Eating Right When Money’s Tight for People with Diabetes

From: National Diabetes Education Program

For people with diabetes, making healthy food choices is an important part of managing the disease. With the right tips and a little planning, you can eat healthy and stretch your food budget.

1. Plan ahead. Before you head out to the grocery store, plan your meals for the week and make a list of the foods you need. Include meals such as stews and casseroles that stretch your food dollars, and double the recipe for a second meal.
2. Review grocery store ads and clip coupons from the local newspaper or online.
3. Read the food label and compare brands and sizes to find the less costly food item.
4. Buy in bulk. Before you shop, make sure you have enough room to store the food.
5. Buy in season. Visit your local farmers market where prices tend to be lower because you buy direct from the farmer.
6. Buy frozen or canned vegetables with no salt added and canned fruit packed in juice – they are just as good for you as fresh produce and will not go bad.
7. Stay away from prepared foods. They will cost you more than the food you can make on your own. Some healthy and low-cost items available all year include dried beans and peas, vegetables such as carrots, greens and potatoes, and fruits such as apples and bananas.
8. Healthy snack ideas include air-popped popcorn or 1 cup of vegetables served with some salsa or a little low-fat salad dressing.

An example of a healthy low-cost recipe that the whole family can enjoy is on page 2 of this newsletter.

Five Fast Facts about Diabetes

1. 29.1 million Americans have diabetes.
2. Hearing loss is almost twice as common in adults with diabetes as adults without diabetes.
3. Approximately 6 million Americans use insulin.
4. Diabetes is the leading cause of kidney disease.
5. As many as 1 in 3 Americans will have diabetes by 2050 if present trends continue.

Source: www.diabetes.org
Beef & Bean Chili

Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 30 minutes. Serve chili with a mixed green salad with tomatoes, cucumber, and peppers topped with reduced-fat or fat-free salad dressing. Enjoy!

Makes 9 servings

Nutrition Information Per 8 oz Serving:
Calories 284, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 76 mg, Sodium 162 mg, Total Fiber 4 g, Protein 33 g, Carbohydrates 16 g, Potassium 769 mg.