



Making Healthy Food Choices

Grocery Shopping Skills & How to Read a Food Label



Adapted for Upstate Medical University by:
Kristi Shaver, BS, RN, CDE, MS-CNS Student (2014)
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General Food Shopping Tips

- Eat before you shop
- Bring a list
- Stay in the perimeter of the grocery store
- Read [labels](#)

dlife.com



Joslin Diabetes Center

 Affiliated with
Harvard Medical School

Reading Labels

- Check serving size
- Total carbohydrate
- Fiber
- Sugar alcohols



True or False

When reading a food label,
you should only look at the
sugars...



Total Carbohydrates =
Total Effect on the
 Blood Sugar



Serving Size
1 cup

Total Carbs
36 grams

Whole Grain Cereal

Nutrition Facts

Serving Size: 1 cup (53g/1.9 oz.)
 Servings Per Container: About 8

Amount Per Serving

Calories 190	Calories from Fat 25
% Daily Value**	
Total Fat 3g*	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 300mg	9%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 13g	
Protein 9g	14%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
Phosphorus 10%	Magnesium 10%
Copper 8%	

* Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.
 ** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Soy Grits, Hard Red Winter Wheat, Long Grain Brown Rice, Whole Grain Oats, Barley, Rye, Buckwheat, Sesame Seeds, Evaporated Cane Juice Syrup, Corn Meal, Corn Flour, Soy Protein, Wheat Bran, Oat Flour, Corn Bran, Honey, Natural Flavors, Calcium Carbonate, Salt

CONTAINS SOYBEAN AND WHEAT INGREDIENTS

Don't be fooled !





Nutrition Facts

Serving Size 1 Bar (49g)
Servings Per Container 6

Amount Per Serving

Calories 120

Calories from Fat 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 6g **32%**

Cholesterol 10mg **4%**

Sodium 40mg **2%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **2%**

Sugars 4g**

Sugar Alcohols 2g

Protein 3g

Vitamin A 4% • Vitamin C 0%



Nutrition Facts

Serving Size 1 bar (42g)

Servings Per Container 6

Amount Per Serving

Calories 120 Calories From Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 4g 20%

Cholesterol 30mg 10%

Sodium 35mg 1%

Total Carbohydrate 13g 4%

Dietary Fiber 0g 0%

Sugars 13g

Protein 2g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 0%



Carb Counting Tools



Nutrition Facts

Serving Size 1 Bar (22g)
 Servings per Package 8

Amount/Serving

Calories 90 • **Fat Calories** 20

% Daily Value *

Total Fat 2.0g **3 %**

Saturated Fat 0.5g **3 %**

Cholesterol 0mg **0 %**

Sodium 100mg **4 %**

Total Carbohydrate 18g **6 %**

Dietary Fiber 0g **0 %**

Sugars 8g

Protein 1g

Dining Out

What challenges do you face when eating out?



Special Circumstances

- High fat meals
- Extended meals, e.g. cocktail parties, weddings, buffets



Before Dining Out

- **Tips to remember**
 - Know your carbohydrate goals
 - Consider timing of your medication
 - Choose restaurants carefully



Holiday Eating

- **Be Realistic** – set a goal, freeing you from the “all or nothing” thinking.
- **Plan Ahead** – don’t arrive hungry, don’t skip a meal.
- **Avoid Overeating** – circle the food table to choose what you want or position yourself at the end of the line to avoid getting seconds.



Alcohol Guidelines

- Blood glucose in good control
- Limit if triglycerides are high
- Eat food with alcohol
- Check with doctor first
- No more than 1-2 drinks/day
- No more than 2-3 times/week



Key Points

- Use your carb counting tools
- When dining out, consider making adjustments to your diabetes care plan
- Drink responsibly!

Key Points



- As part of healthy meal-planning, eat more high-fiber foods such as whole grains, fruits, and vegetables.



