



# balancing **diabetes**



## Meet our Hannaford Dietitians!

Hannaford offers FREE nutrition education online and in many stores. You can stop by and see them during their scheduled hours or even coordinate a time that works for you and your dietitian to chat about your nutrition questions.

Dietitian services include:

- Nutrition education for your school, work or community group
- Healthy eating tips, recipes and ideas for healthier family meals
- Advice for making the most of your pantry staples and shopping on a budget
- Help understanding food labels and portion sizes
- Help with special dietary needs



## Find us online

We offer FREE online nutrition education including a class on Eating for Diabetes. You can join your Hannaford Dietitian for a close look at the prediabetes and diabetes diet and explore the role nutrition plays in managing blood sugar, reducing risk factors, and lowering risk of diabetes side effects, particularly in type 2 diabetes.

Visit [hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com) to see all the great topics and to sign up for an upcoming class.

If you're not interested in a class, but have a nutrition question, you can email a private message to our staff registered dietitian at [dietitian@hannaford.com](mailto:dietitian@hannaford.com).

## Find us in-store

Visit [hannaford.com/dietitians](https://hannaford.com/dietitians) to find a dietitian near you and see their monthly schedule of events.



## Hannaford Pharmacy

Hannaford Pharmacy is here to meet all your prescription needs with a full range of services to help you save time and stay safe and healthy.

### Healthcare Professionals

Available to answer questions with expertise and care.

### Immunizations

Flu, shingles, pneumonia and more with no appointment needed. Immunization availability and age requirements vary by state. COVID-19 vaccinations by appointment; walk-in availability subject to change.

### Hassle-Free Transfers

Just drop off your current pill bottle, and we'll do the rest.

### Refills Made Simple

Coordinate your prescriptions and enjoy the convenience of a single trip to the pharmacy. No more worries about forgetting to call for your refills or running out of your medications.

### Hannaford Rx App

Take control of your health with hassle-free prescription management. Download from your favorite app marketplace.

### Same-Day Delivery, Curbside Pickup and Mailing\*

Three easy contact-free ways to receive your prescriptions.

\*Select product and insurance plan restrictions may apply.

**FREE** reward chart to encourage children to take medication as prescribed.

Prizes for completed charts.

### Third-Party Insurance Plans

Most prescription insurance plans are accepted.

Whether it's expertise on prescription management or providing information on supplements and over-the-counter items, we're here to help. We carry many of the products you need to manage your diabetes:

- Test strips
- Glucose meters
- Lancets
- Insulin syringes
- Glucose tablets
- Nutritional supplements

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## What is Diabetes?

Diabetes is a condition in which your body is less efficient at processing and using blood sugar (glucose). Glucose is important because it serves as a source of energy for the cells that make up your muscles and tissues. It's also the main source of fuel for your brain.

If you have diabetes, no matter what type, your body is not able to remove unwanted, excess sugar from your blood, causing a buildup. This buildup can lead to serious health problems.

Chronic diabetes conditions include:

- Type 1 diabetes
- Type 2 diabetes
- Prediabetes
- Gestational diabetes

Prediabetes and type 2 diabetes are most common, and are the main focus of this booklet.

## Know the Risks

**Weight:** Fatty tissue causes cells to become more insulin resistant. Choosing foods with less added sugars and watching portion sizes can help with weight management.

**High blood pressure:** High blood pressure is linked to an increased risk of type 2 diabetes. Choosing foods with less added sodium can help.

**Abnormal cholesterol and triglyceride levels:** Low levels of high-density lipoprotein (HDL), or "good" cholesterol, and high levels of unwanted triglycerides increase your risk. Choosing foods with less saturated and *trans* fats and more omega-3 fatty acids (omega-3s) can help.

**Inactivity:** Lower activity increases risk. Physical activity helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin.

**Family history:** Your risk increases if a parent or sibling has type 2 diabetes.

**Race:** Certain races – including African Americans, Hispanics, American Indians and Asian Americans – are at higher risk.

