

# DORM & APARTMENT GROCERY SHOPPING GUIDE

ADULTING WITH DIABETES 2021

## FOR THE MINI PANTRY

Instant oatmeal  
Whole grain chips and crackers  
Salted/low butter popcorn  
Granola bars  
Whole grain bread

Apples  
Bananas  
Oranges

Canned soup  
Canned beans and lentils  
Canned vegetables  
Canned chicken or tuna

Meat sticks  
Peanut butter  
Nuts, seeds

## SUPPLIES FOR FOOD

Can opener  
Microwave-safe bowl  
Microwave-safe plate  
Fork, spoon, knife

## SUPPLIES FOR LOWS

Juice boxes  
Glucose tablets  
Glucose gel  
Snacks like granola bars and crackers  
Kid-size candies with 15 grams of carbs  
(Skittles, Starbursts, Sweet Tarts)  
Whatever your go-to low treat is!

## FOR THE MINI FRIDGE

Cheese sticks  
Yogurt  
Cottage cheese  
Eggs  
Tofu  
Deli meat  
Bell peppers  
Carrots  
Berries  
Grapes  
Sliced fruit  
Hummus  
Guacamole packets

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