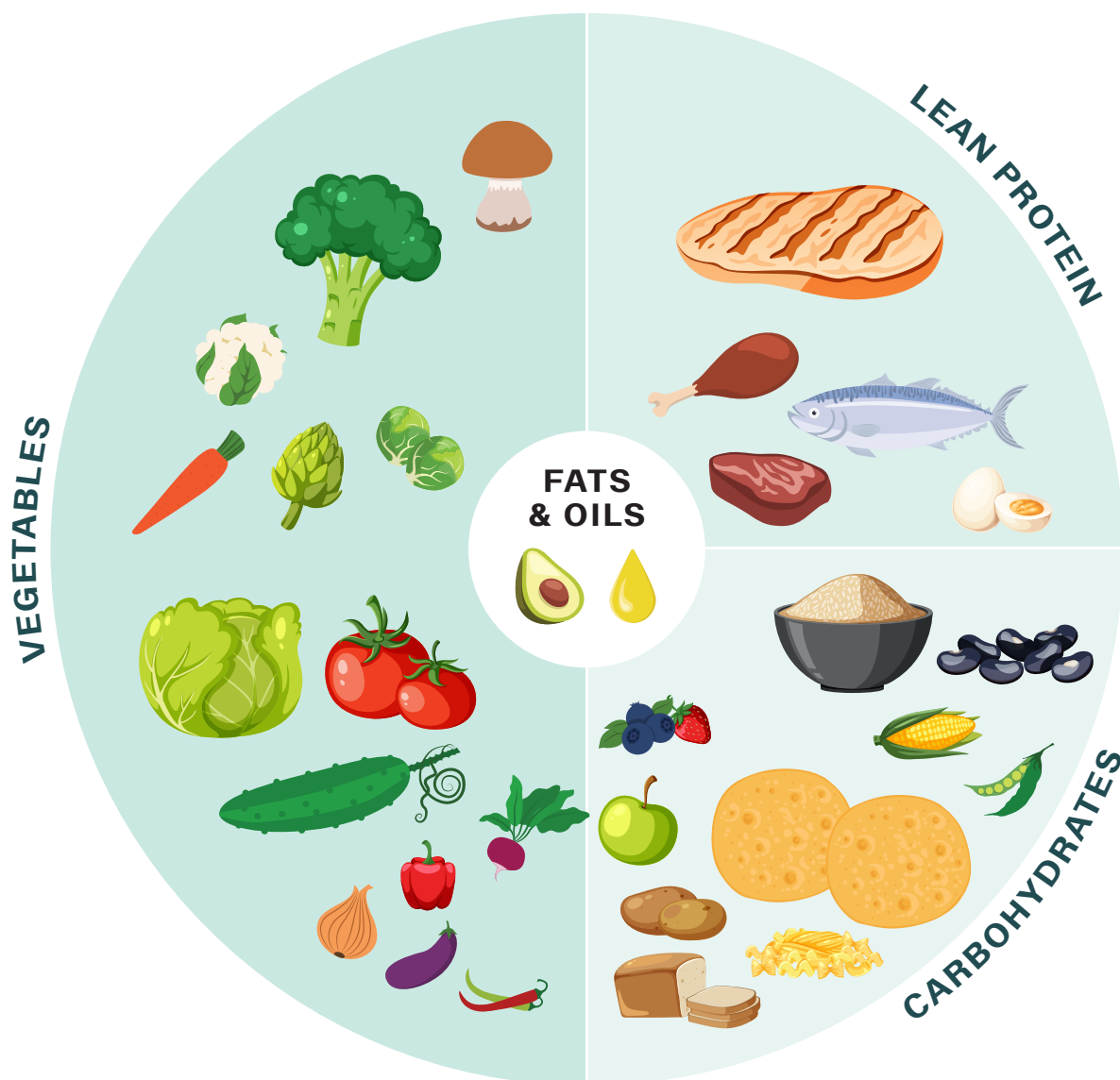


My Diabetes Plate Planner



How to use this planner

- Fill half (1/2) your plate with vegetables.
- Fill one-quarter (1/4) of your plate with lean protein.
- Fill one-quarter (1/4) of your plate with carbohydrates.
- Use a small amount of healthy fat for flavor.

