

Teaching Tool Download

HANDY IN YOUR PANTRY

10 FOODS TO KEEP IN YOUR PANTRY THAT ARE DIABETES FRIENDLY

This list isn't all inclusive but will give you a great checklist for the types of non-perishable foods to have in stock in your kitchen as staples which makes it easier to have access foods for a healthy meal. Remember that being prepared also helps reduce the worry and stress associated with the question of **What Can I Eat?**

What can I eat?



Canned vegetables: no added salt for those with high blood pressure. Canned fruit, no added sugar.

Canned beans: Beans are a good source of plant-based protein along with a high fiber carbohydrate food.

Canned or packaged fish like tuna or salmon: Stock up on some tear open tuna pouches that are plain or are already seasoned to add more variety of flavors to your meal.

Nut butters like peanut or almond butter: Nut butters are a great plant protein food that has a long shelf life and can be served for breakfast, lunch dinner or snacktime.

Oatmeal (whole grain oats and/or steel cut oats): This whole grain cereal is a good source of fiber which can help blunt spikes in blood sugar. Add whey protein powder, peanut butter, nuts, or an egg for more protein to help keep blood sugar steady.

Whole grain crackers: Whole grain crackers are a source of high fiber carbohydrate that has a long shelf life.

Popcorn: Dry kernels of popcorn have a long shelf life and are a good source of whole grain carbohydrate.



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Olive oil and cooking spray: Olive oil and cooking spray are heart healthy staples for every kitchen. Cooking sprays have no calories, fat, nor carbohydrate, making it heart healthy and diabetes friendly.

Spices (i.e. cinnamon, garlic powder, onion powder, fresh ground pepper, vanilla): It's always great to have seasoning close at hand. These seasonings are both diabetes and heart health friendly.



Sweetpotatoes: Sweetpotatoes can be stored for up to 2 weeks by storing them in a cool, dry, well-ventilated container. Or canned sweetpotatoes-no added sugar. Note that canned sweetpotatoes may be marked as yams on the front of the label.

