


# Carb Aware Shopping



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## Type 2 Diagnosis First Aid Kit

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"The shopping cart is the ultimate litmus test for whether a person is capable of self-governing. To return the shopping cart is an easy, convenient task and one which we all recognize as the correct, appropriate thing to do. To return the shopping cart is objectively right. There are no situations other than dire emergencies in which a person is not able to return their cart. Simultaneously, it is not illegal to abandon your shopping cart. Therefore the shopping cart presents itself as the apex example of whether a person will do what is right without being forced to do it."

"No one will punish you for not returning the shopping cart, no one will fine you, or kill you for not returning the shopping cart, you gain nothing by returning the shopping cart. You must return the shopping cart out of the goodness of your own heart. You must return the shopping cart because it is the right thing to do. Because it is correct."

"A person who is unable to do this is no better than an animal, an absolute savage who can only be made to do what is right by threatening them with a law and the force that stands behind it," they state.

"The Shopping Cart is what determines whether a person is a good or bad member of society,"

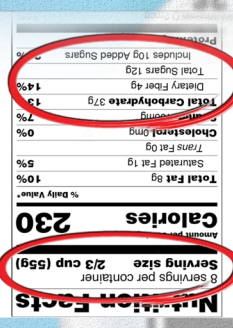
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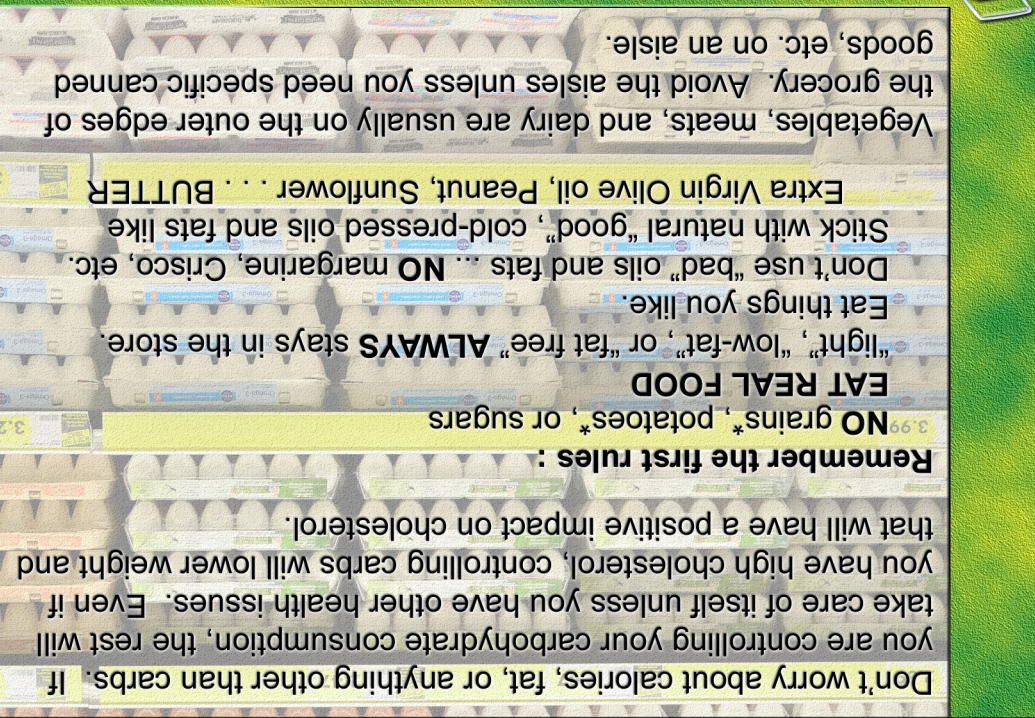
## Carb Aware Shopping



Unfortunatley, you need to know that shopping is now going to be more involved until you become carb aware enough to know what you can and cannot eat without spiking your blood sugar. If you didn't bother with Nutrition Facts Labels before, you will definitely be reading them now. Don't worry, you only need to be concerned with a couple of things.

