

## Dollar Store Shopping

You can find good for you foods just about everywhere including the dollar store. When shopping, look for the foods below. Try our tips for putting meals together.

### Cans/Jars of Nonstarchy Vegetables

- Beets
- Mixed vegetables
- Carrots
- Green beans
- Mushroom pieces
- Crushed tomatoes
- Diced tomatoes with chiles
- Spinach
- Sauerkraut
- Minestrone (vegetable soup)
- Jalapeno peppers
- Whole pepperoncini
- Banana peppers
- Marinated vegetables
- Sweet red peppers
- Asparagus tips
- Tomato juice

### Protein

- Canned tuna
- Canned chicken
- Canned clams
- Canned sardines
- Canned salmon
- Canned mackerel
- Canned mussels
- Dry beans (pinto, kidney, black)
- Canned beans (pinto, garbanzo, black)
- Parmesan cheese
- Cheddar cheese
- American cheese
- Peanut butter
- Nuts and seeds
- Beef jerky/Slim Jim

### Dairy

- Milk (box)
- Soy milk (box)
- Evaporated Milk
- Pudding

### Starches

- Oats
- Cream of wheat
- Granola
- Whole wheat bread
- Rice
- Brown rice
- Spaghetti
- Egg noodles
- Pasta
- Light popcorn
- Breadsticks
- Crackers
- Cereal (Raisin Bran, Honey-Os, Granola)
- Chicken noodle soup
- Pizza crust
- Tortillas

### Canned Starchy Vegetables

- Corn
- Sweet peas
- Potatoes
- Lima beans
- Field peas
- Pasta sauce
- Pork and beans
- Baked beans

### Fruit

- Applesauce
- Raisins
- Dried fruit (cranberries, mango apricots, figs, papaya, pineapple)
- Canned fruit (peaches, pears, mixed fruit, pineapple, mandarin oranges, mango, strawberry)

### Zero Calorie Drinks

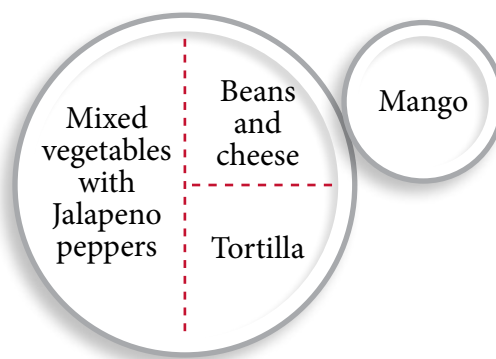
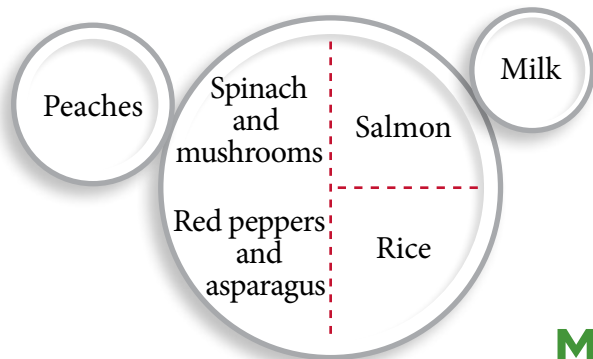
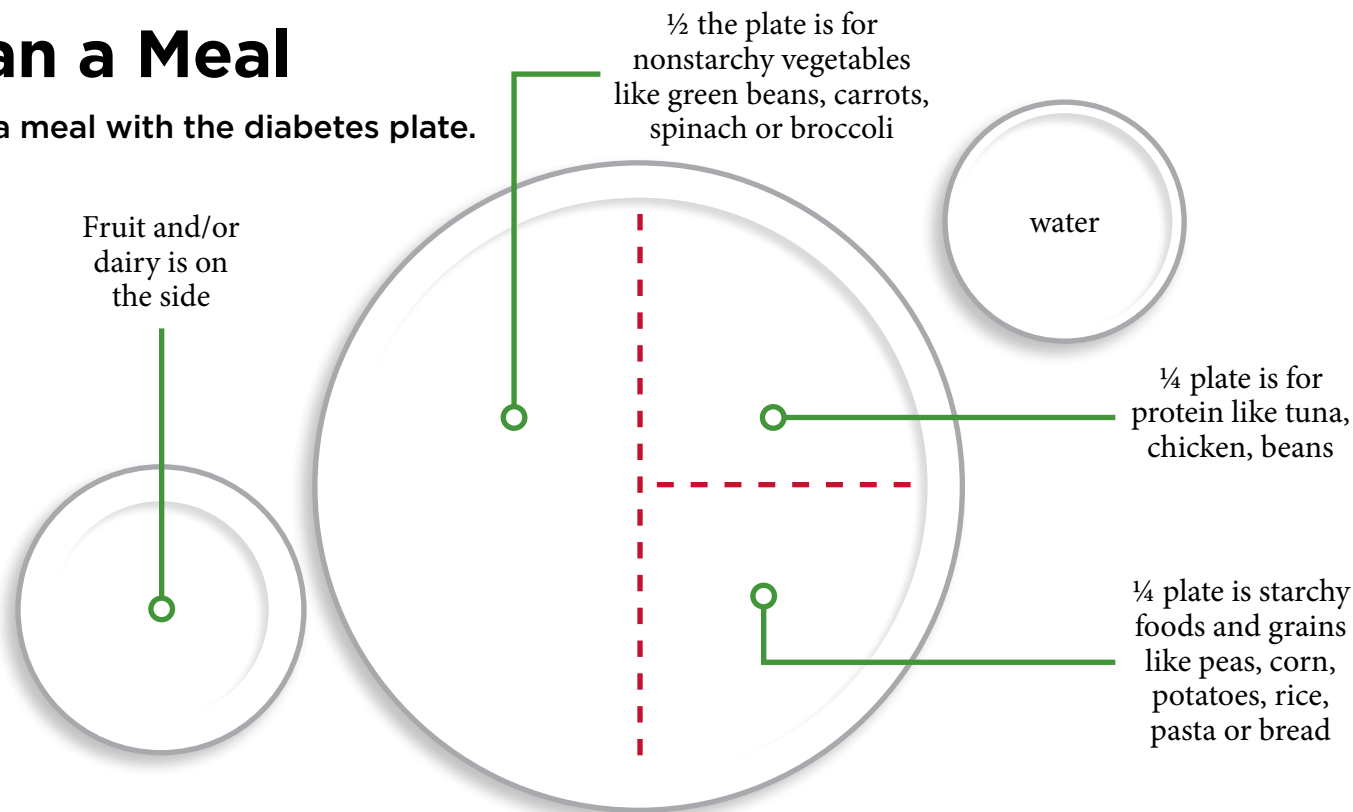
- Water
- Wylers light – drink mix
- Coffee
- Tea (bags)
- Diet soda

