



**DIABETES  
SHOPPING  
GUIDE  
&  
101  
FOODS TO  
AVOID  
WITH  
DIABETES**

**James Marin RD, EN**

 [DiabetesManagementCourse.com](https://DiabetesManagementCourse.com)

*"Climbing your mountain with the  
right tools is the difference between  
failure and success."*

**James Marin, RD, EN**

# SHOPPING GUIDE



## SHOP SMART For Controlling Diabetes

We've created this essential shopping list to help you stock your kitchen with foods that are right for you and address your specific health concerns and needs.

**Note: Read ingredients and avoid added sugar!**

### Fruits & Vegetables

- ☐ **Fruits** in season/on sale
- ☐ **Vegetables** in season/on sale
- ☐ **Salad greens** pre-cut or whole
- ☐ **Potatoes** – red, yukon, sweet potato
- ☐ **Garlic** – whole cloves or minced in jars







### Pantry Essentials

- ☐ **Vinegars** – apple cider, balsamic, rice, red wine, white wine
- ☐ **Oils** – olive, canola, coconut, sesame
- ☐ **Peanut or almond butter**  for ALL NATURAL
- ☐ **Tea bags** – black, green, herbal

### Condiments


**Note: Read ingredients to avoid added sugar.**

- ☐ **Salsa**  for no added sugars
- ☐ **Hot sauce**
- ☐ **Mustard** – yellow, brown, Dijon
- ☐ **Plant-Based Mayonnaise**
- ☐ **Ketchup**  Look at the ingredients
- ☐ **BBQ sauce**  for lowest carbs per serving
- ☐ **Lemon juice**
- ☐ **Soy sauce**  for reduced sodium



### Meats & Poultry

- ☐ **Chicken Breasts or Thighs** (boneless skinless)
- ☐ **Pork Loin Chops** (lean thin-cut)
- ☐ **Lean Sirloin Steaks**
- ☐ **Salmon, Trout, Albacore Tuna, Herring, Mackerel, Sardines, Halibut**

 Only buy organic to reduce toxin exposure and inflammation.


 Animal products should only make up 5% of daily calorie intake in order to reduce disease risk.



- ▶ **Don't shop on an empty stomach**
- ▶ **Plan your weekly meals**
- ▶ **Keep your pantry stocked with the essentials**
- ▶ **Organize your list according to the layout of your store**
- ▶ **Shop local and organic for increased nutrition.**

### Bakery

- ☐ **100% Whole Grain bread/rolls/wraps/pita**

 for highest fiber & lowest carbs per serving




### Pantry Spices & Seasonings

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Salt</b>                                 | <input type="checkbox"/> <b>Garlic powder</b> |
| <input type="checkbox"/> <b>Black pepper</b>                         | <input type="checkbox"/> <b>Onion powder</b>  |
| <input type="checkbox"/> <b>Italian seasoning</b>                    | <input type="checkbox"/> <b>Curry powder</b>  |
| <input type="checkbox"/> <b>Bay leaves</b>                           | <input type="checkbox"/> <b>Cinnamon</b>      |
| <input type="checkbox"/> <b>Cayenne pepper</b>                       | <input type="checkbox"/> <b>Ginger</b>        |
| <input type="checkbox"/> <b>Chili powder</b>                         | <input type="checkbox"/> <b>Nutmeg</b>        |
| <input type="checkbox"/> <b>Cumin</b>                                |   |
| <input type="checkbox"/> <b>Mrs. Dash</b> – many varieties available |   |



### Dry Goods

- ☐ **Brown rice**  for plain, no sauces or seasonings
- ☐ **Dried beans**
- ☐ **Quinoa**
- ☐ **Lentils**
- ☐ **100% whole grain pasta**

gluten free?  for quinoa or brown rice pasta

- ☐ **Steel cut and/or regular oats**
- ☐ **Cold cereal**

 Look for the highest fiber and no added sugars.



### Snacks

- ☐ **Hummus, Salsa, Guacamole**
- ☐ **Nuts**  for unsalted
- ☐ **Fruit, Whole Grain Crackers, Smoothies**

 Look at the ingredients and make sure there is no added sugar



## Dairy Alternatives

- ☐ **Coconut or almond yogurt** (unsweetened)  
**LOOK!** for no added sugar and simple ingredients
- ☐ **Unsweetened coconut, almond or hemp milk**
- ☐ **Use a nut based cheese or dairy alternative at your local store**
- ☐ **Use a Plant-Based butter with zero trans fats**
- ☐ **Use a plant-based sour cream**



## Jarred and Canned Foods

- ☐ **Any pickled vegetables: pickles, ginger, sauerkraut** **LOOK!** for no added sugar and no artificial ingredients
- ☐ **Tomatoes**
- ☐ **Tomato sauce or pasta sauce**  
**LOOK!** for no sugars added
- ☐ **Whole beans**
- ☐ **Green chiles**
- ☐ **Low sodium broth**  
**LOOK!** for cans without BPA



## Frozen Foods

- ☐ **Plain frozen vegetables** – broccoli, cauliflower, carrots, spinach, peas, corn
- ☐ **Plain frozen fruits** – berries, peaches
- ☐ **Frozen meals with whole food ingredients** – no added sugar and no artificial ingredients
- ☐ **Whole grain waffles or pancakes**  
**LOOK!** for no added sugars



