

Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Pacific Islander Communities

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 Pacific Islanders 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 fruits, vary vegetables.** Buy a variety of fresh, frozen, or canned fruits such as mango, bananas, or oranges rather than fruit juice for most of your fruit choices. Choose fruit without added sugar or syrups. Buy dark green vegetables like taro leaves; orange vegetables such as sweet potatoes and carrots; and beans. Choose vegetables without added salt, butter, 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 wheat bread, crackers, cereals, brown rice, oatmeal, and wheatbix.
- **Go lean with protein.** Buy skinless lean meats and poultry such as pork, chicken, or beef. Vary your protein choices with more fish, nuts, and seeds.
- **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.

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