### Fresh and Frozen Foods

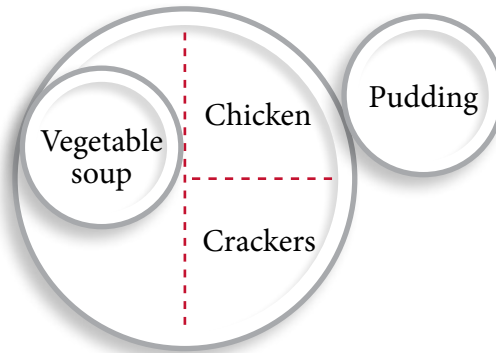
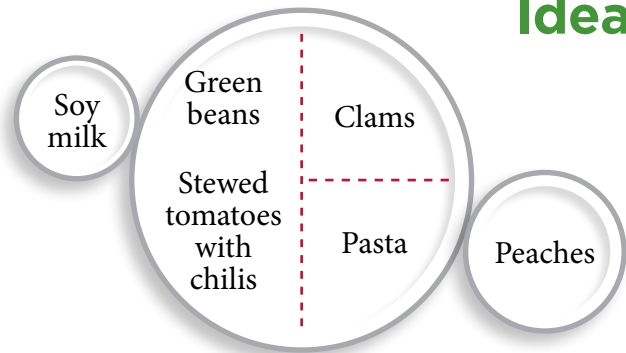
- Eggs
- Milk
- Cheese
- Deli turkey and ham
- Frozen vegetables
- Frozen fruit

# Plan a Meal

Plan a meal with the diabetes plate.



## Meal Ideas



## Snack Ideas

- Nuts and seeds without candy coating (peanuts, pistachios, cashews, sunflower and pumpkin seeds)
- Fruit
- Beef jerky/ Slim Jim
- Granola bar
- Olives
- Popcorn

**Looking for healthy recipes and food tips?**

Sign up for our **FREE** online resource, *Recipes for Healthy Living* at [diabetes.org/recipes](http://diabetes.org/recipes).

**1-800-DIABETES  
(1-800-342-2383)  
[www.diabetes.org](http://www.diabetes.org)**