

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

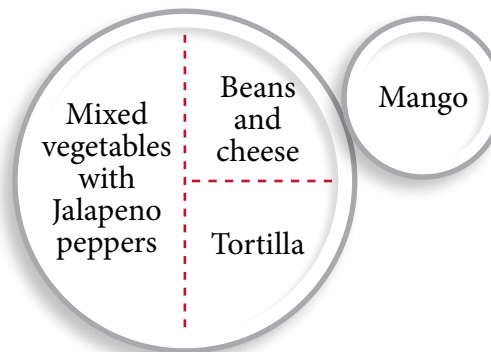
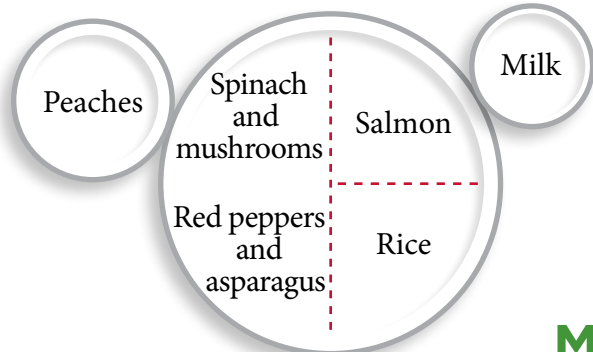
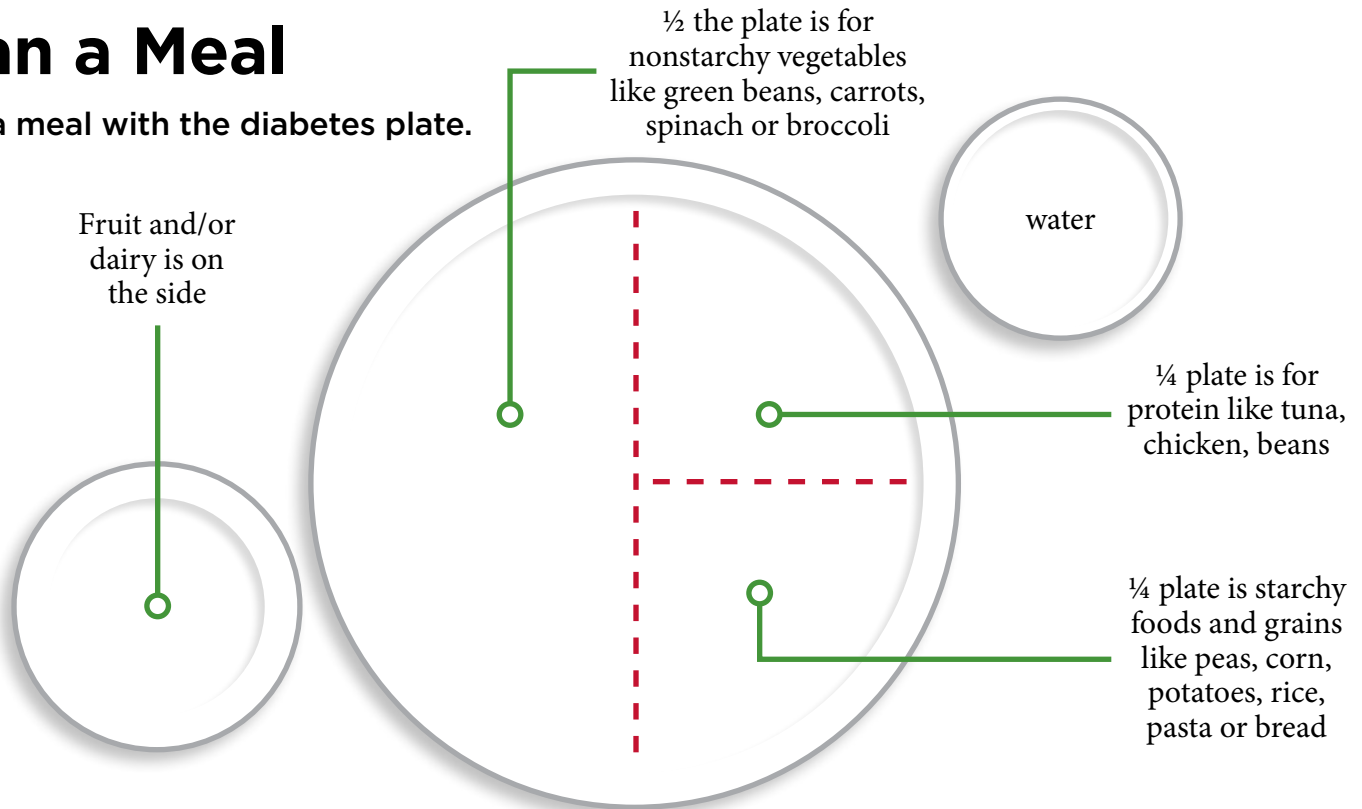
- Water
- Wylers light – drink mix
- Coffee
- Tea (bags)
- Diet soda

Fresh and Frozen Foods

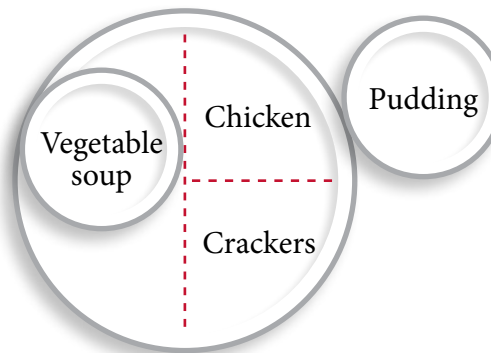
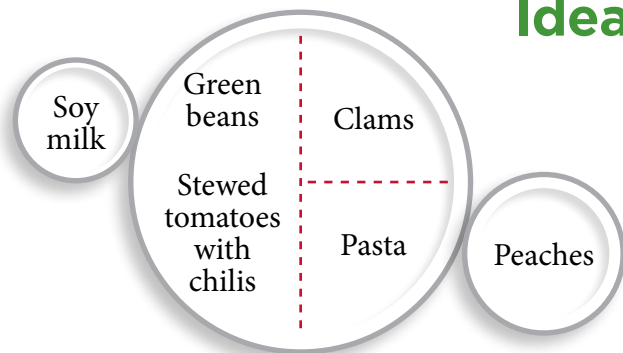
- Eggs
- Milk
- Cheese
- Deli turkey and ham
- Frozen vegetables
- Frozen fruit

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.

**1-800-DIABETES
(1-800-342-2383)
www.diabetes.org**