



Participant Guide

Shop and Cook to Prevent T2



Session Focus

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

This session we will talk about:

- Healthy food
- How to shop for healthy food
- How to cook healthy food

You will also make a new action plan!



Tips:

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



Jerry's Story

Jerry's mother has type 2 diabetes. He wants to avoid getting it. So he's trying to eat healthy.

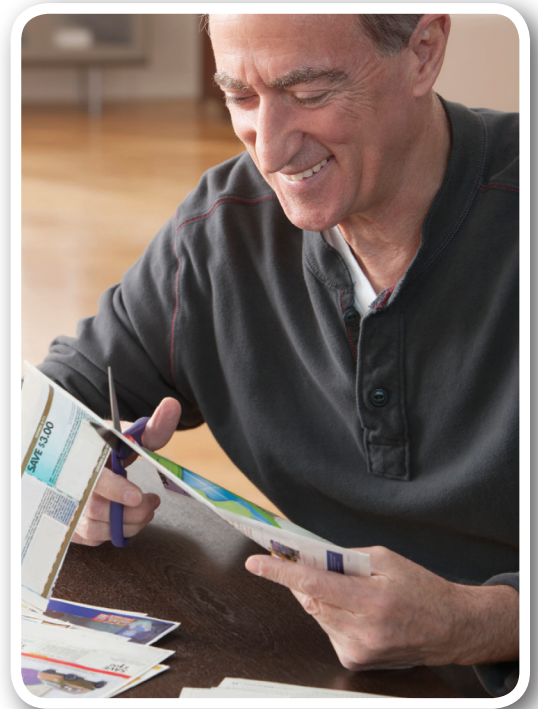
When Jerry goes to a health food store, he finds the prices too high for his budget. He asks his mother how she buys healthy food she can afford.

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

1. Gathers coupons for healthy items
2. Looks at what's on sale at local grocery stores
3. Plans her meals and snacks for the week
4. Checks her kitchen to see what she has
5. Makes a shopping list
6. Has a healthy snack

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.

Jerry decides to try shopping the way his mom does. Plus, he looks for healthy recipes online. He's also taking a healthy cooking class. He's even made some healthy meals for his mom!





Jerry's Meals and Snacks

Jerry plans his meals and snacks for one week.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	<ul style="list-style-type: none"> Oatmeal Strawberries Coffee with skim milk 	Rice cake with hummus	<ul style="list-style-type: none"> Chicken breast Spinach and tomato salad Tea with lemon 	Apple	<ul style="list-style-type: none"> Black bean burrito with tomato, low-fat cheddar, and salsa Sparkling water with lemon 	Orange
Tuesday	<ul style="list-style-type: none"> Nonfat plain yogurt Strawberries Coffee with skim milk 	Apple	<ul style="list-style-type: none"> Turkey sandwich with lettuce and tomato Pickle Tea with lemon 	Orange	<ul style="list-style-type: none"> Peppers stuffed with brown rice Salad Sparkling water with lemon 	Baked tortilla chips and salsa
Wednesday	<ul style="list-style-type: none"> Scrambled egg beaters with veggies Whole wheat toast Coffee with skim milk 	Fruit and nut bar	<ul style="list-style-type: none"> Chicken salad Pita chips Tea with lemon 	Broccoli with nonfat yogurt dip	<ul style="list-style-type: none"> Chicken and veggie stir-fry Sparkling water with lemon 	Low-fat chocolate pudding
Thursday	<ul style="list-style-type: none"> Oatmeal Strawberries Coffee with skim milk 	Whole wheat crackers with peanut butter	<ul style="list-style-type: none"> Chicken salad Tea with lemon 	Apple	<ul style="list-style-type: none"> Baked pork loin Steamed broccoli Whole wheat pasta Sparkling water with lemon 	Air-popped popcorn



