

The My Plate Method

Tips to Healthy Eating and managing blood glucose spikes

1 9 inch plate



- 1** Start with a 9 inch plate
- 2** Fill $\frac{1}{2}$ with non-starchy vegetables
- 3** Fill $\frac{1}{4}$ with starchy vegetables, grains, or starches
- 4** Fill $\frac{1}{4}$ with meat or plant based protein
- 5** Can add a small portion of fruit
- 6** Include a low carb beverage like water, sugar free tea, or low fat milk



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THE DIABETES INSTITUTE
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The My Plate Method

9 inch plate



Starting with a 9 inch plate makes portioning easy!

$\frac{1}{2}$ plate = approximately 1 cup serving

$\frac{1}{4}$ plate = approximately $\frac{1}{2}$ cup serving

Non-starchy Vegetables

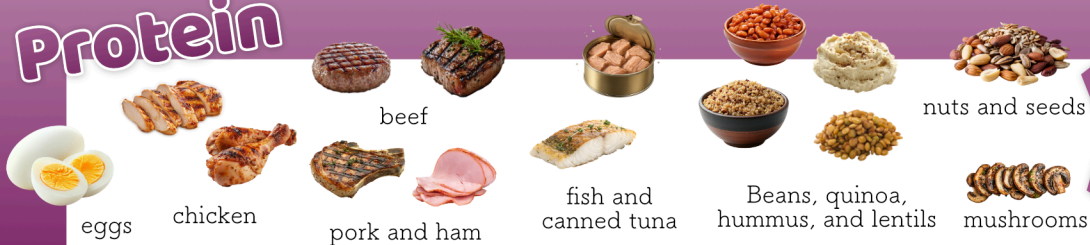


Tip- Frozen and canned veggies are inexpensive and store well.

Starchy Vegetables



Protein



Tip- Processed meats like jerky, salami, bacon, sausage, and lunch meat are high in unhealthy preservatives.

Fruit



Fruit is high in vitamins, minerals, and fiber. Fruit is also high in carbs so eat in small servings. Frozen fruit and sugar free apple sauce are great options.



Beverages



Complete the meal with a carb free beverage like water, unsweet tea, or coffee. A small serving of milk or juice is also healthy, but can be high in carbs.



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