**Age:** Your risk increases as you get older.



# Guiding Stars® & Diabetes Management

Guiding Stars at Hannaford is an in-store resource that can help you quickly find the nutritious foods that you need to meet your diabetes management goals. Foods and beverages with one, two or three Guiding Stars have more fiber, whole grains, omega-3s, vitamins and minerals and have less saturated fat, *trans* fat, added sodium, added sugars and artificial colors. These are the diet elements that promote a healthy body. As you shop, look for foods with one, two or three stars as the foundation of your healthy diet.

One, two or three Guiding Stars mean that item has:

**Nutritional Value**

<p><b>MORE</b></p> <ul style="list-style-type: none"> <li>Vitamins</li> <li>Minerals</li> <li>Fiber</li> <li>Whole Grains</li> <li>Omega-3s</li> </ul>	<p><b>LESS</b></p> <ul style="list-style-type: none"> <li>Saturated Fat</li> <li><i>Trans</i> Fat</li> <li>Added Sodium</li> <li>Added Sugars</li> <li>Artificial Colors</li> </ul>
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guiding stars®

Be inspired to make simple, healthy choices.



**One star, good nutritional value.**



**Two stars, better nutritional value.**



**Three stars, best nutritional value.**

## No stars?

If the shelf tag has no stars, it simply means one of two things:

**The food doesn't meet the nutritional criteria for Guiding Stars.**

**OR**

**The food is not rated.**

Spices, supplements, baby formula and alcoholic beverages are not rated by Guiding Stars.

For more information on Guiding Stars visit [hannaford.com/guidingstars](http://hannaford.com/guidingstars).



# Nutrition Facts 101

Guiding Stars® has done most of the work for you by narrowing your choices to foods that are the most nutritious. However, it's important that you read the label to be sure the product meets the specific nutritional needs that your doctor recommends.

## Start here

Know what makes a portion and how many calories that one portion contains.

## Daily Value (based on a 2,000 calorie diet)

Indicates the percent of the recommended daily value that the food provides in one serving. 5% or less is low and 20% or more is high.

## Understand these nutrients

Use Guiding Stars to help you identify foods lower in sodium, saturated and *trans* fats, and higher in healthy fats such as omega-3s.

## Get the best source of these

Find foods with more fiber, vitamins and minerals while limiting added sugars.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

## Rules of Thumb for Counting Carbohydrates

**Total Carbohydrate** indicates the total grams of carbohydrate in the serving indicated.

**Dietary Fiber** is a part of the total carbohydrate count. Fiber is harder for the body to break down, releasing glucose into the bloodstream more slowly. Aim for foods with at least 3 grams of fiber per serving.

**Total Sugars** is a part of the total carbohydrate count and will directly affect increases in blood sugar. Aim to keep sugar as low as possible.

# Diabetes Q&A

Q: Do I have to give up carbohydrates?

A: Carbohydrates are an essential macronutrient. As part of your meal plan, carbohydrates, especially whole grains, contribute essentials such as vitamins, minerals and fiber. By keeping foods such as whole grain pasta, whole grain breads, apples and bananas in your kitchen, you can enjoy the foods you love and control your blood sugar. The key is portion size.

Q: The doctor says to eat less carbs. What does "less" mean?

A: "Less" is a vague word that means many things to many people and can cause people to avoid foods unnecessarily. Instead, the following carbohydrate ranges for females and males should be the goal per meal:

Females: 30-45 grams

Males: 45-60 grams

Your individual needs may vary, but this will get you started. Seek a referral from your doctor and meet with a dietitian who can individualize a plan to meet your specific needs.

Q: Are all carbohydrates the same?

A: All carbohydrates break down into sugar within the body. But some break down more quickly than others, send your blood sugar soaring and provide few nutrients.