Jerry's Meals and Snacks

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Friday	<ul style="list-style-type: none"> 100% whole wheat bread with peanut butter Coffee with skim milk 	Celery with low-fat cream cheese	<ul style="list-style-type: none"> Chicken breast Spinach and tomato salad Tea with lemon 	Orange	<ul style="list-style-type: none"> Garden salad with chicken Baked potato Fruit Skim milk 	Baked tortilla chips and salsa
Saturday	<ul style="list-style-type: none"> Scrambled egg beaters with veggies Coffee with skim milk 	Fruit and nut bar	<ul style="list-style-type: none"> Turkey sandwich with lettuce and tomato Tea with lemon 	Carrots with hummus	<ul style="list-style-type: none"> Grilled turkey burger 100% whole wheat roll Salad Sparkling water with lemon 	Low-fat chocolate pudding
Sunday	<ul style="list-style-type: none"> Nonfat plain yogurt Strawberries Coffee with skim milk 	Rice cake with peanut butter	<ul style="list-style-type: none"> Veggie soup from freezer Pita chips Tea with lemon 	Apple	<ul style="list-style-type: none"> Chili from freezer with salsa, low-fat cheddar, and tomato Skim milk 	Air-popped popcorn



My Meals and Snacks

Plan your meals and snacks for one week. You can use “Jerry’s Meals and Snacks” for ideas.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						



My Meals and Snacks

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Friday						
Saturday						
Sunday						



Jerry's Shopping List

Shopping List

Non-Starchy Veggies

- ☐ Lettuce
- ☐ Tomatoes
- ☐ Carrots
- ☐ Spinach
- ☐ Broccoli
- ☐ Peppers
- ☐ _____
- ☐ _____
- ☐ _____



Protein Foods

- ☐ Chicken breasts
- ☐ Egg beaters
- ☐ Sliced turkey
- ☐ Pork loin
- ☐ _____
- ☐ _____
- ☐ _____



Grains and Starchy Foods

- ☐ Black beans
- ☐ 100% whole wheat
- ☐ bread
- ☐ 100% cornmeal
- ☐ tortillas



Other Items

- ☐ Salsa
- ☐ Garlic
- ☐ Hummus
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Dairy

- ☐ Low-fat
- ☐ cheddar
- ☐ Skim milk
- ☐ Plain nonfat
- ☐ yogurt
- ☐ _____

Fruit

- ☐ Oranges
- ☐ Apples
- ☐ Strawberries
- ☐ Lemons
- ☐ _____
- ☐ _____

Drinks

- ☐ Tea
- ☐ Sparkling water
- ☐ _____
- ☐ _____
- ☐ _____



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.

Shopping List

Non-Starchy Veggies

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Protein Foods

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Grains and Starchy Foods

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Other Items

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Dairy

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Fruit

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Drinks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____






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 grocery stores. Check your local newspaper, or look online. Farmstands may be a good option too.</p>	<p>Look for the lowest unit price. You'll find it on the shelf by the item. It tells how much the product costs per pound, per ounce, etc.</p> 
 <p>If a store you like offers a discount card, get one.</p>	<p>Use food labels to help you choose healthy items.</p> 
<p>Gather coupons for healthy items. Look for them online, in the mail, and in your local newspaper.</p>	<p>Stick to your list. Stay away from aisles that tempt you.</p> 
 <p>Find recipes online, in books, and in magazines. Or swap ideas with your friends and family.</p>	<p>Choose carrots, apples, bananas, potatoes, cabbage, beans, rice, and oats. These often cost less.</p>
 <p>Plan your meals and snacks for the week. Think about sales, coupons for healthy items, and recipes you want to try. Also consider any special events that week.</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> 



Healthy Shopping Tips

Before You Shop	While You Shop
 <p>Check your kitchen to see what you have.</p> <p>Make a list of the items you need for the meals and snacks you planned.</p>	 <p>Choose family packs, store brands, and sale items. These often cost less.</p> <p>Avoid prepared meals, like canned soup and frozen dinners. The food you cook yourself often costs less and is healthier.</p>
 <p>Have a healthy snack so you won't be too hungry. This will help you make healthy choices.</p>	<p>If an item is a good price, buy as much as you can store.</p>
Other Healthy Shopping Ideas	
_____	_____
_____	_____
_____	_____
_____	_____





Healthy Cooking Tips

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

- Clean as you cook.
- Cook large batches of items that freeze well, like sauces, stews, and casseroles. 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.”)
- Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.
- Use a slow cooker, so you won’t need to stir as much.
- Use leftover veggies and meat in an omelet, pasta or rice dish, stew, soup, salad, or burrito. This saves money as well as time.





Healthy Cooking Tips

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

- Change your favorite dishes to make them healthier. Or serve a small portion of the original recipe.
- Choose good quality items.
- 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, low-fat salad dressing and gravy, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. If your healthcare provider says to limit your salt, look for items that are low in sodium.
- 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 in water or stock.
- Steam or microwave.
- Take the skin off chicken before you cook it.
- Trim the fat off meat before you cook it.
- Use nonstick cookware.





