

GROCERY TIPS TO PREVENT TYPE 2 DIABETES

If you have a family history of diabetes, or you've been told by a health care professional that you're at risk for type 2 diabetes, it's important to take steps now to reduce your risk. Debbie Lay, Diabetes Prevention and Control program from the health department states that recent studies show that people can prevent or delay the onset of the disease if they lose as little as 10 pounds, walk 30 minutes a day, 5 days a week and make healthy food choices.

The National Diabetes Education Program provides tips to follow while grocery shopping.

- Don't go to the store hungry.
- Read and compare food labels. Choose foods with fewer calories that are lower in saturated fats, trans fats, cholesterol, sodium(salt), and added sugars. Check the serving size and the number of servings. Food labels are based on one serving.
- Focus on fruits, vary vegetables. Buy a variety of frozen, canned or in-season fresh fruits such as melons, berries and oranges rather than fruit juice for most of your fruit choices. Choose fruit without added sugar or syrup. Buy in season, leafy dark green vegetables such as broccoli and spinach and orange vegetables such as carrots or squash. Choose vegetables without added salt, butter, or sauces.
- Look for calcium-rich foods. Buy low-fat or skim milk instead of whole milk. If you can't drink milk, try calcium-rich leafy green vegetables such as kale or collard greens.
- Make your grains whole. Buy whole wheat bread, crackers, cereals, brown rice, oatmeal, and barley.
- Go lean with protein. Buy lean meats. For poultry, remove the skin before cooking. Vary your protein choices with more fish, nuts, seeds, beans and peas such as pinto beans and split peas.

A healthy diet doesn't have to be expensive. Start by planning meals and making a grocery list ahead of time to take charge of what you eat.