



Module 20: Shop and Cook To Prevent

Participant Guide





Healthy shopping and cooking can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- How to identify foods that can support your health goals
- How to shop for foods that can support your health goals no matter where you get your food
- How to cook the foods you love in new ways and discover new favorite foods

You will also make a new action plan!

Tips:

- ✓ Find out about sales at local grocery stores, drug stores, or your local dollar store. Check your local newspaper or look online. Fruit and vegetable markets may be a good option too.
- ✓ Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.

Key Points to Remember:

- Healthy options can be found at most stores—you don't have to shop at health food stores or special stores.
- Frozen foods, like frozen vegetables or fruit, can be good options if cost is an issue.

How To Shop for Healthy Food

Jerry's Story

Jerry's mother has type 2 diabetes. He wants to avoid getting it. So, he's trying to make small changes to the foods he eats and the drinks he chooses. Since he cooks most of his own meals, Jerry decides to think about what he buys.

When Jerry goes grocery shopping, he finds the prices for "healthy" food too high for his budget. He's worried that if he buys healthy food, he may not like it. He's also concerned that the fresh fruits or vegetables he buys may go bad before he eats them. And there are a few foods he likes that he's not sure how to prepare, like garbanzo beans and spaghetti squash. He asks his mother how she buys healthy food on a budget.



She tells Jerry that she takes some steps even before she goes shopping. To get ready to shop, she:

- Gathers coupons for healthy items she likes.
- Looks at what's on sale at local stores.
- Plans her meals and snacks for the week.
- Checks her kitchen to see what she already has in her fridge, freezer, and cupboards.
- Makes a shopping list of fresh, frozen, and canned foods.
- Has a healthy snack before shopping.
- Plans for some prepared meals, knowing that she can add healthy sides to them when she's in a hurry.
- Finds a new fruit, vegetable, grain, or bean to try every other week to keep her meals interesting.

The next Sunday, Jerry helps his mom get ready to shop. Then he goes to the store with her. He's impressed by how much healthy food she gets for her money. She gets some fresh fruits, vegetables, and meats. She also buys beans along with frozen fish, meats, fruits, and vegetables. In the middle of the store, she finds whole grains, like oats and brown rice. She also buys a spaghetti squash so she can show him how to cook one!

How To Shop for Healthy Food

Jerry decides to try shopping the way his mom does. He finds some great deals on frozen fruits and vegetables in the dollar store by his house. He clips coupons for chicken breasts, hummus, and spinach—foods he eats a lot. He also finds some healthy recipes online, including one with chili-lime roasted garbanzo beans. He uses that recipe to make a healthy stir-fry for his mom!

Jerry's Meals and Snacks

Jerry plans two to three options for breakfast, some 100-calorie snacks, lunches, and dinners for most of the week.

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal Frozen blueberries Coffee with skim milk	Chicken breast Spinach and tomato salad Tea with lemon	½ apple	Black bean burrito with tomato, low-fat cheddar cheese, and salsa Sparkling water with orange slice
Tuesday	Nonfat plain yogurt ½ apple Coffee with skim milk	Turkey sandwich with lettuce and tomato Pickle Tea with lemon	Orange	Bell peppers stuffed with lean beef and brown rice Salad with spinach greens, tomato, and cucumber with 2 Tbsp Italian salad dressing Sparkling water with lemon
Wednesday	2 scrambled eggs with veggies 2 slices of whole wheat toast Coffee with skim milk	Chicken salad Pita chips Tea with lemon	Peppers with nonfat yogurt dip	Stir-fry with chili-lime roasted chickpeas and frozen vegetables Sparkling water with lemon

How To Shop for Healthy Food

	Breakfast	Lunch	Snack	Dinner
Thursday	Oatmeal Frozen mixed berries Coffee with skim milk	Chicken salad with 2 slices of whole wheat bread Tea with lemon	Air-popped popcorn	Baked pork loin Steamed frozen broccoli Spaghetti squash Sparkling water with lemon
Friday	Whole wheat bread with peanut butter Coffee with skim milk	Chicken breast Spinach and tomato salad Tea with lemon	Baked tortilla chips and salsa	Garden salad with chicken Baked potato Fruit Skim milk
Saturday	Scrambled egg substitute with veggies Coffee with skim milk	Turkey wrap with lettuce and tomato Tea with lemon	Low-fat chocolate pudding	Grilled turkey burger Whole wheat roll Salad Sparkling water with lemon
Sunday	Nonfat plain yogurt Strawberries Coffee with skim milk	Can of chunky vegetable soup Pita chips Tea with lemon	Handful of mixed, unsalted nuts	Chili from freezer (prepared previously) with beans, corn, salsa, low-fat cheddar cheese, and tomato Skim milk

