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What does non perishable food mean

You can send perishable foods from one place to another through FedEx: you simply have to take extra precautions before shipping them. If you do not, the food will spoil before arriving at its destination. Shipped food may face high temperatures or humidity while en route, and insulation and refrigeration will keep those perishable foods fresh until they arrive. Freeze gel packs according to the package guidelines. Cool the insulated container that you are using by placing it in the freezer or refrigerator. Place a liner bag inside the insulated container. Place the food in the liner bag along with the coolants. Put the coolants on the bottom, in the middle with the food and on top of the food. Place packing peanuts in the liner bag to fill in the spaces. Close the liner bag securely. Put the lid on the container, and place the container inside a corrugated cardboard box. Close the box securely with pressure-sensitive tape. Tape all the box flaps and seams. Ship the perishable food by FedEx First Overnight, Priority Overnight, 1Day Freight or Standard Overnight. Use 1Day Freight if the package is more than 150 pounds. Freeze the perishable foods before packing them. Cool the insulated container. Line the container with a watertight plastic bag if the food contains a liquid that can melt. Place frozen food products in the container, leaving room for dry ice. Put the dry ice in the container, around and on top of the food. Fill the spaces with packing peanuts. Close the liner bag, but don't seal it. The carbon dioxide from the dry ice needs a place to escape. Put the lid on the container, and place it in a corrugated cardboard box. Close and tape the box, using pressure sensitive tape. Tape down all the seams and flaps. Complete all required paperwork for shipping as well as correctly marking the box, since FedEx considers dry ice to be a dangerous material. Ship the perishable food by FedEx First Overnight, Priority Overnight, 1Day Freight or Standard Overnight. Use 1Day Freight if the package is more than 150 pounds. Tips Package the perishables to last for 30 hours, even if you pick an overnight service. It may take a few hours longer than you expect, or the package may not be picked up on time on the other end of the shipment. Do not ship your items over a weekend or holiday when they may sit in transit for longer periods. Warnings Never put dry ice in an airtight container because the carbon dioxide pressure could make the container burst. Food cravings are funny things—once the desire for a certain food strikes, it can be hard to think about anything else until you give in. You can spend your weekend meal prepping and have a ton of nutritious food ready for the week, but when a craving for salty food sets in it's easy to push those balanced meals and snacks aside and reach for a bowl of boxed mac & cheese or a bag of chips, instead. Research reveals that cravings can pop up for a lot of different reasons, many of them psychological—nostalgia, memories, emotional attachments, pleasure, and reward all play a role here. But psychology isn't the only factor behind cravings. Hormonal changes and nutrient deficiencies play a role in some situations, too. To learn more about what drives some of the most common food cravings—salty, sweet, caffeine, and more—we reached out to some leading nutritionists. Beyond lending some insight into why our cravings appear, they also shared some helpful advice for curbing cravings. Did you know that staying hydrated may be a good way to keep salt cravings to a minimum? Keep reading to see what else they had to say about some of the most common cravings. Emily Roberts/Byrdie What Salty Food Cravings Mean: According to our experts, if you're craving salty foods, there's a good chance you're dehydrated. This might be from sweating, illness, exercise, chronic stress, drinking too much alcohol, diuretic medication, or even from stomach troubles that have you in the bathroom a lot. Amy Shapiro, a registered dietitian and founder of Real Nutrition, says these cravings are often a sign your body is trying to rebalance electrolytes and water. "Our body naturally craves fluids and salty foods to help replenish the electrolyte balance that can easily get unbalanced," says registered dietitian Tracy Lockwood Beckerman. "The best way to curb a salty "junk food" craving is by eating foods that are higher in salt naturally like beets, celery, and