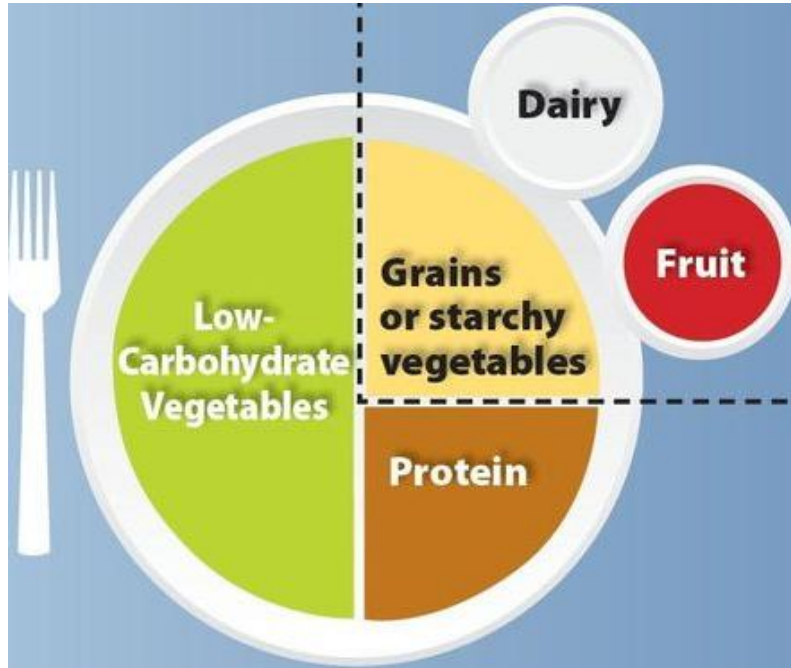


Plate Method and Diabetes

An easy, realistic way to manage your portions, manage blood sugars, and to eat balanced meals is by using the plate method! Use a 9-inch plate and divide it up as follows:



Carbohydrate Servings:

Carbohydrates include breads, starchy vegetables, some milk products, and fruits. Aim to have 2-3 servings per meal.

Grains and Starchy Vegetables

- 1 slice bread
- 1/3 cup rice
- 1/2 cup potatoes
- 1/2 cup corn
- 1 6" tortilla
- 3/4 cup dry cereal
- 1/2 cup cooked lentils
- 1/2 cup peas

Fruits

- 1 small apple
- 1 kiwi
- 1/2 cup pears
- 3/4 cup blueberries
- 1/2 banana
- 1 orange
- 2 Tbsp dried fruit
- 1 cup raspberries

Milk/ Dairy

- 1 cup (8oz) low fat milk
- 1 cup (8oz) unsweetened soy milk
- 1/2 cup ice cream
- 1 cup low fat unsweetened yogurt

Non-Carbohydrate Servings:

Foods with minimal carbohydrates include proteins, fats, and non-starchy vegetables. Aim to have 1-3 servings of protein per meal, 1-2 servings of fats. Most non-starchy vegetables can be consumed freely.

Protein Servings

- 1 oz lean meat, fish, or poultry
- 1 egg
- 1/4 cup egg whites
- 1 oz cheese
- 3/4 cup low fat cottage cheese
- 1/2 cup tofu



If you don't have measuring cups available, your hands can also guide you towards portion sizes of each food group.

Fat Servings

- 1 tsp oil or butter
- 1 Tbsp cream cheese
- 2 Tbsp sour cream
- 1 Tbsp sunflower seeds
- 2 Tbsp avocado
- 8 black olives

Non-starchy Vegetables

- 1 cup raw vegetables
- 1/2 cup cooked vegetables



Work with your dietitian to determine appropriate amounts for YOU, based on your meal timing, lab values, calorie needs, etc.