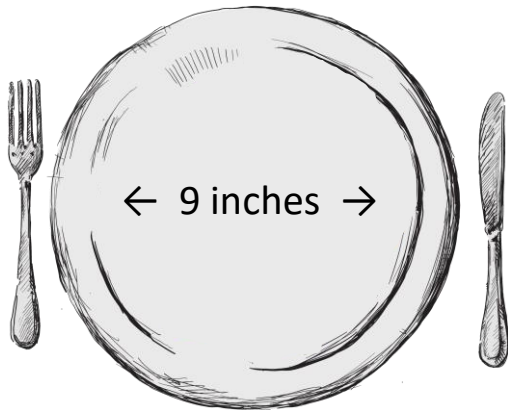


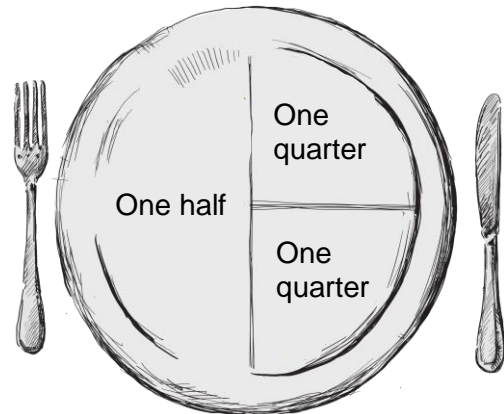
MEAL PLANNING WITH DIABETES

Plan meals by thinking about how your plate should look.

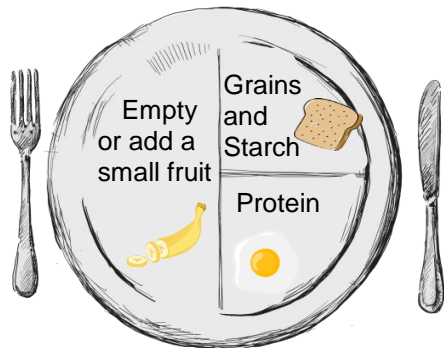
Use a 9-inch dinner plate



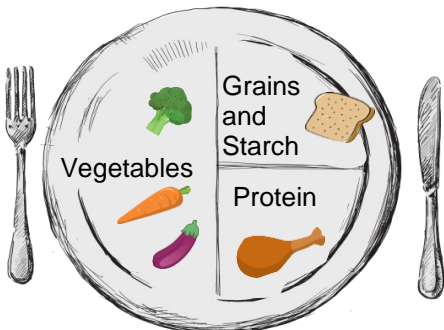
Divide your plate into 3 sections



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. | |

BSWH Diabetes Education 2021

The information provided herein is considered educational and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

