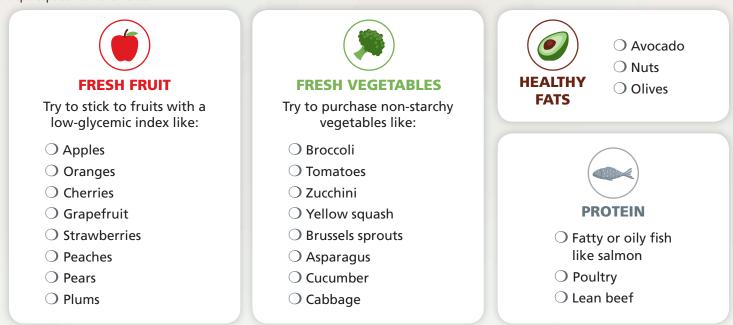


SHOP SMART

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.

Franklin Becker CELEBRITY CHEF Paid spokesperson of Novo Nordisk.

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.



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.



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.