First, find out how many servings are in the package and how big each serving is. Then look at the carbs. You'll see Total Carbs, Dietary Fiber, and Total Sugars. Subtract the Dietary Fiber from the Total Carbs and you have the Net Carbs in each serving. Now you have the information you need to make good, carb conscious eating decisions.

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Don't worry about calories, fat, or anything other than carbs. If you are controlling your carbohydrate consumption, the rest will take care of itself unless you have other health issues. Even if you have high cholesterol, controlling carbs will lower weight and that will have a positive impact on cholesterol.

**Remember the first rules :**

**NO** grains\*, potatoes\*, or sugars

**EAT REAL FOOD**

"light", "low-fat", or "fat free" **ALWAYS** stays in the store. Eat things you like.

Don't use "bad" oils and fats ... **NO** margarine, Crisco, etc. Stick with natural "good", cold-pressed oils and fats like Extra Virgin Olive oil, Peanut, Sunflower ... **BUTTER**

Vegetables, meats, and dairy are usually on the outer edges of the grocery. Avoid the aisles unless you need specific canned goods, etc. on an aisle.

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You've always been told, "*Don't go shopping when you're hungry*" and that is especially true now. Hunger will cause you to make bad decisions.

You should not shop when you are in a hurry. It's fine to stop in to quickly pick up one or two specific things, but a full shopping trip requires you to read labels and make important decisions. Don't get in a hurry and don't let others rush you along. Politely let them go past you. Your important decisions take priority over their haste.

Use your phone. It has a calculator to help you be carb aware and a notepad for you to make a shopping list to follow and avoid impulse purchases.

Always do your major shopping trips with a specific list. It is easy to do if you plan your meals in advance. Not only will a list keep you focused, it will help keep your grocery budget in control.



Don't let anyone fool you. Grocery stores are in business only to separate you from your money. It's a business. They are not in business to help you make healthy decisions, they are there to present you with tempting choices to get you to buy the sweet, tasty, savory ... with the essential items you need here and there among all the highly processed, sugar and carb laden goodies.

**It is 100% up to you to become carb aware and a smart, healthy shopper.**

Fresh vegetables, lean healthy proteins, healthy whole dairy products ... these are the things of a healthy diet. My mother always told me to, "...eat a rainbow..." and it's still good advice. Carb aware eating will probably allow you to lower your grocery bill. If you do see savings in your food budget, don't spend the new found wealth carelessly. Consider buying higher quality proteins and a wider variety of fresh vegetables.



Speaking about money savings, don't be tempted by the little boxes of pre-cut veggies. They cost more, and if they've already been cut up, they can't be as fresh as the fresh veggies next to the little boxes.

Carb aware shopping also means you'll probably be shopping for vegetables at least every week. Buy fresh, buy enough, but don't try to "stock up" since fresh vegetables go bad pretty quickly, even if properly stored. They are living, fresh things.

Sausage is good. Here in Louisiana, we have many varieties of sausages to choose from. Remember that the more processed foods are, the more likely they are to be bad for your health and to have added carbs and sugars. Look for sausage that is processed as little as possible. Fortunately, there are lots of local butchers and meat markets that have excellent sausage with few fillers. Be careful and read the Nutrition Facts Labels.



It's always good to buy from local businesses, however since your health is involved in your grocery purchases you need to go to the store that can provide the things you need to maintain your healthy diet. Be loyal to your neighbors, buy local when possible, but don't let shopping choices lead you to bad health outcomes.

Fruit = Fructose = Sugar . . . But . . . if your blood sugar is under control, you can enjoy limited fruit consumption added to your daily diet, but don't forget to track those carbs. Fruit = Carbs.

If you have the CarbManager app (*mentioned in #2 - Lifestyle Quick Start Guide*) it can be useful while shopping, especially if you have questions about carbs in unlabeled products like vegetables and fruits.

Don't torture yourself. If your grocery has a Bakery or a Deli, avoid them as much as possible to avoid temptation. The Bakery should be easy. There is nothing there for you, but you might need something from the Deli. Always look at the labels.