carrots, or adding quality salts such as pink Himalayan salt to meals or vegetables." You also might crave salt because you regularly eat salty foods. "You tend to crave what you eat a lot of in your diet," Shapiro says. Take a look at what you normally eat on a daily or weekly basis, and if that includes a ton of salty and processed foods and a heavy hand on the salt shaker, try cutting back to see if your salt cravings subside. How to Curb Cravings For Salty Food: Hydration may be the key to kicking your salt cravings. You'll want to make sure you drink enough water each day, and add in electrolytes if you've lost a lot of fluids through sweating or sickness. Steven Reisman, a cardiologist and director of New York Cardiac Diagnostic Center recommends drinking eight 8-ounce glasses of water each day. Another common rule of thumb to make sure you're drinking enough water each day is to divide your weight (in pounds) in half and drink that amount in ounces. If stress might be the culprit that's driving your cravings, make an effort to decrease your stress levels with exercise, a healthy diet, and rest. "Before submitting to a food craving, consider your stress levels and try to reduce them through alternate methods rather than binge eating," Beckerman says. Keep a water bottle with you at all times to encourage regular hydration throughout the day. Team Byrdie loves this BKR option, which comes with lip balm built-in to the cap. What Sweet Food Cravings Mean: "We crave sugar in response to imbalanced blood sugar levels," Shapiro says. "As they go up cravings subside, but as they come down our body craves more." Blood sugar imbalances can happen for a lot of reasons, including not eating enough, and eating too many starchy foods and not enough protein and healthy fats. Sugar cravings are also common when we're tired, because sugar tends to be a go-to source of energy when our body needs it quickly. "It would make sense that your body craves high-calorie food when it's not getting enough calories," says registered dietitian Alix Turoff. "If you're on a low carb diet, it's possible that you'll crave sweets because your body is asking for the most simple form of glucose to fuel itself." How to Curb Cravings For Sweets: Keep your sugar intake to a minimum and make sure to eat balanced meals containing protein and healthy fats. "Curbing sugar cravings can be as easy as eating fulfilling, nutritious meals including a hearty and balanced breakfast and drinking plenty of water," Beckerman says. "Turning to vegetables such as sweet potatoes, squash, carrots, naturally sweetened foods such as coconut, grapes, and berries, or high-fiber foods like garbanzo beans and lentils can also help curve these cravings." If sugar cravings keep popping up because you're tired, make sure you're getting enough sleep. You can also try to incorporate calming activities like meditation and yoga into your day. Shapiro recommends finding ways to improve your sleep cycle and stress levels rather than reaching for sugar. What Caffeine Cravings Mean: Does the idea of a morning without coffee leave you nervous? Or maybe you're overly familiar with that pesky afternoon slump that has you heading out for a latte to make it through the rest of the work day. Coffee cravings can happen for a number of reasons—sometimes it's simply just a habit, while other times we're reaching for it to help fight the exhaustion we feel when we're stressed. "It can also show that we have low iron levels since symptoms include fatigue and weakness," Shapiro says. How to Curb Cravings For Caffeine: To fight coffee and caffeine cravings, you'll want to stay hydrated, make sure you're getting enough rest, and eat iron-rich foods like beans, shellfish, spinach, red meat, quinoa, tofu, and broccoli. If you have a feeling your craving may be habitual, try changing up your habits and starting your day with a glass of tea or lemon water before reaching for caffeine. What Chocolate Cravings Mean: "Chocolate is high in both sugar and fat and can be craved for a number of reasons including a sugar fix, FMS, hunger, caffeine craving, habit, stress, or if your body is in need of magnesium," Beckerman says. Meanwhile, sometimes your body develops a habit of reaching for certain foods when you're in a specific mood. "If you always go for chocolate when you're sad, you create a conditioned response," Turoff says. How to Curb Cravings For Chocolate: Dealing with a chocolate craving is going to depend on its