Food for Thought

Finding the Right Balance
with Healthy Eating

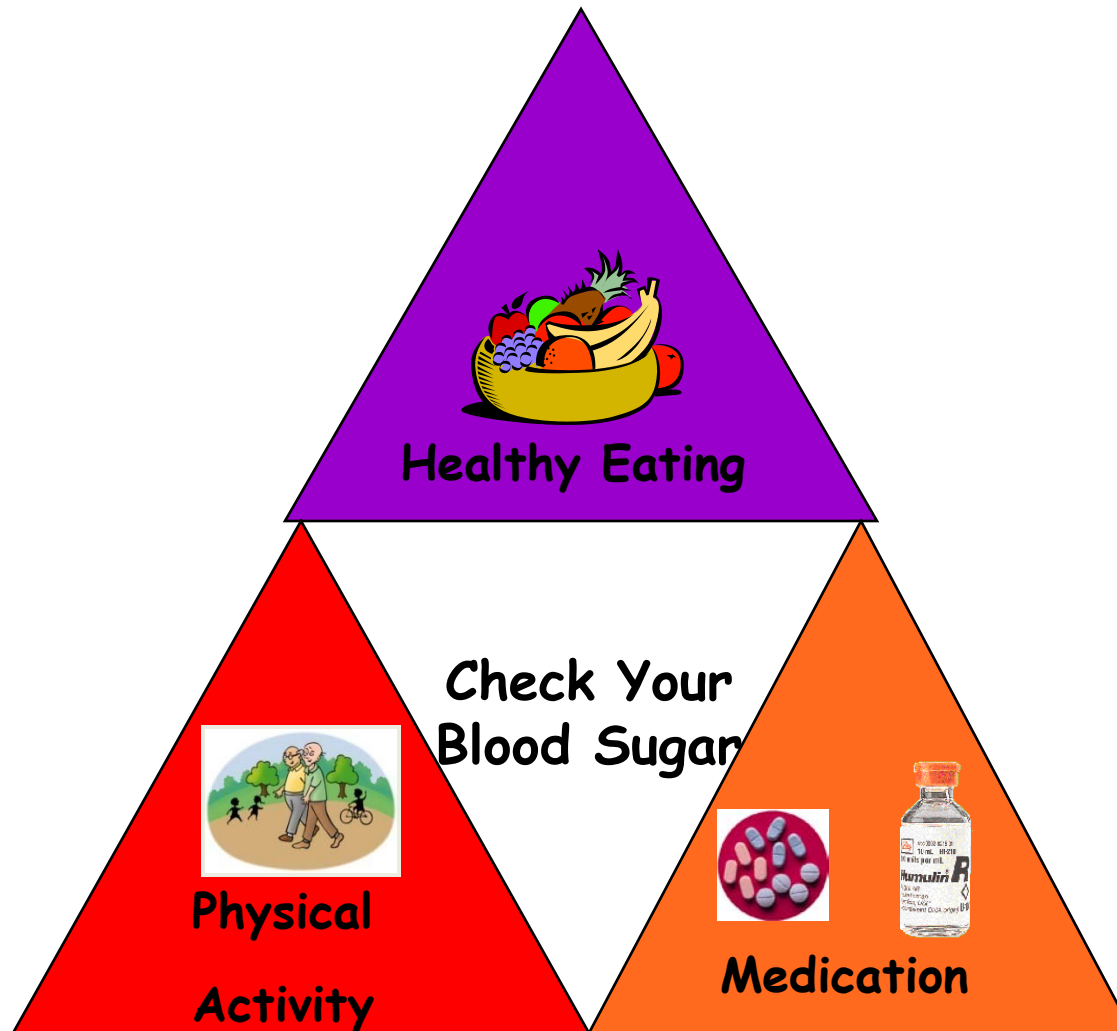


Why is Healthy Eating Important?

- Blood sugar control
- Reduces risks of complications
 - Heart disease
 - Kidney disease
- Weight control
- Good health



