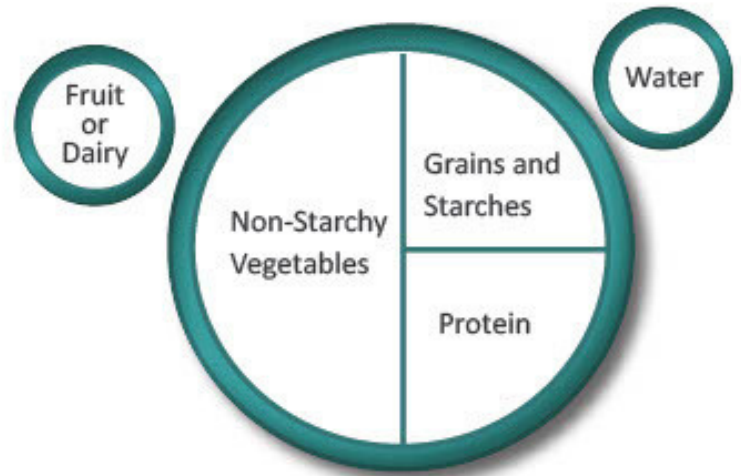


Diabetes: Plate Method

Living with diabetes means taking extra care when preparing your meals. The Plate Method can help you with portion control and making healthy choices.

Divide your plate into sections:

- ½ Non-starchy vegetables
 - ¼ Protein
 - ¼ Grains and starches
- Add:
- Serving of fruit or dairy
 - Water to drink



Vegetables

Eat more of these:

- Spinach
- Carrots
- Broccoli
- Green beans
- Beets
- Cabbage
- Celery
- Cucumbers
- Onions
- Peppers
- Zucchini
- Cauliflower
- Mushrooms
- Salad Greens

Eat less of these:

- Potatoes
- Sweet potatoes
- Yams
- Peas
- Corn
- Squash

Protein

- Fish
- Poultry
- Lean Meat
- Ham
- Tuna
- Seafood
- Cheese
- Eggs
- Nuts
- Tofu
- Almond Butter
- Peanut Butter
- Hummus
- Black Beans
- Pinto Beans

Grains

Choose 100% whole grains.

- Whole wheat bread
- Whole grain tortilla
- Rice (*small portion*)
- Pasta (*small portion*)
- Popcorn
- Whole oatmeal
- Flour

Fruits

Eat small portions of fruit at a time.

- Apples
- Bananas
- Blueberries
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Strawberries
- Raspberries
- Pineapple
- Mango

Do not drink fruit juice.

Dairy

- Fat Free Milk
- Low Fat Milk
- Almond Milk
- Soy Milk
- Non-Fat Light Yogurt
- Plain Non-Fat Yogurt

Fats and Oils

Avocado and fish have healthy fats. Use healthy plant oils like canola, sunflower and olive oil for cooking. Avoid solid fats, such as lard, shortening & butter.

Ask your healthcare team if you have any questions or concerns about your diet!

My Pregnancy Plate

Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

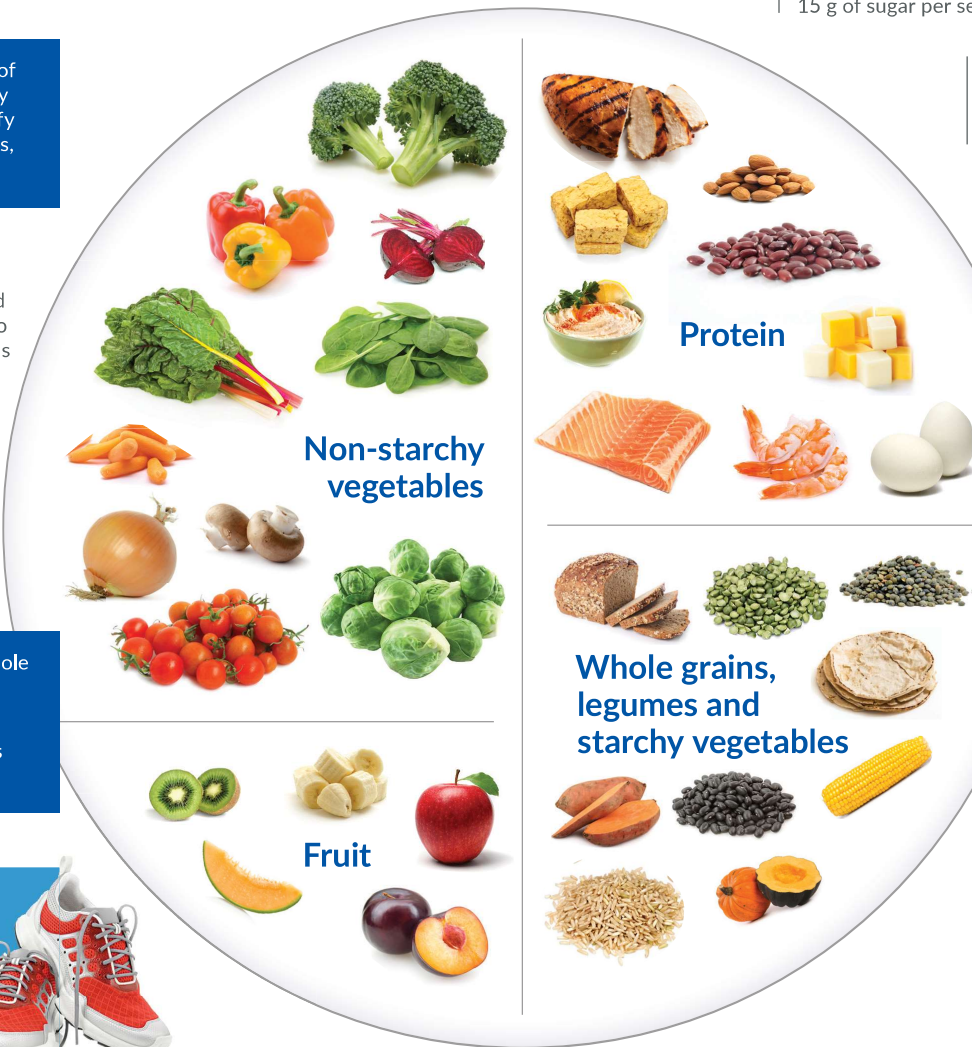
Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits.

Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Non-starchy vegetables

Protein

Whole grains, legumes and starchy vegetables

Fruit

Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.