How To Shop for Healthy Food

My Meals and Snacks

Plan your own options for breakfast, snacks, lunches, and dinners. You can plan for a few days, a week or a month – whatever works for how you shop. You can use “Jerry’s Meals and Snacks” for ideas.

	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

How To Shop for Healthy Food

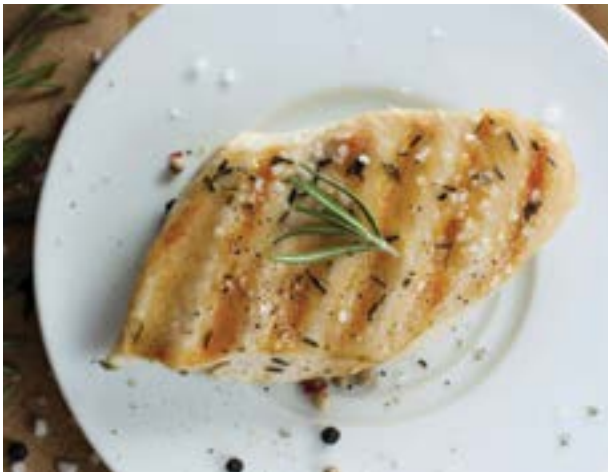
Jerry's Shopping List

Shopping List



Non-Starchy Veggies

- Bag of salad greens
- Romaine hearts
- Tomatoes
- Fresh red peppers
- Spinach
- Frozen broccoli
- Bell peppers
- Frozen mixed vegetables



Protein Foods

- Chicken breasts
- Fish
- Beans and other legumes
- Eggs
- Egg substitute
- Sliced turkey
- Pork loin
- Lean ground beef



Grains and Starchy Foods

- Canister of oatmeal
- Black beans in a can
- Garbanzo beans (chickpeas) in a can
- 100% whole wheat bread
- 100% cornmeal tortillas

How To Shop for Healthy Food



Other Items

- Salsa
- Garlic
- Hummus
- Mixed unsalted nuts



Dairy

- Low-fat cheddar cheese
- Skim milk
- Plain nonfat yogurt



Fruits

- Fresh oranges
- Bag of apples
- Frozen mixed berries
- Frozen blueberries
- Lemons

How To Shop for Healthy Food



Drinks

- Unsweetened Tea
- Sparkling water (lime and orange flavored)
- Coffee

How To Shop for Healthy Food

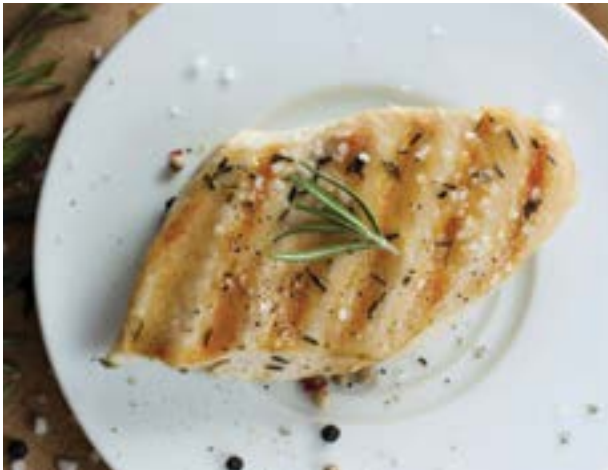
My Shopping List

After you plan your meals and snacks for the week, check your kitchen to see what you have. Then make a list of the items you need to buy. You can use “Jerry’s Shopping List” for ideas.



Non-Starchy Veggies

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Protein Foods

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Grains and Starchy Foods

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How To Shop for Healthy Food



Other Items

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Dairy

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Fruit

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How To Shop for Healthy Food









Drinks






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Healthy Shopping Tips

You can shop for healthy food without spending a lot of time or money. Try these tips.