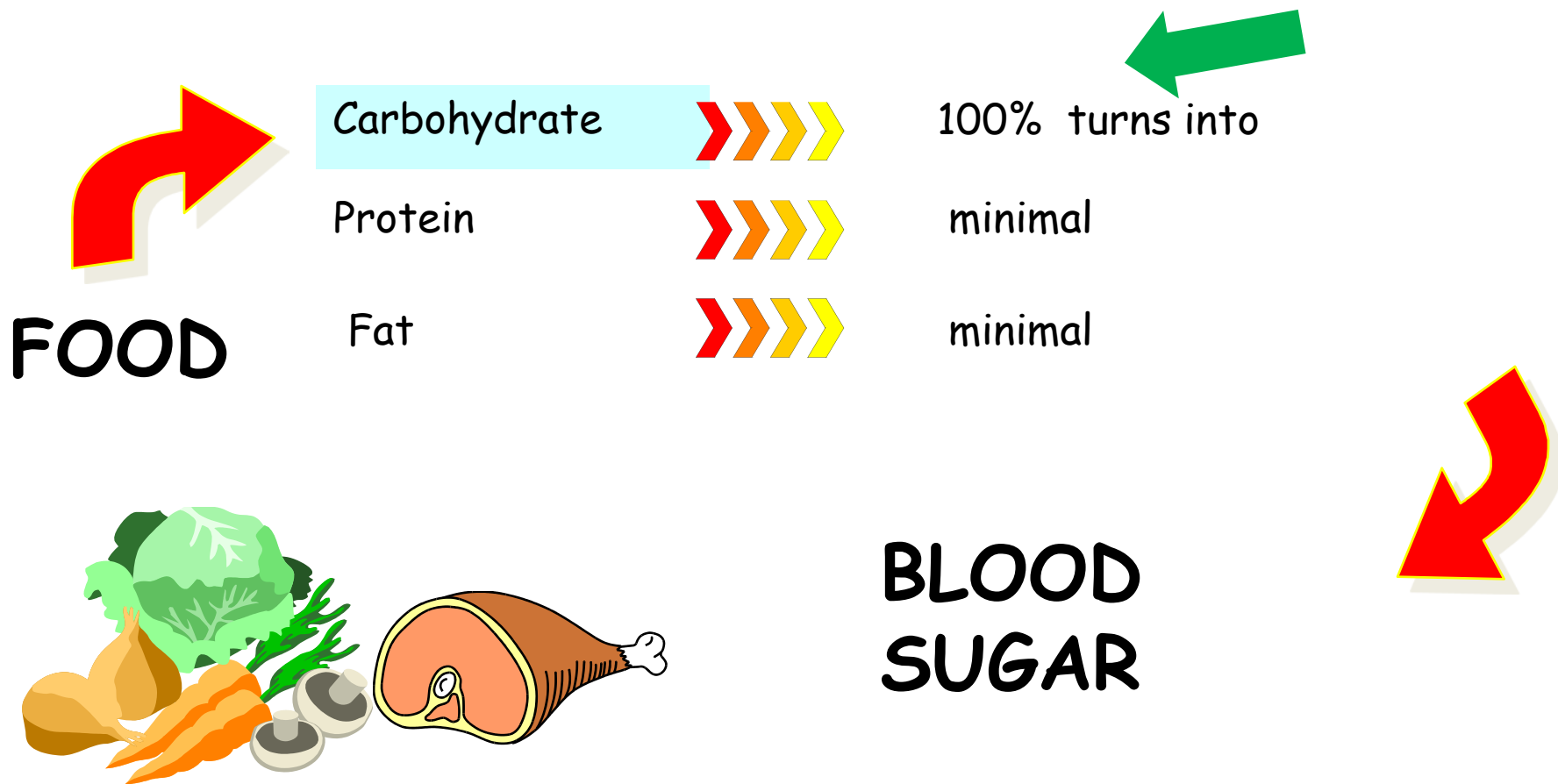
Caring for Your Diabetes



Take a Guess

How much will carbohydrates
affect your blood sugar?

How Foods Affect Your Blood Sugar



Why Does Carbohydrate Elevate Blood Glucose Quickly?

Fat 4 - 6 hrs.

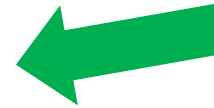
**Protein 2 - 4
hrs.**

Carb 1 - 2 hrs.



Why Eat Carbohydrate?

- Fuel for physical activity
- Fuel to run our organs
- Source of vitamins, minerals, fiber
- Spares muscle



True or False

Milk and vegetables
contain carbohydrate...



What Foods Have Carbohydrate?

- ***Grains*** – rice, oats, wheat, barley
- ***Fruit & fruit juice***
- ***Milk & yogurt***
- ***Vegetables***
- ***Legumes*** – beans, peas
- ***Desserts & Snack Foods***



How much carb should I eat?

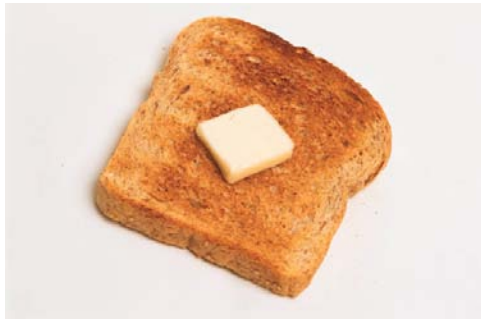
- Different for everyone
- Depends on:
 - Activity level
 - Weight goal
 - Gender
 - Diabetes medications
 - Blood glucose goals



Carbohydrate Equivalents

1 carbohydrate equivalent=15 grams

Breads/Grains



1 slice whole
grain bread

Fruit



Small
fresh fruit

Milk



8 oz
lowfat
milk

Other Carbs



1 med
Choc Chip
cookie

Important Points...

