

## Navigating the Grocery Store

Often when people are diagnosed with diabetes, they fear having to give up their favorite foods. However, new guidelines demonstrate that no food is off limits and you don't have to sacrifice taste to effectively manage your condition. To control diabetes, it's important to watch more than just your sugars intake. Nutrition experts recommend eating a variety of foods in moderate amounts, while watching the fats in your diet. Fruits, vegetables and grains (especially whole grains) should be eaten often. Of course, regular physical activity is also a key component to managing diabetes effectively. When you have diabetes, advice on eating well is easy to read, but can be confusing to follow. Working with a registered dietitian or certified diabetes educator should be a first step so you have a basic meal plan that is right for you. When you shop, note the foods that fit your meal plan and give you the taste and nutrition you need. The following tips can help you navigate the grocery store:

### Fruits & Vegetables

- ◆ Whether fresh, frozen or canned, fruits and vegetables are great choices to fill up your shopping cart.
- ◆ Choose by color - a clue that produce is rich in nutrients. For example, dark leafy greens, bright red strawberries and deep orange cantaloupe all contain high levels of vitamins and nutrients.

### Rice, Cereal & Breads

- ◆ Look for the words rich in whole grain on labels.
- ◆ Choose brown rice, such as MINUTE Brown Rice.
- ◆ Start the day with a whole grain cereal like POST Shredded Wheat.
- ◆ Make sandwiches on whole wheat bread.



*Quick Pita Pizzas*

### Desserts and Snacks

- ◆ Choose desserts and snacks that are already prepared and portioned to help you watch the amount you eat, such as JELL-O Fat Free Pudding Snacks.
- ◆ Shop for sugar free desserts and snacks like Sugar Free SNACK WELLS Cookies.
- ◆ Little touches can make an everyday dessert or fruit cup seem special add quick, easy garnishes to your treats, like COOL WHIP LITE or COOL WHIP FREE.

### Dairy Foods

- ◆ Look for nonfat (Fat Free) and lowfat (1%) milk as ways to lower fat. If you're used to drinking whole or Reduced Fat (2%) milk, gradually switch to milk with a lower fat content.

- ◆ Choose nonfat yogurt like BREYERS Light, and lowfat or nonfat cottage cheese like BREAKSTONE'S Reduced Fat Cottage Cheese Doubles. Individual snack cups of yogurt or cottage cheese make great protein-containing snacks.

### Meats, Pasta and Side Dishes

- ◆ Bake or grill meat and poultry instead of frying. Start with the leanest cuts of meat. Trim any fat or remove skin before cooking.
- ◆ Each week, pick one night to prepare a vegetarian dinner. There are a variety of frozen meatless products that appeal to almost any palate. Try a BOCA Burger or BOCA Chik'n Nuggets.
- ◆ Use light or fat free salad dressings on salads or as a flavorful addition to cooked vegetables.
- ◆ Make your macaroni and cheese dinner and then stir in 1-2 cups of cooked vegetables like broccoli or mixed vegetables. Look for reduced fat varieties or try the reduced fat preparation instructions on the box.

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## Beverages

- ◆ Don't allow extra calories or carbohydrates to sneak in through beverages. Pick sugar-free beverages that are low in calories like flavored seltzer, or sugar free soft drinks, such as CRYSTAL LIGHT.

### PHILADELPHIA® Fat Free 7-Layer Mexican Dip

**Prep:** 10 minutes plus refrigerating

- 1 pkg. (8 oz.) PHILADELPHIA Fat Free Cream Cheese, softened
- 1 Tbsp. TACO BELL HOME ORIGINALS Taco Seasoning Mix
- 1 cup TACO BELL HOME ORIGINALS Thick 'N Chunky Salsa
- 1 cup canned black beans, drained, rinsed
- 1 cup shredded lettuce
- 1 cup KRAFT FREE Shredded Non-Fat Cheddar Cheese
- 1/2 cup chopped green onions
- 2 Tbsp. sliced pitted ripe olives

**MIX** cream cheese with electric mixer on medium speed until creamy. Add seasoning mix; beat until well blended. Spread onto bottom of 9-inch pie plate or quiche dish.

**LAYER** remaining ingredients over cream cheese mixture; cover. Refrigerate several hours or until chilled.

**SERVE** with cut-up fresh vegetables or low fat tortilla chips. Makes 38 (2-Tbsp.) servings.

Nutrition Information Per Serving: 20 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 150mg sodium, 2g carbohydrate, less than 1g dietary fiber, less than 1g sugars, 2g protein, 4%DV vitamin A, 0%DV vitamin C, 4%DV calcium, 2%DV iron.  
Exchange: F ree



## Quick Pita Pizzas

**Prep:** 5 minutes

**Bake:** 14 minutes

- 2 whole wheat or white pita breads
- 2 tsp. KRAFT FREE Italian Fat Free Dressing
- 1/4 cup pizza sauce
- 4 KRAFT 2% Milk Mozzarella Singles
- 1/4 cup each chopped green pepper, sliced fresh mushrooms and sliced red onion

**BRUSH** each pita bread with 1 tsp. of the dressing; place, dressing side up, on cookie sheet. Bake at 375°F for 8 minutes or until lightly browned.

**TOP** each pita bread with 2 Tbsp. pizza sauce, two 2% Milk Singles and half of the vegetables.

**BAKE** an additional 4 to 6 minutes or until 2% Milk Singles begin to melt.

Makes 2 servings.

Nutrition Information Per Serving: 310 calories, 8g total fat, 4g saturated fat, 20mg cholesterol, 860mg sodium, 42g carbohydrate, 6g dietary fiber, 4g sugars, 19g protein, 20%DV vitamin A, 20%DV vitamin C, 80%DV calcium, 15%DV iron.  
Exchange: 2-1/2 Starch, 1-1/2 Meat (M)

## Very Berry JELL-O®

**Prep:** 5 minutes plus refrigerating

- 3/4 cup boiling water
- 1 pkg. (4-serving size) JELL-O Brand Sugar Free Low Calorie Strawberry-Banana Gelatin Ice cubes
- 1/2 cup cold water
- 1 cup pureed strawberries

**STIR** boiling water into gelatin in medium bowl at least 2 minutes until completely dissolved. Add enough ice cubes to cold water to measure 1-1/4 cups. Add to gelatin; stir until slightly thickened. Remove any unmelted ice. Refrigerate 10 minutes or until slightly thickened. **STIR** in fruit. Pour evenly into 6 dessert dishes.

**REFRIGERATE** 2 hours or until firm.

Makes 6 servings.

Nutrition Information Per Serving: 15 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 3g carbohydrate, less than 1g dietary fiber, 2g sugars, 1g protein, 0%DV vitamin A, 35%DV vitamin C, 0%DV calcium, 0%DV iron.  
Exchange: Free