



Catering for your customers with diabetes

Diabetes is best managed by being mindful of carbohydrate intake, eating smaller meals regularly and choosing nutrient dense, healthful options.

Knowing what food to eat can make a huge difference to controlling and potentially reversing type-2 diabetes. Helping your customers with diabetes to make informed choices when shopping for food will make their shopping trip a lot easier.

Buying healthful foods at the grocery store is easier if you bring a grocery list.

By making smart food choices and buying the right foods, a person can ensure they have enough diabetic-friendly ingredients on hand to take them from breakfast through to the last meal, or snack, of the day.

Vegetables

Vegetables are the base of a healthy diet. Not only do they offer excellent sources of vitamins and minerals, but they are fibrous, too, and help the body feel full and satisfied. This in turn can deter overeating, which may cause blood sugar issues.

Some vegetables that you can stock are salad greens, broccoli, cauliflower, squash, green beans, asparagus, brussel sprouts, peppers, onions, beans and legumes.

Beans are an excellent source of dietary fibre and protein. They can be used in place of a portion of the protein that is needed in a diet. Some examples of what beans that you can stock in canned or dried forms include black beans, lentils, white beans, chickpeas, kidney beans and pinto beans.

Fruits

Despite their high sugar content, fresh or frozen fruits pack a powerful nutritional

- The number of people globally living with diabetes is expected to rise to 522 million in 2030
- Three out of four people with diabetes live in low- and middle-income countries
- One in two people with diabetes (212 million) remain undiagnosed
- Diabetes is a leading cause of heart disease, strokes, blindness, kidney failure and lower-limb amputation
- 80% of type-2 diabetes is preventable through the adoption of a healthy lifestyle
- Less than one in two people with diabetes and one in four family members of people with diabetes have access to diabetes-education programmes

punch with their high content of fibre, vitamins, and minerals.

Fruits that will interest your customers with diabetes include nectarines, all berries, oranges, grapes, kiwis, tomatoes, bananas, apples, apricots and cherries.

Whole grains

Unlike simple carbohydrates, whole grains break down slowly, which means that blood sugar levels can be more easily controlled. This is because whole grains do not cause the blood sugar spikes the same way refined carbohydrates do. Your diabetic customers will be looking for whole-wheat pasta, whole-grain bread, quinoa, brown

or wild rice, whole-grain or whole-wheat flour, maize, oatmeal and other whole-grain cereals, millet and amaranth.

Dairy

Dairy products contain important nutrients, including calcium and protein. Some research even suggests that dairy has a positive effect on insulin secretions. Some of the best options to add to the list are parmesan, ricotta or cottage cheese, low-fat or skimmed milk and low-fat or fat-free Greek or plain yogurt.

Meats, poultry, and fish

Similarly to whole grain foods, proteins are slow to be digested and do not cause spikes in blood sugar. Some of the best choices are skinless, boneless chicken breasts or strips, salmon, white fish fillets, skinless turkey breast, tofu, tuna and eggs

Dressings, dips, spices, and condiments

There are plenty of flavorings and dressings that can be great for those trying to manage blood sugar. Make sure that you have vinegar, olive oil and mustard on your shelves.

Dessert foods

Who doesn't love dessert? For your diabetic customers, you can stock fruit popsicles, dessert made with sugar-free gelatin, sugar-free pudding and sugar-free ice cream.

NOVEMBER 2018 PROMOTIONAL CALENDAR

Sun Smart Awareness Month

1 NOVEMBER

World Vegan Day

3 NOVEMBER

Sandwich Day

8 NOVEMBER

Cappuccino Day

12 NOVEMBER

Chicken Soup Day

14 NOVEMBER

World Diabetes Day

17 NOVEMBER

Homemade Bread Day

23 NOVEMBER

Espresso Day

26 NOVEMBER

Cake Day