source. One option is to look for a healthier food that's high in fat and sugar—Beckerman recommends avocado toast or an apple with almond butter. Balanced meals and snacks may help you maintain energy levels and keep cravings at bay. If your craving is because of a magnesium deficiency, try eating magnesium-rich foods like avocado, beans, almonds, tofu, fatty fish, and even dark chocolate. Remember that it's also okay to give in and eat the chocolate you're craving. Especially if you're not making a habit of eating a chocolate bar a day. "The best way to get that chocolate fix is to pick up a dark chocolate bar with a high cocoa percentage—85% or higher—as it will have more antioxidants and less sugar," Beckerman says. What Junk Food Cravings Mean: Sometimes we crave junk food because we eat it all the time and have become addicted to it. Eating junk food can stimulate a reward system in which the brain releases dopamine and other chemicals that our brain interprets as pleasurable. "Eating modern junk foods can cause a reward system that is more powerful than consuming any whole food," Beckerman explains. Sometimes nostalgia and memories of positive or negative times in our lives drive our junk food cravings. "For example, we crave popcorn when we go to the movies because we remember going to see a movie as a child and getting popcorn," Turoff says. "Or we crave certain cookies around the holidays because our mom always made them." How to Curb Cravings For Junk Food: Overcoming junk food cravings can be tricky because sometimes it's all you can think about. The best way to minimize junk food cravings is to limit the amount of processed foods you eat, and focus on balanced meals that contain a variety of nutrients. Beckerman advises eating healthy, nutrient dense food from the start of the day. "If your body has enough micro and macronutrients to sustain energy levels, your body won't signal you to binge on sugars or salts," she says. You'll want to keep in mind that despite what you've heard, many food cravings aren't driven by specific nutrient deficiencies. Turoff says that more often, they're driven by inadequate intake of calories or specific macronutrients, which includes fat, protein, and carbohydrates. In many cases, undereating or restricting certain foods can leave you wanting them even more, she explains. Getty/Claudia Totir What Healthy Food Cravings Mean: Healthy food isn't exactly what you think of when the word "cravings" comes to mind, but there are definitely instances where your body will crave healthy food. "When our body craves healthy food, we are most likely experiencing a nutrient deficiency that is signaling our brain to consume foods containing these nutrients," Beckerman says. "Consistent intake of healthy foods can also lead your body to recognize a pattern and habitually crave healthier meals." How to Curb Cravings For Healthy Foods: This is one craving you don't need to fight. If you're body is asking for healthy foods, follow your cravings and eat something nutritious. It really is as simple as that. If you have diabetes, you may be concerned about eating well while keeping physical distance, also known as social distancing, or self-quarantining. Keeping non-perishable foods on hand can be a great way to minimize your trips to the store and ensure that you have all the ingredients you need to make nutritious meals.Notably, numerous frozen or shelf-stable foods have a minimal effect on your blood sugar levels. You may even already have some in your pantry or freezer.Here are 18 of the best non-perishables for people with diabetes.Share on PinterestChickpeas are popular in numerous dishes. While they contain carbs, they're also rich in fiber, protein, and fat — all of which help minimize their overall effect on your blood sugar levels (1).You can use these tasty legumes to make hummus or falafels. What's more, they make a filling meat alternative and can be added to soups, salads, and stir-fries.If stored in a cool, dark pantry, dried chickpeas keep for up to 3 years.Canned tomatoes can flavor numerous dishes, including soups and stews.These savory, red fruits are also rich in antioxidants, such as lycopene, which may promote heart health. Plus, they're fairly low in carbs, so they only affect your blood sugar levels minimally (2, 3).Canned tomatoes can be used in cooking or to make sauces. Canned veggies typically don't expire for several years after purchase.Peanut butter is an inexpensive source of healthy protein, fat, and