

Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Asian Americans

by the [National Diabetes Education Program](#)



If you have a family history of diabetes, or you've been told by a health care professional that you're at risk for type 2 diabetes, it's important to take steps now to reduce your risk. Although many Asian Americans are at an increased risk for developing type 2 diabetes, studies show that people at high risk can prevent or delay the onset of the disease if they lose as little as 10 pounds – by walking 30 minutes a day, five days a week and making healthy food choices. A healthy diet doesn't have to be expensive. Start by planning meals and making a grocery list ahead of time to take charge of what you eat. **Follow these tips by the National Diabetes Education Program (NDEP) while grocery shopping to help you and your entire family make healthy food choices:**

- **Don't go to the store hungry.** You may buy food you don't need.
- **Read and compare food labels.** Choose foods with fewer calories and that are lower in saturated fats, *trans* fats, cholesterol, sodium (salt), and added sugars. Check the serving size and the number of servings. Food labels are based on one serving, but many packages contain more. When you compare calories and nutrients between brands, check to see if the serving size is the same.
- **Focus on rainbow colors of fruits and vegetables.** Buy fresh, frozen, or canned fruits such as mango, Asian pears, or Chinese plums. Choose fruit without added sugar or syrup and limit fruit juices. Buy dark green vegetables like Chinese broccoli; orange vegetables like pumpkin; and green beans, eggplant, turnips, yellow squash and snow peas. Choose vegetables without added salt, butter, oil, or sauces.
- **Look for calcium-rich foods.** Buy low-fat or skim milk instead of whole milk. If you can't drink milk, try calcium rich soy-based beverages or eat tofu.
- **Make your grains whole.** Buy whole grain bread, crackers and cereals, brown rice, oatmeal, and buckwheat noodles.
- **Go lean with protein.** Buy skinless lean meats and poultry such as pork loin, chicken breast, or flank steak. Vary your protein choices with more fish, nuts, seeds and egg whites.
- **Easy on the sauce.** Choose reduced sodium soy sauce, sesame oil, and oyster sauce.

For a free copy of *Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs* tip sheet, contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.