



Using the Plate Method

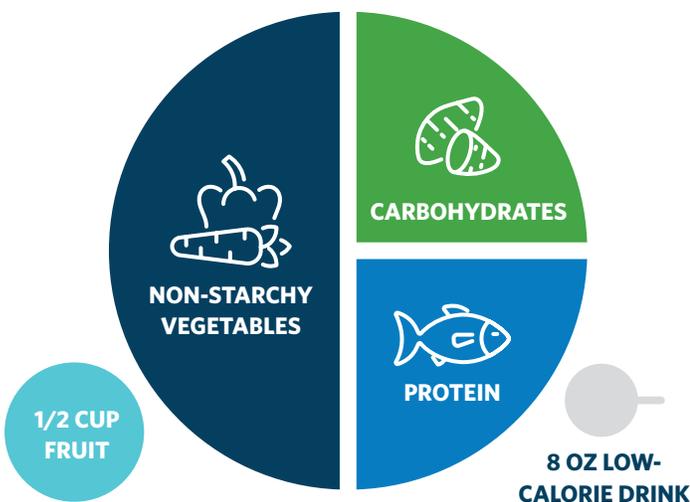
Planning your meals is important when you are living with diabetes. The Plate Method can help you make healthy choices with portion control.

Divide your 9-inch plate into sections

- 1/2 non-starchy vegetables (spinach, broccoli)
- 1/4 lean, low-fat protein (chicken, fish, eggs, tofu)
- 1/4 carbohydrates (breads, grains)

Add

- Low-calorie drink, such as water, coffee or unsweetened tea
- Serving of fruit or dairy - refer back to your meal plan to see which works best for you



Healthy Portion Sizes



1 ounce cheese
4 dice



3 ounce meat
Deck of cards



1 teaspoon butter
Thumb tip



1 tablespoon peanut butter
Whole thumb



1 cup salad greens
baseball



1/3 cup cooked rice
1/2 baseball

Healthy Food Guide

It is important to have a well-balanced diet with the right portions. This chart can help you create one. Serving sizes are not exact and do not indicate the carb counts.

Snacks	Healthy Fats	Protein	Grains & Starchy Vegetables	Non-Starchy Vegetables	Fruit	Dairy
<p>Less than 5 grams of carbs</p> <ul style="list-style-type: none"> 15 almonds 3 celery sticks & 1 tablespoon of peanut butter 5 baby carrots 1 hard-boiled egg 1/4 cup fresh blueberries 1 cup light popcorn 2 saltine crackers 1/2 cup sugar-free Jell-O <p>About 10-20 grams of carbs</p> <ul style="list-style-type: none"> 1/4 cup of dried fruit & nut mix 1 cup chicken noodle soup 1 small apple or orange 3 cups light popcorn 1/3 cup hummus & 1 cup raw fresh-cut veggies <p>About 30 grams of carbs</p> <ul style="list-style-type: none"> 6 ounces light yogurt 3/4 cup of berries 1 English muffin & 1 teaspoon low-fat margarine 1 medium banana & 1 tablespoon peanut butter 	<p>Monounsaturated Fats</p> <ul style="list-style-type: none"> Avocado Canola oil Nuts (almonds, cashews) Olive oil Olives Peanut butter Peanut oil Sesame seeds <p>Polyunsaturated Fats</p> <ul style="list-style-type: none"> Corn oil Mayonnaise Salad dressing Soft margarine Sunflower oil Walnuts <p>Omega-3 Fatty Acids</p> <ul style="list-style-type: none"> Albacore tuna Canola oil Flaxseed oil Flaxseeds Salmon Sardines Soybean products 	<p>One serving is 3-4 ounces of meat or seafood</p> <ul style="list-style-type: none"> Albacore tuna Beef Chicken Fish Ham Lamb Pork Seafood Veal <p>Meat Substitutes (check label for serving size)</p> <ul style="list-style-type: none"> Almond butter Black beans Cheese Cottage cheese Edamame Egg substitute Egg whites Eggs Hummus Lentils Peanut butter Pinto beans Tempeh Tofu 	<p>One serving is 3/4-1 cup</p> <p>Grains</p> <ul style="list-style-type: none"> Brown rice Buckwheat Millet Popcorn Quinoa Sorghum Whole farro Whole grain barley Whole oats/oatmeal Whole rye Whole wheat flour Wild rice <p>Starchy Vegetables</p> <ul style="list-style-type: none"> Acorn squash Butternut squash Corn Green peas Parsnips Plantains Potatoes Pumpkin <p>Legumes/Beans</p> <ul style="list-style-type: none"> Black beans Lentils Pinto beans 	<p>One serving is 1/2 cup cooked or 1 cup raw</p> <ul style="list-style-type: none"> Artichoke Asparagus Beans (green/wax) Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant Greens (collard, kale, mustard, spinach) Mushrooms Onions Peapods Peppers Salad greens (romaine, arugula) Turnips Zucchini 	<p>One serving is 1 small piece of whole fruit or 1/2 cup</p> <ul style="list-style-type: none"> Apple Apricot Banana Blackberries Blueberries Cherries Fruit cocktail Grapefruit Grapes Kiwi Mango Melon Nectarine Orange Peach Pear Pineapple Plum Raspberries Strawberries Tomatoes Watermelon 	<p>One serving is 1 cup</p> <p>Milk/yogurt</p> <ul style="list-style-type: none"> Almond milk Fat-free milk Low-fat milk Nonfat light yogurt Oat milk Plain nonfat yogurt Rice milk Soy milk <p>Cheeses</p> <ul style="list-style-type: none"> Cottage cheese (2 cups) Feta cheese (1/2 cup) Hard cheese (1 1/2 ounces) Processed cheese (2 ounces) Ricotta cheese (1/2 cup) Shredded cheese (1/3 cup)

Work with your healthcare provider to set up a meal plan that is right for you.