



The Plate Method and Diabetes

Do you live with diabetes and ever feel confused about how to determine how much or what you should eat? The Plate Method is a great tool to help you create your plate with a balanced meal, while still controlling your diabetes.

Use **The Plate Method** & follow these simple 6 steps at each meal:

- 1) Use a 9-inch dinner plate. Put a line down the middle, and on one side cut it again, so you have three sections on your plate.
- 2) Fill the largest section with non-starchy vegetables. **Non-starchy vegetables** include broccoli, spinach, carrots, green beans, tomatoes, lettuce salad, and beets.
- 3) In one of the smaller sections put **starchy foods** including bread, potatoes, beans, rice, corn, and pasta.
- 4) In the last section, put your **protein foods** such as grilled chicken breast, fish such as salmon, eggs, or low-fat cheese.
- 5) As your meal plan allows, add ½ cup fruit or a serving of dairy.
- 6) Enjoy a low-calorie drink with your meal, perhaps water, un-sweetened tea, or a spritzer.

When you fill each section, keep portion sizes in mind, and don't pile on too much!

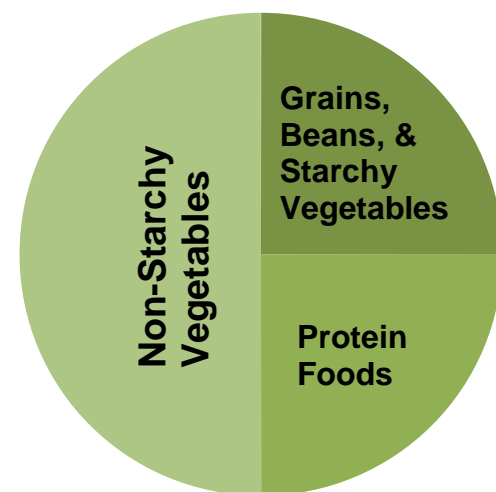


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