

## Participant Guide

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### Shop and Cook to Prevent T2

Healthy shopping and cooking can help you prevent or delay type 2 diabetes.

#### Tips:

- ▶ Find out about sales at local grocery stores. Check your local newspaper, or look online. Farm stands may be a good option too.
- ▶ Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.

### Jerry's Story

Jerry's mother has type 2 diabetes. He wants to avoid getting it. So he's trying to eat healthy.

When Jerry goes to a health food store, he finds the prices too high for his budget.

He asks his mother how she buys healthy food she can afford.

She tells Jerry that she takes some steps even before she goes shopping.

To get ready to shop, she:

1. Gathers coupons for healthy items
2. Looks at what's on sale at local grocery stores
3. Plans her meals and snacks for the week
4. Checks her kitchen to see what she has
5. Makes a shopping list
6. Has a healthy snack

The next Sunday, Jerry helps his mom get ready to shop. Then he goes to the store with her. He's impressed by how much healthy food she gets for her money. Jerry decides to try shopping the way his mom does. Plus, he looks for healthy recipes online. He's also taking a healthy cooking class. He's even made some healthy meals for his mom!

# Jerry's Meals and Snacks

Jerry plans his meals and snacks for one week.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
<b>Monday</b>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Strawberries</li> <li>Coffee with skim milk</li> </ul>	Rice cake with hummus	<ul style="list-style-type: none"> <li>Chicken breast</li> <li>Spinach and tomato salad</li> <li>Tea with lemon</li> </ul>	Apple	<ul style="list-style-type: none"> <li>Black bean burrito with tomato, low-fat cheddar, and salsa</li> <li>Sparkling water with lemon</li> </ul>	Orange
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>Nonfat plain yogurt</li> <li>Strawberries</li> <li>Coffee with skim milk</li> </ul>	Apple	<ul style="list-style-type: none"> <li>Turkey sandwich with lettuce and tomato</li> <li>Pickle</li> <li>Tea with lemon</li> </ul>	Orange	<ul style="list-style-type: none"> <li>Peppers stuffed with brown rice</li> <li>Salad</li> <li>Sparkling water with lemon</li> </ul>	Baked tortilla chips and salsa
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>Scrambled egg beaters with veggies</li> <li>Whole wheat toast</li> <li>Coffee with skim milk</li> </ul>	Fruit and nut bar	<ul style="list-style-type: none"> <li>Chicken salad</li> <li>Pita chips</li> <li>Tea with lemon</li> </ul>	Broccoli with nonfat yogurt dip	<ul style="list-style-type: none"> <li>Chicken and veggie stir-fry</li> <li>Sparkling water with lemon</li> </ul>	Low-fat chocolate pudding
<b>Thursday</b>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Strawberries</li> <li>Coffee with skim milk</li> </ul>	Whole wheat crackers with peanut butter	<ul style="list-style-type: none"> <li>Chicken salad</li> <li>Tea with lemon</li> </ul>	Apple	<ul style="list-style-type: none"> <li>Baked pork loin</li> <li>Steamed broccoli</li> <li>Whole wheat pasta</li> <li>Sparkling water with lemon</li> </ul>	Airpopped popcorn
<b>Friday</b>	<ul style="list-style-type: none"> <li>100% whole wheat bread with peanut butter</li> <li>Coffee with skim milk</li> </ul>	Celery with lowfat cream cheese	<ul style="list-style-type: none"> <li>Chicken breast</li> <li>Spinach and tomato salad</li> <li>Tea with lemon</li> </ul>	Orange	<ul style="list-style-type: none"> <li>Garden salad with chicken</li> <li>Baked potato</li> <li>Fruit</li> <li>Skim milk</li> </ul>	Baked tortilla chips and salsa
<b>Saturday</b>	<ul style="list-style-type: none"> <li>Scrambled egg</li> <li>beaters with veggies</li> <li>Coffee with skim milk</li> </ul>	Fruit and nut bar	<ul style="list-style-type: none"> <li>Turkey sandwich with lettuce and tomato</li> <li>Tea with lemon</li> </ul>	Carrots with hummus	<ul style="list-style-type: none"> <li>Grilled turkey burger</li> <li>100% whole wheat roll</li> <li>Salad</li> <li>Sparkling water with lemon</li> </ul>	Low-fat chocolate pudding
<b>Sunday</b>	<ul style="list-style-type: none"> <li>Nonfat plain yogurt</li> <li>Strawberries</li> <li>Coffee with skim milk</li> </ul>	Rice cake with peanut butter	<ul style="list-style-type: none"> <li>Veggie soup from freezer</li> <li>Pita chips</li> <li>Tea with lemon</li> </ul>	Apple	<ul style="list-style-type: none"> <li>Chili from freezer with salsa, lowfat cheddar, and tomato</li> <li>Skim milk</li> </ul>	Airpopped popcorn

# My Meals and Snacks

Plan your meals and snacks for one week. You can use “Jerry’s Meals and Snacks” for ideas.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# Jerry's Shopping List

