

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

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

🥩 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

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

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

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

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

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



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)



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)



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)

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