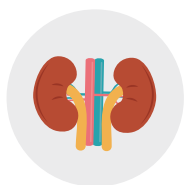
## High Protein Foods

- ☐ **Tofu**
- ☐ **Tempeh**
- ☐ **Bean Burgers**



**Remember the KEY to controlling diabetes is healthy weight management, eating habits and lifestyle**

## Extra Tips for Kidney/Renal Disease



- ◀ Stick to the low potassium fruits and vegetables
- ◀ Always purchase "no salt added" canned and frozen foods
- ◀ Eliminate all dairy to avoid excess phosphorus and endotoxins
- ◀ Avoid foods listing ingredients with phosphorus additives  
**LOOK!** for "phosph" in the chemical names
- ◀ Choose rice milk or almond milk (unsweetened)
- ◀ Avoid processed meats that are high in sodium
- ◀ Avoid canned seafood with bones, which are high in phosphorus

## Smart Shopping Tips

Only buy what you need for the week – frozen foods, fruits and vegetables. This reduces waste.

- ◀ Do not read nutrition facts! They are inaccurate and confusing. Read ingredients instead to avoid added sugar and other processed ingredients.
- ◀ Remember – fresh is best! Try to avoid highly processed and refined foods. Do most of your shopping at the outside perimeter of stores to avoid processed foods found mostly in aisles.
- ◀ Frozen fruits and vegetables without added salt, sugar or sauces are great choices.

◀ If you are on insulin, it is a good idea to have 100% fruit juice available for hypoglycemic episode treatments. Others should avoid fruit juices.

◀ Shop at the dry goods section first, then produce, and finally frozen foods. This will help keep everything cold for the drive home.

◀ Depending on where you live produce or meal deliver services may save you time, money and effort when shopping for foods.

◀ Be cautious of hidden added sugar ingredients with uncommon names – glucose, fructose, lactose, inverted sugar, maltose, syrups, honey, molasses/treacle.

◀ Diabetes should always be capitalized.



# 101 Foods to Avoid When you Have Diabetes

## Fat and Oil

- ☐ Lard
- ☐ Shortening
- ☐ Margarine



## Sweeteners

- ☐ High Fructose Corn Syrup
- ☐ Corn Syrup
- ☐ Dextrose
- ☐ Brown Rice Syrup
- ☐ Artificial Maple Syrup
- ☐ Artificial Honey
- ☐ Agave Nectar
- ☐ Coconut Nectar
- ☐ Cane Sugar
- ☐ Aspartame
- ☐ Sucralose
- ☐ 100% Fruit Juice



## Condiments, Dips and Spreads

- ☐ Jelly
- ☐ Jam
- ☐ Sugar Free Jam or jelly
- ☐ Chocolate Nut Spreads
- ☐ Artificial Peanut Butters
- ☐ Ranch Dressing
- ☐ Thousand Island Dressing
- ☐ Blue Cheese Dressing
- ☐ Honey Mustard Sauce
- ☐ Teriyaki Sauce
- ☐ Spinach Artichoke Dip
- ☐ Queso Dip/Nacho Cheese
- ☐ Refried Beans



## Desserts

- ☐ Candy
- ☐ Pastries
- ☐ Cake
- ☐ Sugar Free Cake
- ☐ Cookies
- ☐ Sugar Free Cookies
- ☐ Hard Candy
- ☐ Fruit Snacks
- ☐ Artificial Popsicles
- ☐ Fudgesicles
- ☐ Ice Cream
- ☐ Slurpees
- ☐ Slushees



## Grains, Breads, Pastas/Noodles

- ☐ White Bread
- ☐ White Flour tortillas
- ☐ White pita bread
- ☐ White burger buns
- ☐ White rice
- ☐ Spanish Rice Made with White Rice
- ☐ Couscous
- ☐ White Flour Spaghetti
- ☐ White Flour Pasta
- ☐ White Flour Ravioli
- ☐ Gnocchi
- ☐ White Rice noodles
- ☐ White Ramen Noodles
- ☐ White Noodle Soups
- ☐ Risotto
- ☐ Rice Pilaf
- ☐ Instant White Rice
- ☐ Processed crackers
- ☐ Pretzels
- ☐ Pretzel Sticks
- ☐ Most Granola
- ☐ Most Breakfast Cereals



## Drinks

- ☐ Soda
- ☐ Sweet Teas
- ☐ Diet Soda
- ☐ Diet Tea
- ☐ Crystal Light



## Processed Meats

- ☐ Hot dogs
- ☐ Sausage
- ☐ Lunch Meat
- ☐ Hamburgers
- ☐ Carne Asada
- ☐ Pulled Pork
- ☐ Bacon
- ☐ Ham
- ☐ Salami
- ☐ Red Meat
- ☐ Fried Chicken
- ☐ Fried Steak
- ☐ Beef Jerky



### Dairy

- ☐ Sour Cream
- ☐ Heavy Cream
- ☐ Coffee Creamer
- ☐ Cheese
- ☐ String Cheese
- ☐ Butter
- ☐ Cows Milk



### Fried Foods

- ☐ Onion Rings
- ☐ French Fries
- ☐ Donuts
- ☐ Fried Rice



### Other Snacks

- ☐ Most low-calorie frozen dinners
- ☐ Most energy Bars
- ☐ Most Meal Replacement Shakes
- ☐ Trail mix with yogurt or candy
- ☐ Sweetened dried fruit
- ☐ Most Store bought smoothies
- ☐ Potato Chips
- ☐ Artificial Veggie Chips
- ☐ Instant Mashed Potatoes



*"Nothing tastes as good as  
healthy feels."*

**James Marin, RD, EN**



