SHOP SMART

Having the right ingredients in your kitchen is essential to creating delicious, type 2 diabetes–friendly meals at home. Print out this shopping list to help you make smarter choices on your next trip to your local grocery store.

You should eat a variety of foods that include carbohydrates, proteins, and fats. These foods are often found on the perimeter of the grocery store. Talk to your doctor about what nutrition plan is right for you.

Your kitchen is stocked. Now it’s time to get cooking! You can download delicious and nutritious type 2 diabetes–friendly recipes now at MyType2Transformation.com.