackers Back to Nature Harvest Whole Wheat Crackers Reduced Fat Triscuits
COOKIES	<ul style="list-style-type: none"> Save cookies for a special treat, and watch portion size. Look for low fat, lower carbohydrate options. 	<ul style="list-style-type: none"> Snackwell's Crème Sandwich or Devil's Food cookies Murray Sugar-free Chocolate Bites
CHIPS & PRETZELS	<ul style="list-style-type: none"> Opt for pretzels, but watch portion size. 	
NUTS	<ul style="list-style-type: none"> Nuts are a great snack, especially unsalted or lightly salted. Don't over do it though, nuts are high in calories and good fat. 	<ul style="list-style-type: none"> Harmons Fresh Pack nuts
BEVERAGES	<ul style="list-style-type: none"> Choose water, diet soda, sugar-free drink mixes or sugar-free iced tea. 	<ul style="list-style-type: none"> Crystal Light Any diet soda brands