Healthy Cooking Tips

Other Healthy Cooking Ideas





Participant Guide

Keep Your Heart Healthy



Session Focus

Since you are at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. So it's important to keep your heart healthy.

This session we will talk about:

- Why heart health matters
- How to keep your heart healthy
- How to be heart smart about fats

You will also make a new action plan!



Tips:

- ✓ Choose foods that are:
 - Low in calories, salt, and fats—especially unhealthy fats
 - High in fiber, water, vitamins, minerals, and protein





Ways to Keep Your Heart Healthy

Do these things each day:

- If you smoke, quit.
- Be active for at least 150 minutes a week, at a moderate pace or more.
- Reach and stay at a healthy weight.
- Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30 minutes.
- Manage stress.
- Limit alcohol.
- Choose foods that are:
 - ✓ Low in calories, salt (sodium), and fats—especially unhealthy fats
 - ✓ High in fiber, water, vitamins, minerals, and protein



Ask your healthcare provider:

- If you need to take medicine to keep your heart healthy
- If you need any tests to check your heart health



Tests for Heart Health

Blood pressure test measures the force of blood against your artery walls.

Cholesterol test measures fats in your blood.



All About Fats

Avoid unhealthy fats

Unhealthy fats can harm your heart. There are three types of unhealthy fats: saturated fat, trans fat, and cholesterol.

Foods high in saturated fat include:

- Chicken skin and turkey skin
- Chocolate
- Coconut and coconut oil
- Fatback and salt pork
- Gravy made with meat drippings
- High-fat dairy products, such as whole or 2% milk, cream, ice cream, and full-fat cheese
- High-fat meats, such as regular ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- Lard
- Palm oil and palm kernel oil
- Sauces made with butter or cream



Foods high in trans fat include:

- Processed foods made with hydrogenated oil or partially hydrogenated oil, such as cookies, chips, and cakes
- Shortening
- Stick margarine



Foods high in cholesterol include:

- Chicken skin and turkey skin
- Egg yolks
- High-fat dairy products
- High-fat meats
- Liver and other organ meats





All About Fats

Limit healthy fats

Healthy fats are good for your heart. But they are also high in calories.

There are three types of healthy fats: monounsaturated fat, polyunsaturated fat, and Omega-3 fatty acids.

Foods high in monounsaturated fat include:

- Avocado
- Canola oil
- Nuts like almonds, cashews, pecans, and peanuts
- Olives and olive oil
- Peanut butter and peanut oil
- Sesame seeds



Foods high in polyunsaturated fat include:

- Corn oil
- Cottonseed oil
- Oil-based salad dressings
- Pumpkin and sunflower seeds
- Safflower oil
- Soft (tub) margarine
- Soybean oil
- Sunflower oil
- Walnuts



Foods high in Omega-3 fatty acids include:

- Albacore tuna
- Herring
- Rainbow trout
- Salmon
- Sardines
- Walnuts, flaxseed, and flaxseed oil





All About Fats

Cook the healthy way

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your ideas in the column that says “Other Ideas.” Check off each idea you try.

Instead of...	Cook the healthy way!	Other Ideas
Frying or deep-frying in unhealthy fat	<input type="checkbox"/> Grill, roast, sauté, or stir-fry in a small amount of healthy fat. <input type="checkbox"/> Simmer in water or stock. <input type="checkbox"/> Steam or microwave. <input type="checkbox"/> Use nonstick cookware.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Coating pans with unhealthy fat	<input type="checkbox"/> Coat pans with a squirt of healthy cooking spray.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Topping foods with fatty sauces	<input type="checkbox"/> Try lemon juice, vinegar, salsa, herbs, spices, hot sauce, plain nonfat yogurt, tomato sauce, or low-fat salad dressing made with healthy oil. Look for items that are low in salt (sodium).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Baking with butter and oil	Bake with: <input type="checkbox"/> Ground-up veggies or fruit with no added sugar <input type="checkbox"/> Nonfat plain yogurt <input type="checkbox"/> Veggie or fruit juice with no added sugar	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Eating animal fat and skin	<input type="checkbox"/> Take the skin off chicken before you cook it. <input type="checkbox"/> Trim the fat off meat before you cook it.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____