- Find balance
- Count your carbohydrate grams
- It's not about following a "Special Diet". Follow your meal plan; if it doesn't work it can be changed
- Even a small sweet treat now & then can work into a meal plan



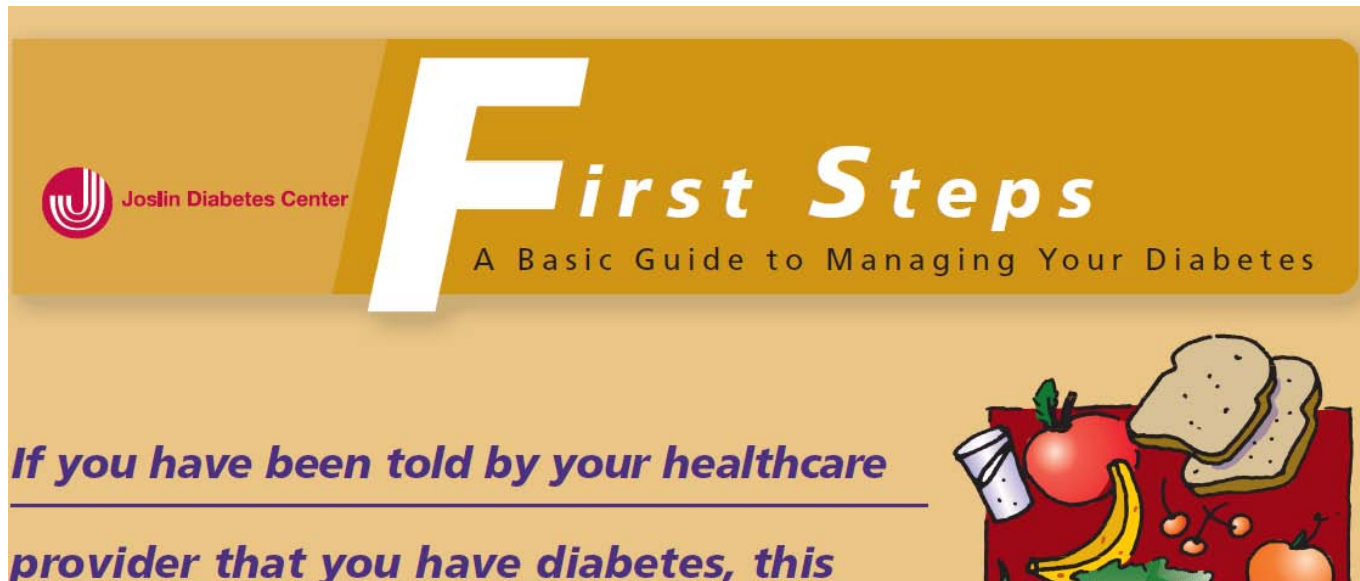
Go to the Patient Education link on the internal Upstate website




Select the Diabetes/Joslin Adult category



Check out all the great education materials!



The banner features the Joslin Diabetes Center logo on the left, followed by the title "First Steps" in a large, white, serif font. Below the title is the subtitle "A Basic Guide to Managing Your Diabetes" in a smaller, white, sans-serif font. At the bottom left, there is a line of text: "If you have been told by your healthcare provider that you have diabetes, this". To the right of this text is a colorful illustration of a meal consisting of a sandwich, a banana, an apple, and some grapes.

 Joslin Diabetes Center

First Steps

A Basic Guide to Managing Your Diabetes

If you have been told by your healthcare provider that you have diabetes, this

Online Diabetes Resources to Learn More:

1. **National Diabetes Education Program** 1-888-693-NDEP (1-888-693-6337) www.YourDiabetesInfo.org
2. **Diabetes HealthSense**: An online library of resources for living well. www.YourDiabetesInfo.org/HealthSense
3. **Academy of Nutrition and Dietetics** 1-800-877-1600 www.eatright.org
4. **American Association of Diabetes Educators** 1-800-338-3633 www.diabeteseducator.org
5. **American Diabetes Association** 1-800-DIABETES (1-800-342-2383) www.diabetes.org
6. **American Heart Association** 1-800-AHA-USA1 (1-800-242-8721) www.americanheart.org
7. **Centers for Disease Control and Prevention** 1-800-CDC-INFO (1-800-232-4636) www.cdc.gov/diabetes
8. **Centers for Medicare & Medicaid Services** 1-800-MEDICARE (1-800-633-4227) www.medicare.gov
9. **JDRF** 1-800-533-CURE (1-800-533-2873) www.jdrf.org