fiber — and it has few carbs (4).It's a great way to make a snack more filling. You can add it to toast or crackers, blend it into a smoothie, or use it as a dip for apples or baby carrots. It's likewise great in savory dishes like Thai-inspired stir-fry.Just be sure to choose natural peanut butter brands that don't contain added sugar, as sugary foods negatively affect blood sugar control. After opening, peanut butter lasts for about 1 year.Share on PinterestPistachios are a tree nut that packs healthy protein and fat. They're also rich in fiber, making them a great snack for people with diabetes (5).They serve as a crunchy addition to salads and can be crushed to make breading for fish or chicken.Pistachios last for about 6 months in your pantry, although refrigeration greatly extends their shelf life.Canned salmon is rich in omega-3 fatty acids, which benefit your brain and fight inflammation (6).Moreover, this fish is packed with protein and has no carbs. Canned salmon also contains some bones, which are safe and edible — and provide a calcium boost (7).You can use canned salmon on salads or in salmon patties. It typically doesn't expire until 2 years after purchase.Seed crackers are crackers made from a variety of seeds, such as sesame, flax, and chia seeds.Seeds serve as a healthy source of fat and fiber, which help slow these crackers' effects on your blood sugar levels (8, 9, 10).They can be paired with peanut butter or cheese as a snack, or included in a light meal like chicken salad or soup. If kept tightly sealed and stored in a pantry or fridge, seed crackers should last for about 1 month. Chia seeds are tiny black or white seeds. They boost digestive health because they're rich in soluble fiber and form a gel in your gut. This helps slow digestion and prevent rapid blood sugar spikes (11).Chia seeds add crunch to salads and smoothies. You can also use them to make chia pudding, a delectable treat that's delicious with fresh fruit.These seeds last up to 4 years in your pantry.Berries like raspberries are relatively low in sugar and high in fiber compared with other fruits like bananas or apples, so they affect your blood sugar levels to a lesser extent (12, 13, 14).Additionally, berries are packed with health-boosting nutrients and antioxidants (15).Frozen berries can be used in smoothies, cooking, and baking, and they last up to 1 year in the freezer — although you'll want to check them on occasion for freezer burn.Cauliflower is a versatile ingredient that can replace mashed potatoes, rice, and even certain pastas like macaroni. Its mild flavor makes it a great substitute for these starchy carbs.Plus, it boasts a very low carb count (15).Frozen cauliflower can last for up to 1 year in the freezer but should be checked for freezer burn often.Quinoa is a chewy whole grain with a taste and texture similar to that of brown rice. However, it has more protein and fiber — and fewer total carbs — than brown rice, making it ideal for people with diabetes (16, 17).Quinoa lasts for about 6 months to 1 year if properly stored in a sealed container in your pantry.Canned mushrooms, which taste milder than fresh varieties, give a nutrient boost to endless dishes. They're particularly popular in soups and stir-fries.Mushrooms are fiber-rich and low in carbs, so they affect your blood sugar negligibly. Some varieties, including white button, contain ergothioneine, an amino acid that has antioxidant properties and may aid blood sugar management (18, 19). Canned mushrooms usually don't expire until 2 years after purchase.Given that spinach contains very few carbs and calories, you can eat a large quantity with a minimal effect on your blood sugar levels (20).You can cook it as a side or add it to soups, stir-fries, and many other dishes to increase your intake of fiber, antioxidants, and provitamins A and K.Canned spinach lasts up to 4 years, while frozen spinach keeps for up to 1 year.Canned chicken is fairly lean, rich in protein, and contains almost no carbs. It's also convenient, as it's fully cooked and ready to eat (21).You can use it in soups, salads, and casseroles in the same way as you would use cooked chicken that's shredded or cubed. It also makes for easy chicken salad.Canned chicken lasts up to 4 years.Dark chocolate is a great treat for people with diabetes — and the darker the better, as chocolate with a higher cocoa content tends to pack less added sugar. Cocoa is also rich in fiber and healthy fats.For instance, just 3 