

# Supermarket Smarts



In this group, people living with diabetes take a tour of a local grocery store, led by an HFHT Registered Dietitian (RD). The RD talks to patients about how to navigate the grocery store (for example, which aisles to visit and which to avoid). Patients learn how to eat well with diabetes, and how to read nutrition labels to make better food choices for the whole family.

Participants complete questionnaires before and after the session so that we can measure the impact the program had on their knowledge of eating well with diabetes. After participating in the tour, patients demonstrated a better understanding of how food affects blood glucose and how to read a food label. They also had increased confidence to select healthy foods to improve blood glucose.

Patients also told us they love being able to ask about specific food products they see on the shelves at their local grocery store as well as learning about new products to try. Our participants also enjoy the small group setting, so that everyone has an opportunity to ask questions.