**Breads, pastas, cereals:** On the ingredients label, search for the word "whole" as one of the first two ingredients.

**Fruits:** Choosing whole fruit is highly recommended since the fiber in whole fruit helps level blood sugar. Whether your fruit is fresh, frozen, canned or dried, they're all solid options. When opting for canned, select those that are packed in water or juice and look for dried fruits that don't contain added sugar.

Q: Where do I start?

A: The Guiding Stars® program at Hannaford is a great place to start. Look for items with one, two or three Guiding Stars. From there, turn to the nutrition label to see how the food fits into your carbohydrate grams per meal. Monitor portion sizes with the Portion Control Guide, found on the back of the shopping list.

# 10 Habits to Get You Started

1

Learn which foods are considered carbohydrates (check out High Carb Foods List, next page).

2

Opt for a breakfast made primarily of protein and have a small serving of fruit on the side.

3

When choosing whole grains, look for 3 grams or more of fiber per serving. Fiber helps foods digest more slowly for better blood sugar control.

4

Help control hunger and keep hydrated by drinking plenty of water.

5

Include high fiber foods such as beans and legumes in your diet for plant proteins that help stabilize blood sugar.

6

Try to eat more vegetables than fruits. Fruits contain more natural sugars than vegetables, and although they are nutritious, they can raise blood sugar more than non-starchy vegetables.

7

Monitor portion sizes (check out Portion Control Guide on back of the shopping list).

8

Plan short, 10-15 minute walks after every primary meal. Exercise helps your body absorb energy from your food, helping blood sugar recover faster!

9

Improve your sleep habits. Lack of sleep can interrupt hormonal processes required for blood sugar control (check out Habits Keeping You Awake, next page).

10

Reduce stress. High stress can cause blood sugar spikes no matter how well you're eating. Find small ways to reduce stress quickly, such as short breathing exercises.

# Make Positive Changes

## High Carb Foods List

These foods affect your blood sugar much more than other foods, such as meat, non-starchy vegetables or fats:

- Bagels, biscuits, breads, crackers, taco shells and tortillas
- Ready-to-eat or cooked cereal
- Pasta and rice
- Pancakes and waffles
- Fruit juice
- Cakes, cookies, ice cream, jam, jellies and sugar
- Popcorn, potato chips and pretzels
- Starchy vegetables such as corn, peas, potatoes and sweet potatoes

## Habits Keeping You Awake

**Caffeine** keeps the brain stimulated even while we are sleeping. Avoid caffeine after midday.

If you are **dehydrated**, it makes it difficult for your body to sleep throughout the night. Aim to drink water consistently throughout the day.

The **blue light** of screen time (phones, computers, television) right before bed can negatively impact the quality of your sleep. Instead, try reading a book or listening to some quiet, slow music.

## Reduce Stress

Stress can be physical (illness, injury) or emotional (work, marriage, etc.). Stress elevates certain hormones and can result in excess glucose (sugar) in the blood. Deep breathing and relaxation techniques may help.

## Keep Moving

Because muscles use glucose for fuel, activity is an excellent way to help manage blood sugar! Activity can help counteract elevated blood sugar levels that can occur after eating. Ask your healthcare professional about which activity is right for you.

## Nutritious Meals & Snacks

### Breakfast

1 slice whole wheat bread, toasted (15g)  
2 Tbsp. guacamole, on toast (~3g)  
1 slice fresh tomato, on toast  
1 egg, pan-fried on top of toast or on side  
1 cup fresh berries (15g)  
1 cup coffee and 2 Tbsp. low-fat milk (~2g)  
**35g Carbohydrates**

1 slice whole wheat bread, toasted (15g)  
2 Tbsp. hummus on toast (~5g)  
1 hard-boiled egg  
1 cup fresh berries (15g)  
1 cup coffee and 2 Tbsp. low-fat milk (~2g)  
**37g Carbohydrates**

2 whole grain waffles (27g)  
2 Tbsp. nut butter, on waffles (5g)  
1/2 cup fresh berries, on waffles (7g)  
1 cup coffee and 2 Tbsp. low-fat milk (~2g)  
**41g Carbohydrates**

