

Good Choices

from the Food Pantry for People With Diabetes

FEEDING
AMERICA



FRIENDLY
Diabetes

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

-RUIT

Ready-Cut fruit
Freshly sliced STAY FRESH® Pouches

VEGETABLES

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.

LEAN PROTEINS

Canned vegetables - choose low sodium or "no salt added" vegetables if available. If low sodium or "no salt added" vegetables aren't available, you can pour the vegetables colander, rinse with water, and drain. This step washes away much of the salt.

LEGUMES & NUTS

A composite image featuring three food items. On the left is a white bag of "Green Beans" with the word "Steam" printed vertically along its left edge. In the center is a clear plastic bag filled with various frozen vegetables like carrots and broccoli. On the right is a cylindrical can of "Tomato Sauce". A hand is shown holding a piece of broccoli over the bag of vegetables. A curved arrow originates from the word "Steam" on the green bean bag and points towards the broccoli. The overall theme is healthy cooking.

GRAINS

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

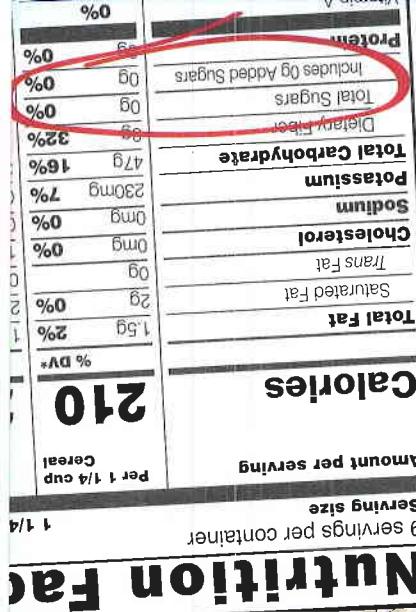
EGGS & DAIRY



DID YOU KNOW?

- Pasta** (choose whole grain)
 - Bread** ("whole grain" or "whole wheat") at the top of the list to know a food is high in whole grain.
 - Pasta** (choose whole wheat)
- Oatmeal** **Cereal** (choose brown rice)
- Rice** (**Tortillas**) (whole wheat/high fiber)
- Rice** (choose brown rice)
- Cereal** (**Farro**, or quinoa)

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



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