

Diabetic Grocery Shopping List for Seniors

Your blood sugar-friendly guide to smart shopping

How to Use This Guide

1. **Print multiple copies** (52 pages = 1 year supply)
 2. **Check items** you need each week
 3. **Tear off** and take to store
 4. **Shop the perimeter** first
 5. **Stick to your list** to avoid impulse buys
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Shopping List by Store Section



PRODUCE SECTION

Fresh Vegetables (Non-Starchy)

- ☐ Leafy Greens
 - ☐ Spinach
 - ☐ Romaine lettuce
 - ☐ Kale
 - ☐ Arugula
 - ☐ Cabbage
- ☐ Cruciferous
 - ☐ Broccoli
 - ☐ Cauliflower
 - ☐ Brussels sprouts
- ☐ Other Vegetables
 - ☐ Bell peppers (all colors)
 - ☐ Cucumbers
 - ☐ Tomatoes
 - ☐ Zucchini
 - ☐ Yellow squash
 - ☐ Asparagus
 - ☐ Green beans
 - ☐ Celery
 - ☐ Mushrooms
 - ☐ Onions
 - ☐ Garlic

Fresh Fruits (Lower Sugar)

- ☐ Berries
 - ☐ Blueberries
 - ☐ Strawberries
 - ☐ Raspberries
 - ☐ Blackberries
 - ☐ Citrus
 - ☐ Grapefruit
 - ☐ Oranges
 - ☐ Lemons
 - ☐ Limes
 - ☐ Other Fruits
 - ☐ Apples (small)
 - ☐ Pears (small)
 - ☐ Peaches
 - ☐ Plums
 - ☐ Kiwi
 - ☐ Avocados
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MEAT & SEAFOOD

Lean Proteins

- ☐ Chicken
 - ☐ Boneless skinless breasts
 - ☐ Ground chicken (93% lean)
 - ☐ Rotisserie chicken (remove skin)
- ☐ Turkey
 - ☐ Ground turkey (93% lean)
 - ☐ Turkey breast slices
- ☐ Fish
 - ☐ Salmon
 - ☐ Tilapia
 - ☐ Cod
 - ☐ Tuna (fresh)
 - ☐ Shrimp
 - ☐ Canned tuna (in water)
 - ☐ Canned salmon
- ☐ Lean Beef
 - ☐ Sirloin
 - ☐ 93% lean ground beef
 - ☐ Eye of round
- ☐ Pork

- ☐ Pork tenderloin
 - ☐ Center-cut pork chops
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DAIRY SECTION

Low-Fat Dairy

- ☐ Greek yogurt (plain, unsweetened)
- ☐ Cottage cheese (low-fat)
- ☐ String cheese
- ☐ Skim or 1% milk
- ☐ Unsweetened almond milk
- ☐ Part-skim mozzarella
- ☐ Reduced-fat cheddar

Eggs

- ☐ Large eggs
 - ☐ Egg whites
 - ☐ Egg substitute
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BAKERY/BREAD AISLE

Better Bread Choices

- ☐ 100% whole wheat bread
- ☐ Ezekiel bread
- ☐ Whole grain English muffins
- ☐ Corn tortillas (small)
- ☐ Whole wheat tortillas (small)
- ☐ Whole grain pita (small)

Smart Swaps:

- White bread → Whole grain bread
 - Bagels → English muffins
 - Flour tortillas → Corn tortillas
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CENTER AISLES

Whole Grains

- ☐ Brown rice
- ☐ Quinoa
- ☐ Steel-cut oats
- ☐ Whole grain pasta
- ☐ Barley
- ☐ Farro
- ☐ Bulgur

Beans & Legumes (No Salt Added)

- ☐ Black beans
- ☐ Kidney beans
- ☐ Chickpeas
- ☐ Lentils
- ☐ Split peas
- ☐ Pinto beans

Healthy Fats & Oils

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Cooking spray
- ☐ Nuts (portion-controlled)
 - ☐ Almonds
 - ☐ Walnuts
 - ☐ Pistachios
- ☐ Seeds
 - ☐ Chia seeds
 - ☐ Ground flaxseed
 - ☐ Pumpkin seeds

Canned Goods

- ☐ Diced tomatoes (no salt added)
- ☐ Tomato sauce (no sugar added)
- ☐ Low-sodium vegetable broth
- ☐ Low-sodium chicken broth

Condiments & Seasonings

- ☐ Mustard
- ☐ Hot sauce
- ☐ Salsa
- ☐ Vinegars (balsamic, apple cider)

