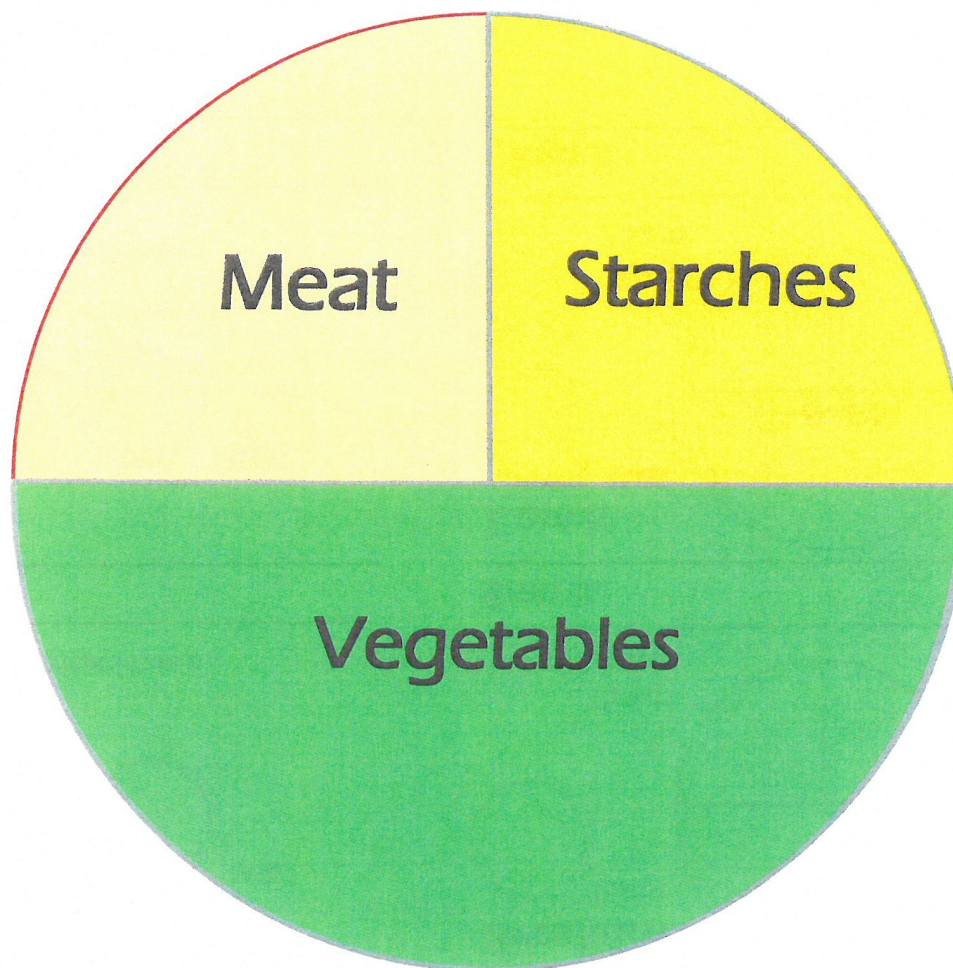
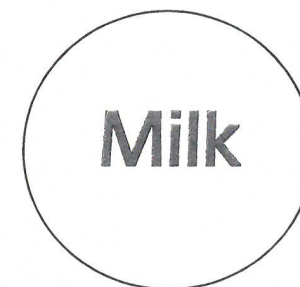
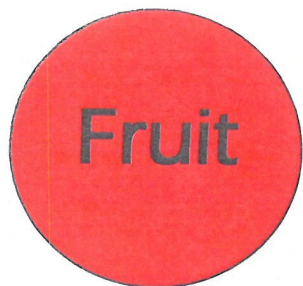


The Plate Method:

A Tool for Diabetes Meal Planning



THE PLATE METHOD: How Does it Work?

There are seven simple steps to using this method:

1. Using your dinner plate, put an imaginary line down the middle of the plate. Then on one half, draw another imaginary line so you will have three sections on your plate.
2. Fill the largest section (1/2 of the plate) with nonstarchy vegetables such as:
 - spinach, carrots, lettuce, greens, cabbage, bok choy
 - green beans, broccoli, cauliflower, tomatoes, asparagus
 - vegetable juice, vegetable soup, salsa, onion, cucumber, beets, okra
 - mushrooms, peppers, turnips
3. Now in one of the small sections (1/4 of the plate), put grains and starchy foods. The best choices are:
 - whole grain breads, such as whole wheat or rye
 - whole grain, high-fiber cereal
 - cooked cereal such as oatmeal, grits, hominy or cream of wheat
 - rice, pasta, dal, tortillas
 - cooked beans and peas, such as pinto beans or black-eyed peas
 - potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
 - low-fat crackers, snack chips, pretzels, and light popcorn
4. And then in the other small section (1/4 of the plate), put your protein. The best choices are:
 - plant-based protein like tofu, tempeh, veggie burgers, and beans
 - eggs, reduced-fat cheese
 - chicken or turkey without the skin
 - fish such as tuna, salmon, cod, or catfish
 - other seafood such as shrimp, clams, oysters, crab, or mussels
 - lean cuts of beef and pork such as sirloin or pork loin
5. Add a serving of fruit, a serving of dairy, or both as your meal plan allows.
6. You can also add healthy fats in small amounts to your meals. For cooking, use oils. For salads and vegetables, try some healthy additions such as nuts, seeds, avocado, and vinaigrettes.
7. To complete your meal, add a low-calorie drink like water, unsweetened tea, or coffee.

