

# Good Choices

from the Food Pantry for People With Diabetes



## Diabetes FRIENDLY

Some food pantries use this label to help you identify foods that are good choices for people with diabetes. You can also use this checklist to help select diabetes-friendly foods.

### FRUIT

- Fresh fruit
- Frozen fruit
- Canned fruits in 100% juice

**DID YOU KNOW?**  
Canned fruits in heavy syrup or light syrup add extra sugar (and calories!). Reduce the amount of sugar by pouring the fruit in a colander, rinse with water, and drain.

### VEGETABLES

- Fresh vegetables
- Frozen vegetables
- Canned vegetables - choose **low sodium** or "no salt added" vegetables if available.

**DID YOU KNOW?**  
If low sodium or "no salt added" canned vegetables aren't available, you can pour the vegetables in a colander, rinse with water, and drain. This step washes away much of the salt.

### LEGUMES & NUTS

- Canned beans
- Dried beans (pinto beans, black beans, kidney beans, chickpeas, split peas, etc.)
- Lentils
- Peanut butter

**COOKING DRIED BEANS**  
Place 1 lb. dried beans in a large pot. Cover with water 2" above top of beans. Cover pot, bring to a boil, then remove from heat. Let rest 1 hour. Bring to a boil over medium heat. Uncover, reduce heat, and simmer until beans are tender and creamy, about 1 hour.

### EGGS & DAIRY

- Eggs
- Skim or 1% milk
- Shelf stable milk
- Soy or almond milk (unsweetened)
- Yogurt (plain, low-fat, unsweetened)
- Cottage cheese
- Other cheeses

### GRAINS

- Bread
- Pasta (choose whole wheat)
- Oatmeal (choose whole wheat)
- Packaged tortillas (whole wheat/high fiber)
- Rice
- Cereal (choose brown rice)
- Pearl barley, farro, or quinoa

**DID YOU KNOW?**  
Choose whole grains for more fiber. Read the ingredient list and look for the words "whole grain" or "whole wheat" at the top of the list to know a food is high in whole grain.

**DID YOU KNOW?**  
Breakfast cereals can contain a lot of added sugar. Read the Nutrition Facts Label and look for choices with less than 8 grams of added sugar, if available.

Nutrition Facts	
Per 1 1/4 cup cereal	
9 servings per container	1 1/4
Amount per serving	
<b>Calories</b>	<b>210</b>
% DV*	
Total Fat	1.5g 2%
Saturated Fat	2g 0%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium	230mg 7%
Potassium	47g 16%
Total Carbohydrate	8g 32%
Dietary Fiber	0g 0%
Total Sugars	0g 0%
Includes 0g Added Sugars	0g 0%
Protein	0g 0%