

USE THIS AS YOUR GUIDE FOR A HEALTHY SHOPPING TOUR AT COSTCO.

BEFORE YOU START

UNDERSTAND THE NUTRITION FACTS LABEL

- **Serving Size** is the basis for all the information on the label.
- Choose items with **less** fat, cholesterol, sugar and sodium.
- Choose items with **more** fiber, vitamins A and C, calcium and iron.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Know the Serving Size.

Mind the total Calories.

Limit these Nutrients.

Look at grams of Carbs.

Get enough fiber, protein, vitamins and minerals.

STOP #1

THE PRODUCE SECTION: YOUR MEAL SUPERSTAR

- Fill your cart with a wide variety of colorful non-starchy vegetables such as summer squash, peppers, carrots, broccoli, salad greens and other leafy green vegetables.
- Most non-starchy vegetables contain 5 grams or fewer of carbohydrates and 20 calories or fewer per serving.
- Starchy vegetables, like red potatoes, sweet potatoes and winter squash, can be used as nutrient-dense side dishes.
- Fruit is a great way to indulge a craving, offering fiber and a wide assortment of vitamins and natural antioxidants.

STOP #3

CHOOSE HEALTHY DAIRY, EGGS, MEAT & SEAFOOD

- Low-fat or reduced-fat milk, cheese, cottage and ricotta cheese and Greek yogurt.
- Plain, unsweetened soy, almond and cashew milk.
- Trans fat-free margarine and spreads.
- Eggs for protein and other nutrients.
- Lean beef and pork with "round" or "loin" in the name.
- Ground beef, chicken or turkey that is at least 90 percent lean.
- Tofu and other soy-based meat substitutes.
- At least 8 oz. of seafood (including fatty fish, such as tuna or salmon) a few times per week for enough heart-healthy omega-3 fatty acids.

STOP #5

GO TO

BLOOD GLUCOSE METERS: WHAT DO I NEED TO KNOW?

- Is it accurate?
- Is it easy to use and easy to carry?
- Is the display screen large enough to see my results?
- Will insurance cover my meter and test strips?
- Which test strips have the lowest copay on my health plan?
- What will my total cost for diabetes testing supplies be each year?

STOP #2

CHOOSE HEALTHY KITCHEN & PANTRY STAPLES

- 100% whole grain bread and crackers and corn tortillas.
- Bags and cans of beans and peas.
- Whole grain pasta, barley, quinoa, bulgur wheat and oats.
- When choosing canned vegetables, look for low sodium or no salt.
- Extra virgin olive and canola oil—liquid and spray.
- Nuts & nut butters and seeds.
- Flavored and unflavored bottled waters.
- Other sugar-free drinks.
- Sugar-free sweeteners.

STOP #4

VITAMINS & SUPPLEMENTS

- Multivitamin and mineral supplements: These can help you get vitamins and minerals you may not get in your meals and snacks.*
- Costco sells products that are scientifically formulated to supply nutritional support for people with diabetes or prediabetes.*
- Cinnamon: Water extract of cinnamon supports healthy blood glucose levels within the normal range.*
- Joint Health: Look for a joint health supplement that is scientifically proven to help promote joint comfort, and protect the cartilage that cushions your joints.*

STOP #6

OTHER HEALTHY LIVING PRODUCTS AT COSTCO

- Oral care: According to the CDC, people with diabetes are 2x more likely to develop gum disease. Use a toothpaste which is clinically proved to help prevent gingivitis, the earliest form of gum disease (as shown in the general population).
- Skin care: Look for mild lotions that add moisture, gently exfoliate, increase circulation and promote healing without heavy perfumes or alcohol.
- Fitness monitors: Costco sells a variety of heart rate monitors and activity monitors.

NOW START YOUR COSTCO HEALTHY SHOPPING TOUR!