The plate allows you to keep portions, and therefore calories, under control. Fill your plate like this at lunch and dinner, and it could make a big difference!

My Plate Planner

A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



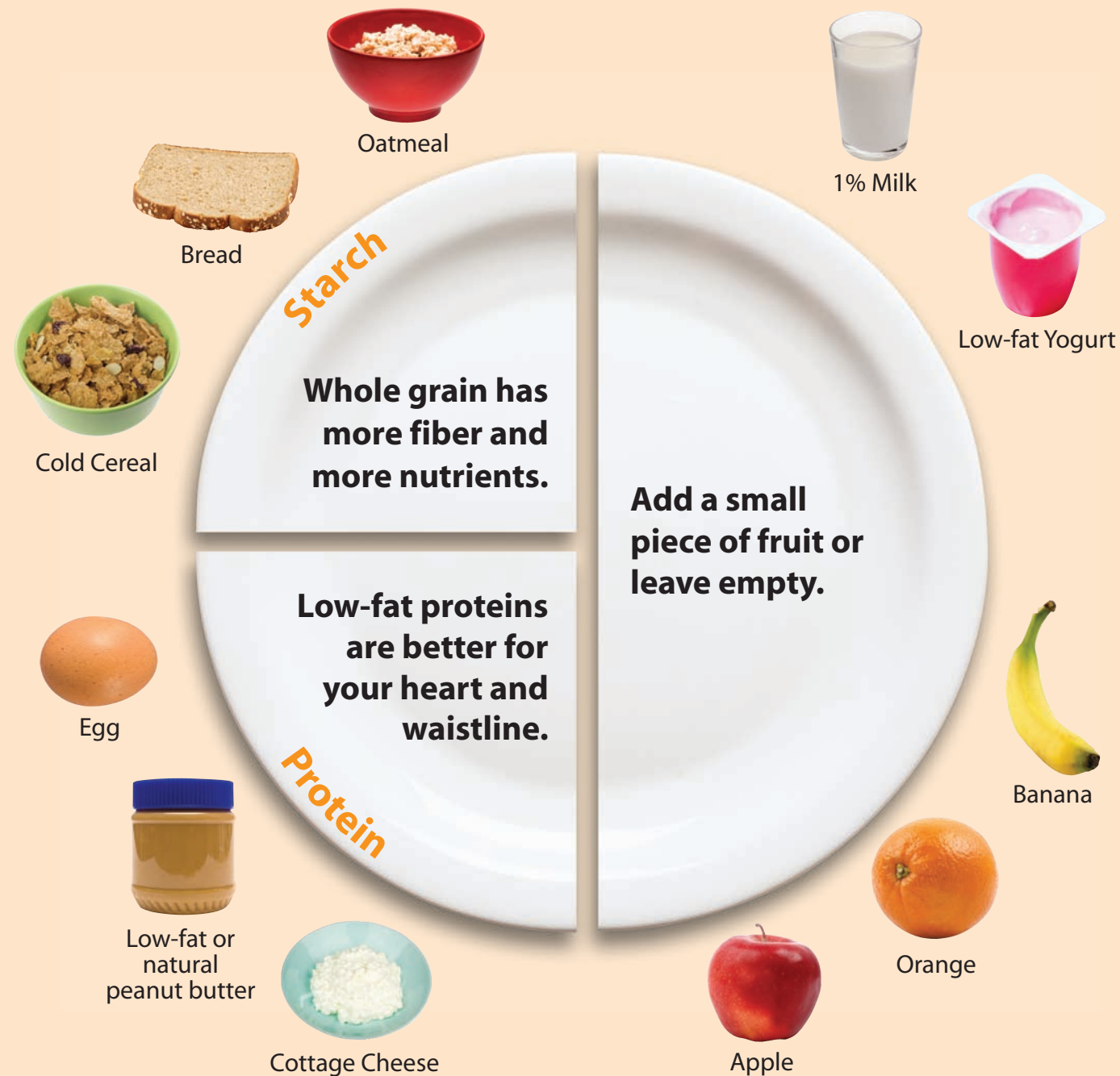
1/4 protein. 1/4 starch. 1/2 vegetable.

9-inch plate



Let's Plan Your Meal

Breakfast



Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch

Lunch/Dinner