Tropical Twister Oatmeal\* (54g)  
1 cup coffee and 2 Tbsp. low-fat milk (~2g)  
**56g Carbohydrates**

### Lunch

Pineapple Avocado Salad\* (14g)  
Half chicken breast, diced, on salad  
6 woven wheat crackers (20g)  
**34g Carbohydrates**

Mediterranean Tuna Antipasto  
Salad\* (24g)  
1 small apple (15g)  
**39g Carbohydrates**

2 slices whole wheat bread (30g)  
2 oz. lean meat or poultry  
Lettuce, tomato, onion  
2 Tbsp. guacamole, on bread (~3g)  
1 medium nectarine (15g)  
**48g Carbohydrates**

Mediterranean Chicken Pita\* (37g)  
1 small apple (15g)  
**52g Carbohydrates**

1 container chickpea salad (34g) on  
1 cup baby spinach (5g)  
1/2 cup strawberries (7g)  
**46g Carbohydrates**

## Nutritious Meals & Snacks

### Dinner

1 medium sweet potato, baked (24g)  
1 cup broccoli, roasted (5g)  
1 small chicken breast, baked  
1 Tbsp. plain Greek low-fat yogurt,  
on potato (>1g)  
**30g Carbohydrates**

Spinach & Orange Salad\* (17g)  
Half chicken breast, on salad  
1 slice whole wheat bread or roll (15g)  
**32g Carbohydrates**

Slow-Cooker Burrito Bowls\* (40g)  
**40g Carbohydrates**

1 medium ear of corn, grilled (22g)  
1 lean pork chop, grilled  
1 side garden salad (5g)  
2 Tbsp. balsamic vinaigrette dressing  
1 small whole grain roll (15g)  
**42g Carbohydrates**

### Snacks

1/2 cup baby carrots (8g)  
14 almonds (3g)  
**11g Carbohydrates**

1 rice cake (11g)  
2 Tbsp. almond butter  
**11g Carbohydrates**

1 rice cake (7g)  
1 cheese wedge (1g)  
**8g Carbohydrates**

1 small banana (15g)  
1 Tbsp. peanut butter (2g)  
**17g Carbohydrates**

Roasted Red Pepper Hommus  
Cucumber Bites\* (15g)  
**15g Carbohydrates**

\*Visit [guidingstars.com](https://guidingstars.com) for more recipes.



# Diabetes-Balancing Shopping List

From your **Hannaford Dietitians**. Use the foods listed below to fill your cart with diabetes-friendly, minimally processed, whole foods. Aim to fill 80% or more of your cart with Guiding Stars® items!

## Starchy Vegetables 1 Serving = 15g Carb.

Although nutritious, these veggies may raise blood sugar. One serving = 1/2 cup, cooked.

- Acorn squash
- Butternut squash
- Corn
- Parsnip
- Peas
- Plantains
- Potato
- Pumpkin

## Fruits 1 Serving = 15g Carb.

One serving is equivalent to 1 small piece of fresh fruit, 1/2 cup of frozen or canned fruit or 3/4 to 1 cup of fresh berries and melons.

- Apples
- Avocado
- Banana
- Berries
- Cherries
- Grapes
- Melon
- Oranges
- Peaches
- Pears
- Plums
- Pomegranates

## Grains 1 Serving = 15g Carb.

One serving is equivalent to 1/3 to 1/2 cup.

- Amaranth
- Barley
- Bulgur
- Couscous
- Oatmeal
- Quinoa
- Rice (brown, wild)
- Sorghum
- Teff
- Whole wheat pasta

## Beans/Legumes 1 Serving = 15g Carb.

An inexpensive way to add fiber and protein to a meal. 1 serving = 1/2 cup.

- Black beans
- Cannellini beans
- Chickpeas (garbanzo)
- Great northern
- Navy beans
- Green lentils
- Red lentils
- Yellow lentils

## Dairy Serving size varies.

Choose low-fat or fat-free dairy sources.

