

Vegetables

Tip: These nonstarchy veggies can fill the "produce" portion of your plate

- | | |
|---|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Leafy greens |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Leeks, onions |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Snowpeas |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Zucchini |

Tip: These starchy veggies can fill the "starch" portion of your plate

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Corn | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Green peas | <input type="checkbox"/> Winter squash |
| <input type="checkbox"/> Parsnips | |

Fruit

Tip: Opt for fresh, and avoid added sugars if you go with canned or frozen instead.

- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Mangos |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Melons |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Citrus Fruit | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Kiwi | |

Dairy

- ☐ Low-fat or nonfat milk
- ☐ Low-fat or nonfat yogurt with no added sugar
- ☐ Low-fat, low-sodium cheese

Fats & Oils

- ☐ Vegetable oils (canola, olive, flax-seed, safflower, etc)
- ☐ Low-fat or nonfat mayonnaise
- ☐ Trans-fat-free margarine
- ☐ Fat-free cooking spray
- ☐ Olive-oil-based salad dressings
- ☐ Butter Blend

Whole Grains

Tip: Look for 3 grams of fiber per serving

- ☐ Whole-grain cereals
- ☐ Whole oats or steel-cut oats
- ☐ Whole-wheat breads and tortillas
- ☐ Whole-wheat or whole-grain crackers
- ☐ Whole-wheat pasta, quinoa, brown rice or barley
- ☐ Air-popped popcorn
- ☐ Buckwheat or whole-wheat flour for baking

Nuts, Seeds & Legumes

Tip: Rinse canned beans thoroughly to remove as much added salt as possible.

- ☐ Dried or canned beans (black, pinto, navy, garbanzo, etc)
- ☐ Unsalted nuts (walnuts, almonds, peanuts, hazelnuts, etc)
- ☐ Nut butters (peanut butter, almond butter, etc)
- ☐ Flax seeds, sesame seeds, pumpkin seeds
- ☐ Lentils

Lean Meats, Poultry, Fish, & Meat Substitutes

- ☐ Lean, skinless cuts of white-meat chicken or turkey
- ☐ Lean, trimmed cuts of pork or beef (limit red meat)
- ☐ Fatty Fish (salmon, herring, trout, sardines, etc)
- ☐ Tofu
- ☐ Eggs (no more than six per week)

Seasonings

- ☐ Fresh herbs (rosemary, basil, mint, cilantro, chives, dill, etc)
- ☐ Low-sodium spices
- ☐ Vinegars (cider, red wine, rice wine, etc.)



The higher the score, the better the nutrition

Health tags allow you to quickly identify foods that are helpful for your health condition and preferences.

DIETITIAN'S
TOP PICK

GLUTEN
FREE

ORGANIC

LOW
SODIUM

HEART
HEALTHY

SUGAR
FREE

WHOLE
GRAIN

100%
JUICE

FIBER

LOW
SAT. FAT



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EASY DIABETES SHOPPING GUIDE



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better
basket



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IS THERE A DIFFERENCE BETWEEN CARBOHYDRATES?

Which foods have CARBOHYDRATES?

- Breads, cereals, rice, tortillas
- Fruit and Fruit Juice
- Milk and Yogurt
- Beans
- Potatoes, corn, peas
- Sweets and snack foods

Yes!

There are three main types of carbs:



Complex Carbohydrates “STARCH”

Take longer for our bodies to digest than simple carbs

Found In: starchy vegetables (potatoes, corn, peas), Beans and lentils, Grains and products made with grains (bread, cereal, pasta)

Tips: Try eating mostly whole grains and avoid eating refined grains.

Simple Carbohydrates “SUGAR”

Quick and easy for our bodies to digest

Found In: (Naturally) Fruits and Milk, Added sugars - added during cooking (cookies or cakes) or processing (canned fruit)

FIBER

Helps keep you full and satisfied

Found In: (Naturally) Plant foods

Tips: Be sure to increase your water as you increase your fiber intake.

USING THE FOOD LABEL

Nutrition Facts	
Serving Size 2 (50g)	
Servings Per Container 45	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fats 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 30g	
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Find the serving size and total carbohydrates on the label.

Determine the number of servings of carbs by dividing the Total Carbohydrates by 15.

$$30 \div 15 = 2 \text{ servings}$$

For example, the serving size on a cereal box may read 1/2 cup per serving and the total carbohydrate may read 30g, which is equal to 2 servings of carbs.

Look at serving size to assure accurate carb counting.

Protein

Fill a small section with your meat or meat substitutes.

- Skinless Chicken
- Fish or Seafood
- Lean cuts of beef or pork

Carbohydrates

Fill a small section with starchy foods.

- Whole wheat bread
- 1 corn or flour tortilla (6" diameter)
- 1/2 cup cooked beans, peas, corn or mashed potatoes
- 1/2 English muffin, bun, or small bagel
- 1 small potato

Vegetables

Fill the largest section with non starchy vegetables, such as:

- Spinach, carrots, lettuce, or cabbage
- Green beans, broccoli, or tomatoes
- Salsa, onions, peppers, or cucumbers

Add a 8 oz. glass of nonfat or low fat milk or 6 oz. of light yogurt. You can also have a small piece of fruit of 1/2 cup of frozen fruit.