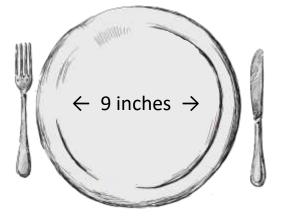


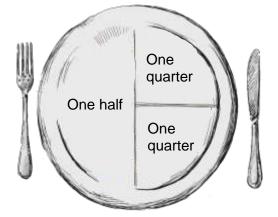
MEAL PLANNING WITH DIABETES

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.	Empty or add a
One quarter protein	Eggs, breakfast meats, nuts or seeds. Choose lean meats like lean sausage.	or add a small fruit Protein
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	Bread, pasta and rice. Choose	
starch	whole grains and brown rice.	and the second s
One quarter protein	Meat, poultry, seafood, eggs, soy, and nuts. Choose lean meats like lean beef and skinless chicken.	Vegetables
One half non-starchy vegetables	Green salads, green beans, broccoli, and squash. Choose fresh, frozen vegetables or low sodium canned vegetables.	

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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.

