

diabetes-friendly shopping list

Healthful eating starts with smart shopping, and one of the best ways to ensure you bring home nutritious foods is to have a shopping game plan before you leave home. Use this shopping list to help make your next trip to the market easier and more healthful.

PRODUCE SECTION

Nonstarchy Vegetables

Consider eating a nonstarchy vegetable (or two) at every meal and aim for at least 3–5 servings of vegetables each day. A serving is 1 cup of raw or ½ cup of cooked vegetables. Some examples of nonstarchy vegetables:

- | | |
|---|---|
| <input type="checkbox"/> Artichoke hearts | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Beans (green, wax, Italian) | <input type="checkbox"/> Salad greens and cabbage (endive, romaine, lettuce, spinach, arugula, radicchio) |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Sugar snap peas |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Summer squash and zucchini |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Celery | |
| <input type="checkbox"/> Cucumbers | |
| <input type="checkbox"/> Eggplant | |
| <input type="checkbox"/> Greens (collard, kale, turnip) | |
| <input type="checkbox"/> Jicama | |
| <input type="checkbox"/> Mushrooms | |

Starchy Vegetables and Fruit

These foods contain more carbohydrates than nonstarchy vegetables, and are loaded with vitamins, minerals and fiber. Consider including at least one serving of this food group with each meal. For most fruits and starchy vegetables, a serving is 1 small item or about ½ cup.

- | | |
|---|--|
| <input type="checkbox"/> Apples or unsweetened applesauce | <input type="checkbox"/> Peaches and plums |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Citrus (grapefruit, orange) | <input type="checkbox"/> Potatoes and sweet potatoes |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Squash (acorn, butternut) |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Tropical fruits |
| <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Melons | |

PHARMACY

Do you need to refill or pick up a prescription?

INVOKANA® may **increase risk of lower-limb amputations, dehydration, and genital yeast infections**. Serious side effects may include: **ketoacidosis (increased ketones in your blood), kidney problems, high potassium in the blood, serious urinary tract infections, or low blood sugar (hypoglycemia)**. In clinical studies, most common side effects generally occurred early, were mild to moderate, and caused few patients to stop treatment.

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MEAT DEPARTMENT

Choose lean cuts and consider a 3-ounce portion of cooked lean protein a serving at most meals. Some good choices:

- Beef, select or choice grades trimmed of fat
- Fish fillets (catfish, cod, halibut, salmon, tilapia, trout, tuna)
- Fresh or frozen seafood (clams, scallops, shrimp, oysters)
- Lean presliced or deli meats (look for low-sodium)
- Pork tenderloin or lean chops
- Poultry without skin
- Other _____

DAIRY SECTION

Look for low-fat items in this section. Most of these items provide nutritious sources of protein as well as carbohydrates.

- Reduced-fat butter or trans-fat-free margarine
- Reduced-fat cheese (part-skim mozzarella, 2% fat cheddar)
- Flavorful grated cheeses
- Reduced-fat or nonfat milk
- Nonfat plain or Greek yogurt
- Eggs or egg substitute
- Other _____

DRY GOODS

The best choices are fiber-rich whole grains. Try to include a serving of whole grains or beans in several meals each week. For most grains and starch, a serving is 1 ounce or ½ cup. Some good choices:

- Dried or canned beans (black, lima, pinto)
- Fat-free refried beans
- Low-fat 6-inch tortillas
- Low-sodium canned vegetables
- Thin-sliced whole-grain bread, bagels and buns
- Unsweetened oatmeal
- Whole-grain cereals and pastas
- Other whole grains (e.g., quinoa, bulgur)
- Other _____

indication and important safety information

WHAT IS INVOKANA®?

INVOKANA® is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes. INVOKANA® is not for people with type 1 diabetes or with diabetic ketoacidosis (increased ketones in blood or urine). It is not known if INVOKANA® is safe and effective in children under 18 years of age.

IMPORTANT SAFETY INFORMATION

INVOKANA® can cause important side effects, including:

- **Amputations.** INVOKANA® may increase your risk of lower-limb amputations. Amputations mainly involve removal of the toe or part of the foot; however, amputations involving the leg, below and above the knee, have also occurred. Some people had more than one amputation, some on both sides of the body. You may be at a higher risk of lower-limb amputation if you: have a history of amputation, have heart disease or are at risk for heart disease, have had blocked or narrowed blood vessels (usually in leg), have damage to the nerves (neuropathy) in the leg, or have had diabetic foot ulcers or sores. **Call your doctor right away if you have new pain or tenderness, any sores, ulcers, or infections in your leg or foot.** Your doctor may decide to stop your INVOKANA®. Talk to your doctor about proper foot care
- **Dehydration.** INVOKANA® can cause some people to become dehydrated (the loss of too much body water), which may cause you to feel dizzy, faint, lightheaded, or weak, especially when you stand up (orthostatic hypotension). You may be at higher risk of dehydration if you have low blood pressure, take medicines to lower your blood pressure (including diuretics [water pills]), are on a low sodium (salt) diet, have kidney problems, or are 65 years of age or older
- **Vaginal yeast infection.** Women who take INVOKANA® may get vaginal yeast infections. Symptoms include: vaginal odor, white or yellowish vaginal discharge (discharge may be lumpy or look like cottage cheese), or vaginal itching
- **Yeast infection of the penis (balanitis or balanoposthitis).** Men who take INVOKANA® may get a yeast infection of the skin around the penis. Symptoms include: redness, itching, or swelling of the penis; rash of the penis; foul-smelling discharge from the penis; or pain in the skin around penis. Talk to your doctor about what to do if you get symptoms of a yeast infection of the vagina or penis.

Do not take INVOKANA® if you:

- are allergic to canagliflozin or any of the ingredients in INVOKANA®. Symptoms of allergic reaction may include: rash; raised red patches on your skin (hives); or swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing
- have severe kidney problems or are on dialysis

Before you take INVOKANA®, tell your doctor if you have a history of amputation; heart disease or are at risk for heart disease; blocked or narrowed blood vessels (usually in leg); damage to the nerves (neuropathy) of your leg; diabetic foot ulcers or sores; kidney problems; liver problems; history of urinary tract infections or problems with urination; are on a low sodium (salt) diet; are going to have surgery; are eating less due to illness, surgery, or change in diet; pancreas problems; drink alcohol very often (or drink a lot of alcohol in short-term); ever had an allergic reaction to INVOKANA®; or have other medical conditions.

Tell your doctor if you are or plan to become pregnant, are breastfeeding, or plan to breastfeed. INVOKANA® may harm your unborn baby. If you become pregnant while taking INVOKANA®, tell your doctor right away. INVOKANA® may pass into your breast milk and may harm your baby. Do not breastfeed while taking INVOKANA®.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take diuretics (water pills), rifampin (used to treat or prevent tuberculosis), phenytoin or phenobarbital (used to control seizures), ritonavir (Norvir®; Kaletra® – used to treat HIV infection), or digoxin (Lanoxin® – used to treat heart problems).

Possible Side Effects of INVOKANA®

INVOKANA® may cause serious side effects, including:

- **Ketoacidosis** (increased ketones in your blood or urine). **Ketoacidosis has happened in people who have type 1 or type 2 diabetes**, during treatment with INVOKANA®. Ketoacidosis is a serious condition, which may need to be treated in a hospital. Ketoacidosis may lead to death. **Ketoacidosis can happen with INVOKANA® even if your blood sugar is less than 250 mg/dL. Stop taking INVOKANA® and call your doctor right away if you get any of the following symptoms: nausea, vomiting, stomach-area pain, tiredness, or trouble breathing**
- **Kidney problems.** Sudden kidney injury has happened to people taking INVOKANA®. Talk to your doctor right away if you: 1) reduce the amount of food or liquid you drink, if you are sick, or cannot eat or 2) you start to lose liquids from your body from vomiting, diarrhea, or being in the sun too long
- **A high amount of potassium in your blood (hyperkalemia)**
- **Serious Urinary Tract Infections:** may lead to hospitalization and have happened in people taking INVOKANA®. Tell your doctor if you have signs or symptoms of a urinary tract infection such as: burning feeling while urinating, need to urinate often or right away, pain in the lower part of your stomach (pelvis), or blood in the urine. Some people may also have high fever, back pain, nausea, or vomiting

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indication and important safety information (cont.)

• **Low blood sugar (hypoglycemia).** If you take INVOKANA® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you take INVOKANA®

Signs and symptoms of low blood sugar may include: headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, sweating, shaking, or feeling jittery.

Serious allergic reaction. If you have any symptoms of a serious allergic reaction, stop taking INVOKANA® and call your doctor right away or go to the nearest hospital emergency room.

Broken Bones (fractures): Bone fractures have been seen in patients taking INVOKANA®. Talk to your doctor about factors that may increase your risk of bone fracture.

The most common side effects of INVOKANA® include: vaginal yeast infections and yeast infections of the penis; changes in urination, including urgent need to urinate more often, in larger amounts, or at night.

Tell your doctor if you have any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Janssen Scientific Affairs, LLC at 1-800-526-7736.

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