

Shopping made easy:

Diabetes

If you've been newly diagnosed with diabetes, it can be difficult to know what to shop for. To make it easier, we've put together a list of basic shopping items that are suitable for a diabetic diet. You can use this to help you start making the changes required for a balanced diet.

Our top 10 shopping basket items to base your meals around:

essential Waitrose

- ☐ Porridge oats
- ☐ Reduced sugar strawberry jam
- ☐ Fruit such as apples, oranges, plums and melons, as well as many more
- ☐ Sweet potatoes
- ☐ Frozen winter vegetable mix

Waitrose LOVE life

- ☐ Stoneground wholemeal sliced bread
- ☐ Mixed nuts
- ☐ Puy lentils & quinoa microwave pouch
- ☐ Wholewheat spaghetti
- ☐ Brown basmati & wild rice



For more information on nutrition and health, visit [waitrose.com/nutrition](https://www.waitrose.com/nutrition).



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