

Surprising Benefits of Online Grocery Shopping

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What you choose to eat plays a key role in diabetes management because food affects your blood glucose (blood sugar) level. Every meal and snack counts. That's why making informed food choices—at the grocery store and beyond—is part of living well with diabetes.

Benefits of Online Grocery Shopping

Traditional in-store grocery shopping can sometimes be time-consuming, overwhelming, and for some, even stressful. If that's true for you, online grocery shopping may be a good option. It can be a quick and easy solution that can offer surprising benefits.

Easier access to products. Finding the right foods can feel like a challenge, especially when not all diabetes-friendly options are in the same part of the store. Online grocery shopping has become much more user friendly, with some grocery stores giving you the option to browse products sorted by eating pattern or lifestyle. This can make it easier to shop for products that are diabetes-friendly, have no added sugar, or are made with whole grains, just to name a few types you might be looking for. Check with your local retailer to see what they offer online.

Timesaving and less stress. By grocery shopping online you'll remove the time and stress of wandering the aisles looking for specific products that fit your needs. Instead, you can create a grocery list, set your preferences, and have everything delivered (a convenient but more expensive option) directly to your door or pre-shopped and ready to be picked up when it is ready. If going to the grocery store was a way of getting physical activity, you will need to find a replacement, go to the store to pick up your groceries but before you pick them up, walk around the store without needing to stop and shop.

Meal planning. If you don't tend to plan your meals ahead of grocery shopping, shopping online allows you to have more time to plan your meal while you shop or adjust your meal plan around what is on sale. Review your favorite recipes or take some time to find new ones before or during your online shopping.

Diabetes Food Hub offers recipes and a helpful meal planner tool that lets you organize your recipes and create a tailored grocery list. Be sure to check your calendar as well, noting any days when quick and easy meals are a must, as well as others where you might have more time to cook.

Stick to your budget. This convenient way of shopping may allow you an easier way to compare prices with different retailers and food products and allows you to take advantage of discounts or exclusive deals. Many grocery stores offer loyalty programs that can help you save money overall. By sticking to a pre-made shopping list, you are less likely to make impulse purchases that could derail your budget.

Stay informed. Make sure to read Nutrition Facts labels

for products that claim they are good for people with diabetes. We don't know the criteria they are using, so you want to make sure the product is right for you.

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Give It a Try

Making informed food choices—at the grocery store and beyond—is part of living well with

diabetes. By embracing this convenient and accessible shopping method, you can empower your health and enjoy a more efficient, stress-free approach to meal planning and grocery shopping.

Want more articles like this? Sign up for Diabetes Food Hub's e-newsletter for more diabetes-friendly articles, ideas, and recipes from the American Diabetes Association's Nutrition and Wellness team.

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4 Tips for Better Grilling this Summer

Healthy Options for Roasting Chicken

Best Beverages for People with Diabetes

Let's Talk About Vegetables

7 Tips for Boosting Flavor Without Salt

How to Keep the Crunch in Your Life

Get Recipes Delivered to Your Inbox

Creating a free account allows you full access to personalized meal planning and grocery list creation features, plus our monthly e-newsletter with the latest nutrition news.

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