



The Perfect Grocery List

Build a shopping routine that supports your efforts to manage your blood sugar levels.

List Prep

Set yourself up for success. Try these tips before your next shopping trip.



Map out your meals.

Focus on fresh produce and proteins to help manage your blood sugar. Save time and avoid high-carb options by shopping in the outer aisles.



Read all about it.

Be wise about the foods you choose. Read the labels to find stats about sugars, carbs, and serving sizes.



Mind portion sizes.

Check labels to know the serving size of chicken, eggs, salmon, tofu, plain Greek yogurt, and more.

Shopping Tips

Try these strategies to make the most of your next trip down the aisles.



Choose whole foods.

Pick fresh fruits, nuts, veggies, whole grains, and lean proteins. Less processed foods have fewer added sugars and refined carbs.



Opt for low-glycemic fruits and carbs.

Keep your energy and blood sugar steady with oats, quinoa, or whole-grain bread. Also try apples, berries, pears, and cherries.



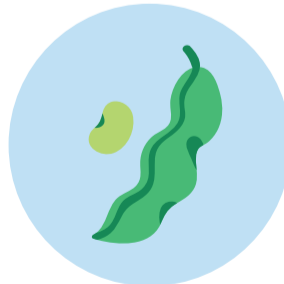
Enjoy low-carb veggies.

Spinach, broccoli, zucchini, kale, cauliflower, cucumbers, and bell peppers are high in fiber and low in carbs.



Have some healthy fats.

Benefit your heart and help to stabilize your glucose levels with avocados, almonds, fatty fish, chia and flax seeds, nuts, and olive oil.



Put hunger on hold.

Stay full longer by filling up on high-fiber foods. Try lentils, black beans, edamame, and brussels sprouts.