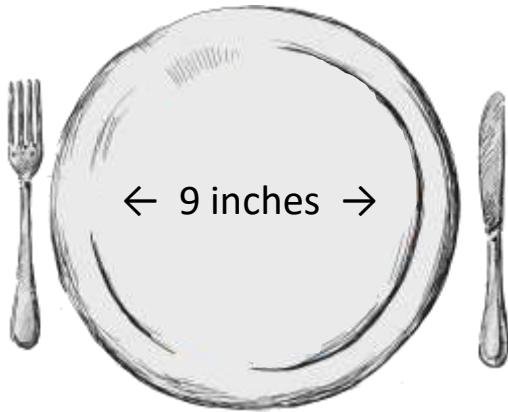


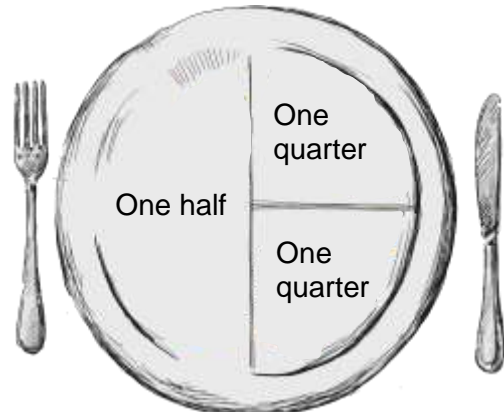
MEAL PLANNING WITH DIABETES

Plan meals by thinking about how your plate should look.

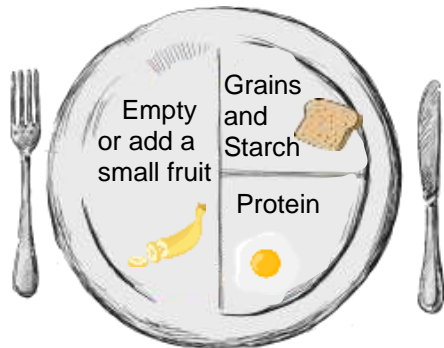
Use a 9-inch dinner plate



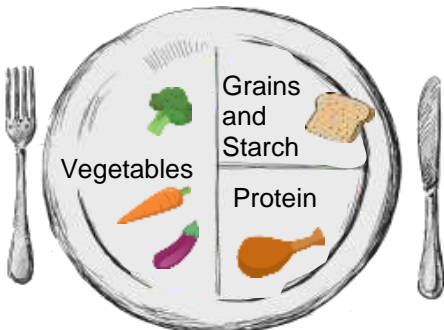
Divide your plate into 3 sections



Breakfast

This amount	Examples are	Your plate will look like
One quarter grains and starch	Bread, oatmeal or cereal. Choose whole grain like whole wheat bread for more fiber and nutrients.	
One quarter protein	Eggs, breakfast meats, nuts or seeds. Choose lean meats like lean sausage.	
One half empty or add a small piece of fruit	Half a banana, an apple, or a grapefruit.	

Lunch and Dinner

This amount	Examples are	Your plate will look like
One quarter grains and starch	Bread, pasta and rice. Choose whole grains and brown rice.	
One quarter protein	Meat, poultry, seafood, eggs, soy, and nuts. Choose lean meats like lean beef and skinless chicken.	
One half non-starchy vegetables	Green salads, green beans, broccoli, and squash. Choose fresh, frozen vegetables or low sodium canned vegetables.	