- Milk, low-fat or skim (1 cup = 12-15g)
- Plain yogurt (2/3 cup = 12-15g)
- Cottage cheese (1/2 cup = 12-15g)

## Non-Starchy Vegetables

Choose fresh and in-season whenever possible. Frozen and low-sodium canned veggies are also good choices.

- Bell peppers
- Broccoli
- Carrots
- Eggplant
- Green beans
- Leafy greens
- Mushrooms
- Onions
- Tomatoes
- Zucchini

## Lean Proteins

- Beef (top round, eye of round, top sirloin)
- Bison
- Cheese, low-fat
- Chicken breast
- Cod
- Egg whites (limited yolks)
- Pork tenderloin
- Salmon
- Sardines
- Tilapia
- Tuna
- Turkey breast

## Nuts & Seeds

For healthy fats, fiber and protein!

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Macadamia
- Peanuts
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts

## Healthy Fats/Oils

- Extra virgin olive oil
- Avocado oil
- Canola oil
- Grape seed oil

## Herbs & Spices

Add flavor without adding salt!

- Basil
- Cilantro
- Cinnamon
- Cumin
- Nutmeg
- Parsley
- Rosemary
- Thyme
- Oregano
- Pepper

# Portion Control Guide

## Fruits and Vegetables

What is a serving of fruit or vegetable?

- 1 cup salad greens (about the size of a baseball) 
- 1/2 cup fresh fruit (about the size of a tennis ball) 
- 1 medium banana (about the size of an eyeglass case) 
- 1/4 cup raisins (about the size of a golf ball) 
- 1 cup green beans, broccoli or other cut-up or cooked vegetable (about the size of a light bulb) 
- 1 baked potato (about the size of a computer mouse) 

## Meats and Protein

What is a serving of meat or protein?

- 1 small skinless, boneless chicken breast (about the size of a computer mouse) 
- 3 oz. grilled fish (about the size of a checkbook) 
- 2 Tbsp. peanut butter (about the size of a golf ball) 
- 3 oz. tofu (about the size of a deck of cards) 
- 3 oz. hamburger made with lean or extra-lean ground beef or ground turkey (about the size of a deck of cards) 

## Grains

What is a serving of grain?

- 1 pancake (about the size of a DVD) 
- 1 piece of corn bread (about the size of a bar of soap) 
- 1/2 cup cooked rice, pasta or cereal (about the size of a tennis ball) 
- 1 cup of cereal flakes (about the size of a baseball) 

## Dairy and Cheese

What is a serving of dairy or cheese?

- 1 oz. low-fat or fat-free cheese (about the size of 4 stacked dice or 2 cheese slices) 
- 1/2 cup of low-fat ice cream or low-fat or fat-free frozen yogurt (about the size of a tennis ball) 
- 1 cup low-fat or fat-free milk 
- 1 cup low-fat or fat-free yogurt 

# Our Commitment

Hannaford genuinely cares about your well-being. We are committed to making it easier for our customers to find and choose foods and products that promote a healthy lifestyle.

## We Offer

Healthy Living classes and store tours led by our team of registered dietitians.

Guiding Stars® - our unique at-a-glance navigation system that helps you find foods with more nutrition, quickly and easily.

A wide range of foods, supplements, vitamins and beauty care items that help you nurture and care for your body.

Hannaford Pharmacy, which helps you stay healthy *and* save money. Because Hannaford has both dietitians and pharmacists, we can help you understand and find what you need to maximize your health.

Online convenience - see what **hannaford.com** can do for you:

- Search for products and recipes with Guiding Stars
- Create shopping lists
- Place a Hannaford To Go order (at many stores)
- View nutrition facts to calculate and compare products
- Browse products by store and sort by nutrition elements that are important to you



**[hannaford.com/dietitians](https://www.hannaford.com/dietitians)**

The information in this booklet is not medical advice, and you should consult a healthcare professional for individual recommendations.