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, unsweetened tea, or a spritzer.

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