Before You Shop	While You Shop
 <p>Find out about sales at local stores. Don't forget about the dollar store, drug store, or corner store. Check your local newspaper for grocery store sales. Fruit and vegetable stands or farmers markets may be good options too.</p>	 <p>Compare prices of similar items or look for store brands, which are often less costly.</p>
<p>If a store you like offers a discount card, get one. If you're using SNAP or WIC, find out what local stores or farmers markets accept SNAP or WIC benefits.</p>	 <p>Compare food labels of similar items to make healthy choices when in doubt.</p>
 <p>Gather coupons for healthy items you like or would like to try. Look for them online, in the mail, and in your local newspaper.</p>	<p>Stick to your list. Stay away from aisles with a lot of sweet, salty, or highly processed foods. Focus on fruits, vegetables, grains, proteins, and frozen and canned foods that you need.</p>
 <p>Find recipes online, in books, and in magazines. Swap ideas with your friends and family. If you're using SNAP or WIC, you can find recipes, cookbooks, and videos to help you cook healthy at home using foods you can buy with your benefits.</p>	 <p>Choose carrots, apples, bananas, potatoes, cabbage, beans, rice, and oats. These often cost less. Keep in mind that some lower-cost items, such as dried beans, take much longer to cook.</p>

Healthy Shopping Tips

	<p>Plan main meals and snacks for the week. Think about sales, coupons for healthy items, and recipes you want to try. Consider any events that might affect how much time you have to cook or eat.</p>		<p>Buy veggies and fruit that are in season or frozen. These often cost less and taste better. If you choose canned veggies and fruit, avoid those with added salt or sugar, or rinse them well.</p>
	<p>Check your fridge, freezer, and cupboards or pantry to see what you have.</p>		<p>Choose family packs, store brands, and sale items. These often cost less.</p>
<p>Make a list of the items you need for the meals and snacks you planned.</p>			<p>The food you cook yourself often costs less and is healthier. If you are using a prepared meal, eat a smaller portion and add in a healthy side, like a fresh vegetable.</p>
	<p>Have a healthy snack so you won't be too hungry. This will help you make healthy choices.</p>		<p>For items that you eat regularly, larger quantities can be more affordable.</p>

Sources:

- Recipes, Cookbooks and Recipe Videos, WIC Works Resource System (usda.gov) (wicworks.fns.usda.gov/resources/recipes-cookbooks-and-recipe-videos)
- SNAP-Ed Recipes, SNAP-Ed (usda.gov) (snaped.fns.usda.gov/nutrition-education/snap-ed-recipes)

Healthy Shopping Tips

Other Healthy Shopping Ideas



Healthy Cooking Tips

You can cook healthy food without spending a lot of time. Try these tips.

- Cook large batches of items that freeze well, like sauces, and stews. Store them in your freezer.
- Cut up veggies or fruit in advance. Store them in your fridge or freezer.
- Make the meals and snacks you planned for the week (see “Healthy Shopping Tips”).
- If you are starting with a prepared meal, add healthy sides. For example, if you make a pizza for your family, have a large side salad with cucumbers, tomatoes, and other vegetables.
- Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.
- Use a slow cooker or instant pot.
- Use leftover veggies and meat in an omelet, pasta or rice dish, stew, soup, salad, or burrito. This saves money as well as time.

You can cook healthy food that you enjoy. Try these tips.

- Change your favorite dishes to make them healthier. Or serve a smaller portion of the original recipe.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, lemon juice, vinegar, healthy oils, hot sauce, plain nonfat yogurt, and salsa.
- If your health care provider says to limit your salt, look for canned and packaged items that are low in sodium. Choose lower-sodium sauces or dilute sauces, like fish sauce or soy sauce, in your kitchen.
- Grill or roast veggies and meat to bring out the flavor.
- Learn healthy cooking methods online, in books, in magazines, and from TV shows. Learn from your friends and family. Or take a healthy cooking class.
- Try new cooking styles and ingredients.

Cook With Less Fat

- Bake, grill, roast, or stir-fry in a small amount of healthy oil.
- Coat pans with healthy cooking spray.
- Simmer food in water or stock.
- Steam vegetables and fish or microwave them.
- Take the skin off chicken before you cook it.
- Trim the fat off meat before you cook it.

Healthy Cooking Tips

Other Healthy Cooking Ideas