- ☐ Herbs & spices (no salt blends)
 - ☐ Garlic powder
 - ☐ Onion powder
 - ☐ Black pepper
 - ☐ Cinnamon
 - ☐ Turmeric
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FROZEN SECTION

Frozen Vegetables

- ☐ Broccoli
- ☐ Mixed vegetables
- ☐ Cauliflower rice
- ☐ Green beans
- ☐ Spinach
- ☐ Stir-fry blends (no sauce)

Frozen Fruits

- ☐ Unsweetened berries
- ☐ No sugar added fruit

Frozen Proteins

- ☐ Unbreaded fish fillets
 - ☐ Frozen shrimp
 - ☐ Turkey burgers
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AVOID THESE AISLES/ITEMS

Skip Completely:

- Candy aisle
- Cookie/cracker aisle (mostly)
- Soda aisle
- Juice aisle
- Frozen desserts

Hidden Sugar Traps:

- "Fat-free" products (often high sugar)
 - Flavored yogurts
 - Granola bars
 - Instant oatmeal packets
 - Canned fruits in syrup
 - "Healthy" smoothies
 - Sports drinks
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WEEKLY MEAL PREP LIST

Sunday Prep Items:

- ☐ Wash and chop vegetables
- ☐ Cook quinoa/brown rice
- ☐ Grill chicken breasts
- ☐ Hard boil eggs
- ☐ Portion out snacks

Grab-and-Go Snacks:

- ☐ Baby carrots + hummus
 - ☐ Apple slices + almond butter
 - ☐ Greek yogurt + berries
 - ☐ String cheese + cucumber
 - ☐ Mixed nuts (1 oz portions)
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BUDGET-FRIENDLY TIPS

Buy in Season:

Spring: Asparagus, strawberries **Summer:** Zucchini, tomatoes, berries **Fall:** Brussels sprouts, apples **Winter:** Cabbage, citrus

Store Brands Work Great For:

- Frozen vegetables
- Canned beans
- Greek yogurt
- Eggs
- Whole grains

Buy in Bulk (If You'll Use):

- Brown rice
- Quinoa
- Nuts (freeze extras)
- Frozen vegetables



STORE LAYOUT MAP

ENTRANCE



PRODUCE → Start Here!



MEAT/SEAFOOD → Second Stop



DAIRY → Third Stop



CENTER AISLES → Only for List Items



FROZEN → Last Stop



CHECKOUT → Avoid Impulse Items



TEAR-OFF SHOPPING LIST

Date: _____ Budget: \$ _____

Must-Haves This Week:

Proteins (3-4):

- [] _____
- [] _____
- [] _____
- [] _____

Vegetables (5-7):

- [] _____
- [] _____
- [] _____
- [] _____
- [] _____
- [] _____

- [] _____

Fruits (2-3):

- [] _____
- [] _____
- [] _____

Dairy (2-3):

- [] _____
- [] _____
- [] _____

Pantry Staples:

- [] _____
- [] _____
- [] _____
- [] _____

Meal Ideas This Week:

Monday: _____ Tuesday: _____ Wednesday: _____
 _____ Thursday: _____ Friday: _____ Saturday: _____
 _____ Sunday: _____

QUICK REFERENCE GUIDE

Portion Sizes to Buy:

- **Meat:** 4-6 oz per person per meal
- **Vegetables:** 2 cups per person per meal
- **Fruits:** 1 small piece = 1 serving
- **Grains:** 1/3 cup dry = 1 serving

Best "Bang for Buck" Proteins:

1. Eggs
2. Canned tuna
3. Chicken thighs
4. Ground turkey
5. Dried beans/lentils

Vegetables That Last Longest:

1. Cabbage (2-3 weeks)
 2. Carrots (3-4 weeks)
 3. Brussels sprouts (1-2 weeks)
 4. Cauliflower (1-2 weeks)
 5. Sweet potatoes (2-3 weeks)
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NOTES SECTION

My Blood Sugar-Friendly Brands:

Foods That Spike My Blood Sugar:

My Favorite Quick Meals:



SHOPPING RULES TO LIVE BY

1. **Never shop hungry**
 2. **Stick to your list**
 3. **Read labels** (aim for <5g sugar per serving)
 4. **Shop perimeter first**
 5. **Buy real food** (if it has >5 ingredients, reconsider)
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Created by **Peak Medical Supplies** *Your Partner in Diabetes Management*

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Tear along dotted line for weekly list ✂ - - - - -

Week of: //__ **List #**__ **of 52**