squares (30 grams) of 78% dark chocolate offers 14 grams of fat, 3 grams of protein, and 4 grams of fiber — with only 11 grams of carbs (22).You can eat it on its own or include it in numerous desserts. A dark chocolate bar keeps for up to 4 months in your pantry, but freezing it extends its shelf life.High protein pastas are usually made from legumes, such as black beans or chickpeas, instead of wheat. Legumes contain carbs but boast more fiber and protein than wheat, making high protein pastas a better choice for people with diabetes (23, 24).You can replace regular pasta with a high protein variety in any recipe. It lasts dry for up to 6 months.Most protein powders are low in carbs and added sugars while providing hefty doses of protein. They're also quick and convenient.Whey protein is derived from cow's milk, so if you prefer a plant-based option, you can use soy or pea protein powder.Protein powder is a great addition to smoothies, protein shakes, and desserts. It typically lasts for up to 1 year if sealed and stored in a cool, dry place.Shelf-stable milk, whether dairy or plant-based, is always good to have on hand.Although cow's milk is slightly higher in carbs than some nondairy alternatives, it has protein and fat — unless it's skim — that reduce its effects on your blood sugar. Alternatively, some plant-based milks like unsweetened almond milk contain few carbs to begin with (25, 26).If you opt for plant milk, make sure to buy varieties without added sugar.Both shelf-stable and plant-based milks can be used in various recipes, such as protein-rich smoothies, soups, and baked goods. They last unopened for several months but should be refrigerated after opening.Olive oil is rich in anti-inflammatory compounds, and consuming it regularly may help you manage your blood sugar levels (27).Olive oil is pure fat, so it contains no carbs to affect your blood sugar levels. However, it's high in calories, so you should use it in moderation (28).It's a popular cooking oil and ideal for vinaigrettes, dressings, and dips.Keeping blood sugar levels consistent is an important consideration for people with diabetes. Since carbs affect your blood sugar levels more than protein and fats, your meals and snacks should all contain roughly the same number of carbs. The number of carbs that you need or can tolerate depends on many factors, including your body size, activity level, insulin sensitivity, and calorie needs. While the best way to determine the right amount for your needs is to consult a knowledgeable healthcare provider, here are some examples of a single serving of some carb-rich foods (29):1/3 cup (about 50 grams) of rice or pasta1/2 cup (117 grams) of oatmeal or grits1 slice of bread1 small tortilla or dinner roll6 crackers1/2 cup (80 grams) of potatoes or sweet potatoes, cooked1 piece of fruit or 1 cup (144 grams) of berries1 cup (240 mL) of milkTry to include protein and fat in each meal or snack to help keep you full and prevent your blood sugar levels from rising quickly (30).Before making any large changes to your diet, consult your healthcare provider so that they can properly adjust your medications and insulin dosages if needed.SummaryIf you have diabetes, you should try to keep your carb intake consistent across all your meals and snacks. Here is a sample 3-day meal plan using the non-perishable foods featured in this article.Day 1Breakfast: morning quinoa with chia seeds and frozen berriesLunch: soup with chickpeas and canned tomatoesSnack: dark chocolate and pistachiosDinner: high protein pasta with chicken, plus sauce made from canned tomatoes, spinach, and mushroomsDay 2Breakfast: protein shake with whey powder, shelf-stable milk, and peanut butterLunch: chicken salad with seed crackersSnack: roasted chickpeasDinner: salmon patties, quinoa, and green beansDay 3Breakfast: savory cauliflower "oatmeal" with spinach and mushrooms, plus 1 cup (240 mL) of milkLunch: high protein pasta tossed with olive oil, chickpeas, and spinachSnack: smoothie with berries, shelf-stable milk, and peanut butterDinner: falafel and sautéed spinachSummaryThis 3-day sample meal plan can serve as a starting point for your own meal planning using these non-perishable and frozen foods.Several non-perishable or frozen foods are great to have on hand if you have diabetes.These foods not only minimally affect your blood sugar levels but can also be combined in numerous ways to make scrumptious meals and snacks.

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