

# Diabetes-Friendly Pantry Rx

<b>CHOOSE THESE ITEMS</b>		<b>NOTES</b>
<b>GRAINS</b>	<ul style="list-style-type: none"> <li><input type="radio"/> Brown rice</li> <li><input type="radio"/> Oatmeal</li> <li><input type="radio"/> Popcorn (light)</li> <li><input type="radio"/> Whole grain breads or crackers</li> <li><input type="radio"/> Whole grain cereals (choose less sugar)</li> <li><input type="radio"/> Whole grain pasta</li> </ul>	
<b>VEGETABLES &amp; FRUIT</b>	<ul style="list-style-type: none"> <li>☆ <input type="radio"/> Fresh vegetables and fruit (if available)</li> <li><input type="radio"/> Canned vegetables (no salt added)</li> <li><input type="radio"/> Canned fruits (in 100% juice)</li> <li><input type="radio"/> Tomato sauce</li> <li><input type="radio"/> Raisins</li> <li><input type="radio"/> Salsa</li> <li><input type="radio"/> Soup with vegetables (reduced sodium)</li> </ul>	

<b>PROTEINS</b>	<ul style="list-style-type: none"> <li>☆ <input type="radio"/> Fresh meat or eggs (if available)</li> <li><input type="radio"/> Canned chicken, tuna or salmon</li> <li><input type="radio"/> Canned beans (low sodium)</li> <li><input type="radio"/> Dry beans or lentils</li> <li><input type="radio"/> Nuts &amp; Seeds (unsalted)</li> <li><input type="radio"/> Peanut butter</li> </ul>	
<b>SEASONINGS</b>	<ul style="list-style-type: none"> <li><input type="radio"/> Black pepper</li> <li><input type="radio"/> Chili powder</li> <li><input type="radio"/> Cinnamon</li> <li><input type="radio"/> Garlic powder</li> <li><input type="radio"/> Italian seasoning</li> <li><input type="radio"/> Onion powder</li> <li><input type="radio"/> Seasoning mixes (salt-free)</li> </ul>	



HealthyShelves.org

Visit [HealthyShelves.org](http://HealthyShelves.org) for recipes. *Healthy Shelves* recipes are made with a stove, oven, microwave or crockpot using less than ten everyday ingredients. Approved by chefs, pantry clients and following the Dietary Guidelines for Americans, all recipes are low in salt, added sugar and saturated fat.



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*Healthy Shelves* is a community partnership between:

- National Kidney Foundation of Wisconsin
- UW - Madison Extension FoodWise Program, Waukesha County
- Mount Mary University Dietetics Department

Together, these organizations are dedicated to supporting the nutritional health of food-insecure individuals living with diabetes, heart and/or kidney disease.

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Healthcare Provider

Contact Info

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