

# Reverse Diabetes Kitchen Makeover

A well-stocked, well-organized kitchen is your greatest Reverse Diabetes ally. Keeping the right foods at your fingertips means you'll be ready to put together fast, blood-sugar friendly meals and grab healthy treats when you want a snack. You'll be able to enjoy food without guilt, worry, fear—and without the danger of being sidetracked by temptations that make blood sugar spike and pack on pounds.

Ready to begin? The first step isn't shopping; it's clearing your kitchen of foods that pack too many calories or refined carbohydrates, too much saturated fat, or too much added sugar. Grab a bag for compostable

food scraps and a box for items you can give away. (If there are items that other family members eat, put them in a designated area of the pantry, refrigerator, or freezer) The second step: Use our "Stock Up" list to put the right edibles in place.

No need to overspend the grocery budget; you can add a few to your shopping list each week. You can check them off here or go to [thehealthy.com/reverseddiabetes/kitchenmakeover](http://thehealthy.com/reverseddiabetes/kitchenmakeover) for a digital version of this list.



Scan to find the list online.

## PANTRY

### Give away, move to a designated spot, or compost:

- Boxed mashed potato mix
- Breakfast cereals high in added sugar or that don't list a whole grain as the first ingredient
- Butter-flavored microwave popcorn
- Candy
- Canned fruit in heavy syrup
- Cereal bars (except those that are low sugar, contain no hydrogenated oil, and list a whole grain as the first ingredient)
- Cookies
- Corn oil

- Crackers that contain hydrogenated oil or don't have a whole grain, seed, or vegetable as the first ingredient
- Cream soups
- Non-diet soda and juice drinks
- Packaged and snack foods that list hydrogenated oils or trans fats
- Sugar-sweetened iced tea or lemonade mix
- Shortening
- Chips
- White bread
- White rice

### Stock

- Applesauce, no-sugar-added
- Broth—low-sodium chicken or vegetable

- Brown rice
- Cereal, whole-grain, with at least three grams of fiber per serving
- Cocoa powder, unsweetened
- Cooking spray
- Couscous, whole-grain
- Fruit, canned in juice or light syrup
- Garlic, fresh
- Legumes (black beans, chickpeas, etc.), canned or dried
- Mushrooms, dried
- Oils—olive, canola, avocado
- Onions
- Nut and seed butter
- Popcorn kernels
- Potatoes and sweet potatoes or yams
- Raisins, other dried fruit
- Salmon, canned
- Sugar substitute
- Soups—low-sodium broth-based soups, especially vegetable and bean soups
- Tomatoes, canned
- Tomato sauce, no salt added
- Tuna, canned in water
- Vegetables, canned
- Vinegars
- Whole grains—barley, oats (rolled and steel-cut, farro, bulgur, etc.)
- Whole-grain bread, mini bagels, and rolls
- Whole-grain crackers
- Whole-wheat flour
- Whole-grain pasta

## REFRIGERATOR

### Give away, move to a designated spot, or compost:

- Butter (or use very sparingly)
- Full-fat cheddar, jack, and other cheeses (or cut the cheese the recipe calls for in half)
- Full-fat milk, half-and-half, and cream
- Full-fat sour cream
- Full-fat yogurt
- Margarine that contain trans fats
- Sugary drinks—sodas, sweetened teas, fruit juice drinks
- Hard cheese for grating, such as Parmesan
- Lean beef, chicken, turkey, or pork
- Margarine (with no trans fats and saturated fat)
- Milk—low-fat, nonfat or plant-based
- Nonfat or low-fat sour cream
- Nuts and seeds
- Plant-based meat alternatives
- Tempeh and/or tofu
- Vegetables, assorted fresh
- Yogurt, plain—low-fat or nonfat, sweetened with a no-calorie sweetener if desired

### Stock

- Eggs and/or egg substitute
- Fruit, assorted fresh

## FREEZER

### Give away, move to a designated spot, or compost:

- Bacon and full-fat breakfast sausage
- Breaded fish sticks, fish fillets, and chicken
- French fries and potato nuggets
- Frozen snack foods
- Frozen waffles (except whole-grain)
- Frozen dinners containing more than 15 grams of saturated fat per serving
- Full-fat ice cream
- Vegetables in butter or cream sauces
- Berries and other fruit, frozen without added sugar
- Breads—whole-wheat and whole-grain pita
- Chicken breasts, individually portioned
- Edamame
- Fish fillets (unbreaded), shelled shrimp, scallops
- Ground turkey or lean ground beef
- Meatless burgers
- Sugar-free frozen fruit pops or bars
- Vegetables, frozen without sauces

### Stock

- Berries and other fruit, frozen without added sugar
- Breads—whole-wheat and whole-grain pita
- Chicken breasts, individually portioned
- Edamame

## KITCHEN EQUIPMENT

- Two dishwasher-safe cutting boards (reserve one for vegetables and fruit, one for meat)
- Air fryer (if you have the space and budget)
- Aluminum foil
- Good-quality nonstick or cast-iron skillet (it will allow you to sauté foods with very little oil)
- Freezer bags and containers
- Microwave-safe food storage containers
- Nonstick stir-fry pan
- Opaque storage containers for “treat” foods for other family members (so you won’t be tempted by the sight of the contents)
- Pot (with lid) large enough to cook soup, rice, or pasta
- Plastic wrap (or eco-friendly alternative)
- Salad spinner
- Sharp kitchen knives
- Silicone spatula
- Vegetable scrubber
- Vegetable steamer
- Zipper-lock bags