



# 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.

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CELEBRITY CHEF

Paid spokesperson of Novo Nordisk.



## FRESH FRUIT

Try to stick to fruits with a low-glycemic index like:

- Apples
- Oranges
- Cherries
- Grapefruit
- Strawberries
- Peaches
- Pears
- Plums



## FRESH VEGETABLES

Try to purchase non-starchy vegetables like:

- Broccoli
- Tomatoes
- Zucchini
- Yellow squash
- Brussels sprouts
- Asparagus
- Cucumber
- Cabbage



## HEALTHY FATS

- Avocado
- Nuts
- Olives



## PROTEIN

- Fatty or oily fish like salmon
- Poultry
- Lean beef

The glycemic index (GI) is a number that gives you an idea about how fast your body converts the carbs in a food into glucose, which can impact your blood sugar. Foods with a high GI can spike blood sugar. Foods with a low GI can help limit spikes in blood sugar.



## DAIRY

- Skim milk, 1% low-fat milk, or unsweetened almond/soy milk (whichever you prefer)
- Plain nonfat or low-fat yogurt
- Eggs or egg substitute
- Cottage cheese or a reduced-fat cheese



## WHOLE GRAINS

- Lavash
- Sprouted grain bread
- Cauliflower bread or pizza crust
- Corn tortillas
- Quinoa pasta

You'll also want to invest in some key ingredients to help complement dishes and add flavor. **These ingredients can help you create savory, delicious dishes:**

- Olive oil
- Sea salt
- Cauliflower rice
- Rice wine vinegar
- Black pepper
- Garlic
- Onions

**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](https://www.MyType2Transformation.com).