## Non-Starchy Veggies

- Lettuce \_\_\_\_\_
- Tomatoes \_\_\_\_\_
- Carrots \_\_\_\_\_
- Spinach \_\_\_\_\_
- Broccoli \_\_\_\_\_
- Peppers \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Grains and Starchy Foods

- Black bean \_\_\_\_\_
- 100% Whole wheat \_\_\_\_\_
- Bread \_\_\_\_\_
- 100% Cornmeal \_\_\_\_\_
- Tortillas \_\_\_\_\_



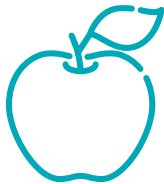
## Dairy

- Low-fat \_\_\_\_\_
- Cheddar \_\_\_\_\_
- Skim milk \_\_\_\_\_
- Plain nonfat Yogurt \_\_\_\_\_
- \_\_\_\_\_



## Fruit

- Orange \_\_\_\_\_
- Apples \_\_\_\_\_
- Strawberries \_\_\_\_\_
- Lemons \_\_\_\_\_
- \_\_\_\_\_



## Protein Foods

- Chicken breast \_\_\_\_\_
- Egg beaters \_\_\_\_\_
- Sliced turkey \_\_\_\_\_
- Pork Loin \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Other Items

- Salsa \_\_\_\_\_
- Garlic \_\_\_\_\_
- Hummus \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Drinks

- Tea \_\_\_\_\_
- Sparkling water \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# My Shopping List

After you plan your meals and snacks for the week, check your kitchen to see what you have. Then make a list of the items you need to buy. You can use “Jerry’s Shopping List” for ideas.

## Non-Starchy Veggies

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Protein Foods

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Grains and Starchy Foods

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Other Items

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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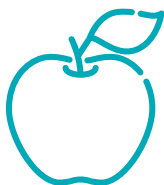
## Dairy

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Fruit

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Drinks

- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_



# Healthy Shopping Tips

You can shop for healthy food without spending a lot of time or money. Try these tips.

Before You Shop	While You Shop
Find out about sales at local grocery stores. Check your local newspaper, or look online. Farmstands may be a good option too.	Look for the lowest unit price. You'll find it on the shelf by the item. It tells how much the product costs per pound, per ounce, etc.
If a store you like offers a discount card, get one.	Use food labels to help you choose healthy items.
Gather coupons for healthy items. Look for them online, in the mail, and in your local newspaper.	Stick to your list. Stay away from aisles that tempt you.
Find recipes online, in books, and in magazines. Or swap ideas with your friends and family.	Choose carrots, apples, bananas, potatoes, cabbage, beans, rice, and oats. These often cost less.
Plan your meals and snacks for the week. Think about sales, coupons for healthy items, and recipes you want to try. Also consider any special events that week.	Buy veggies and fruit that are in season or frozen. These often cost less and taste better. If you choose canned veggies and fruit, avoid those with added salt or sugar. Or rinse them well.
Check your kitchen to see what you have.	Choose family packs, store brands, and sale items. These often cost less.
Make a list of the items you need for the meals and snacks you planned.	Avoid prepared meals, like canned soup and frozen dinners. The food you cook yourself often costs less and is healthier.
Have a healthy snack so you won't be too hungry. This will help you make healthy choices.	If an item is a good price, buy as much as you can store.

## Other Healthy Shopping Ideas

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# Healthy Cooking Tips

You can cook healthy food without spending a lot of time. Try these tips.

- ▶ Clean as you cook.
- ▶ Cook large batches of items that freeze well, like sauces, stews, and casseroles. Store them in your freezer.
- ▶ Cut up veggies or fruit in advance. Store them in your fridge or freezer.
- ▶ Make the meals and snacks you planned for the week. (See “Healthy Shopping Tips.”)
- ▶ Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers
- ▶ Use a slow cooker, so you won’t need to stir as much.
- ▶ Use leftover veggies and meat in an omelet, pasta or rice dish, stew, soup, salad, or burrito.
- ▶ This saves money as well as time.

You can cook healthy food that you enjoy. Try these tips.

- ▶ Change your favorite dishes to make them healthier. Or serve a small portion of the original recipe.
- ▶ Choose good quality items.
- ▶ Choose items with a variety of flavors, textures, scents, and colors.
- ▶ Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- ▶ Dress up food with herbs, spices, low-fat salad dressing and gravy, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. If your healthcare provider says to limit your salt, look for items that are low in sodium.
- ▶ Grill or roast veggies and meat to bring out the flavor.
- ▶ Learn healthy cooking methods online, in books, in magazines, and from TV shows. Learn from your friends and family. Or take a healthy cooking class.
- ▶ Try new cooking styles and ingredients.

Cook with Less Fat	Other Healthy Cooking Ideas
<ul style="list-style-type: none"><li>■ Bake, grill, roast, or stir-fry in a small amount of healthy oil.</li><li>■ Coat pans with healthy cooking spray.</li><li>■ Simmer in water or stock.</li><li>■ Steam or microwave.</li><li>■ Take the skin off chicken before you cook it.</li><li>■ Trim the fat off meat before you cook it.</li><li>■ Use nonstick cookware.</li></ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