Tips for meals

- **Breakfast.** Include protein and carbohydrates. Add vegetables if possible.
- **Lunch and dinner.** Use the full plate.
- **Drinks.** Choose water or sugar-free drinks.

Understanding your food groups

Carbohydrates

Carbohydrates are also called carbs. One (1) serving of carbohydrates is the same as 15 grams of carbohydrates.

Your serving recommendations:

- _____ carb servings per meal
- _____ grams per meal

What one (1) carbohydrate serving looks like

Grains

- 1/4 cup granola
- 1/2 cup oatmeal (cooked)
- 1/3 cup rice (cooked)
- 1/3 cup pasta (cooked)
- 1/2 cup quinoa
- 1/2 cup cereal (dry)
- 1/2 cup of sweet bread
- 1 slice of whole wheat bread
- 1 corn tortilla (6-inch)
- 1 flour tortilla (6-inch)
- 1 small pancake (4-inch)

Starchy vegetables

- 1/2 cup potatoes
- 1/2 cup sweet potatoes
- 1/2 cup corn
- 1/2 cup peas
- 1 cup winter squash

Beans and legumes

- 1/2 cup beans
- 1/2 cup lentils

Fruits

- 1/2 cup pineapple
- 1/2 cup of grapes
- 1/2 mango or 1/2 cup mango
- 1 cup papaya
- 1 cup strawberries
- 1 cup blueberries
- 1 cup raspberries
- 1 cup blackberries
- 1 cup watermelon
- 1 cup cantaloupe
- 1 small apple
- 1 small orange
- 1 small pear
- 2 small mandarins

Milk and yogurt

- 1/2 cup sweetened yogurt
- 1/2 cup chocolate milk
- 1 cup milk
- 1 cup oat milk
- 1 cup yogurt
- 2 cups soy milk

Snack foods

- 6 crackers
- 10–15 chips
- 3 cups popcorn



Health tip: Mix foods or choose more of the same to meet your daily goal.

Example: Your carbohydrate goal is three (3) servings per meal. You can eat one-third (1/3) cup rice, one-half (1/2) cup beans, and one (1) corn tortilla. You can choose to eat three (3) corn tortillas.



Proteins

Include three (3) ounces per meal



Choose more often

- Chicken or turkey breast (with no skin)
- Cottage cheese (low fat, 1%)
- Egg whites
- Greek yogurt (fat free, 0%)
- Lean ground beef (96% lean, 4% fat)
- Shrimp
- White fish (such as cod or tilapia)



Choose sometimes

- Chicken or turkey thighs or legs (with no skin)
- Chicken or turkey sausage
- Fish (such as salmon, tuna, sardines, trout, or mackerel)
- Ground beef (90% lean, 10% fat)
- New York strip steak
- Pork tenderloin
- Turkey bacon
- Whole eggs



Limit

- Bacon
- Beef or pork sausage
- Breaded fish or shrimp
- Chicken or turkey with skin
- Ground beef (80% lean, 20% fat)
- Pork chop
- Ribeye steak

Fats

Include one (1) to two (2) servings or less per meal



Choose more often

- 1/4 avocado
- 1 tablespoon olive oil
- 1 tablespoon avocado oil
- 1 tablespoon seeds
- 2 tablespoons guacamole
- 6 almonds
- 8 olives
- 10 peanuts
- 16 pistachios



Choose sometimes

- 1 tablespoon canola oil
- 1 tablespoon margarine
- 1 tablespoon mayonnaise
- 1 tablespoon peanut butter
- 2 tablespoons salad dressing or vinaigrette



Limit

- 1 tablespoon butter
- 1 tablespoon lard
- 1 tablespoon coconut oil
- 1 tablespoon heavy cream
- 1 tablespoon cream cheese
- 1 tablespoon sour cream
- 2 tablespoons half and half



Vegetables

Aim for three (3) to five (5) servings each day. You can eat more non-starchy vegetables if you are still hungry.



Highest in fiber

- Artichoke
- Broccoli
- Brussels sprouts
- Cabbage
- Cactus
- Cauliflower
- Collard greens
- Green beans
- Kale
- Okra



Lowest in fiber

- Bell peppers
- Cucumber (peeled)
- Lettuce
- Mushrooms
- Spinach
- Squash
- Tomato
- Zucchini

Ideas for meals

Breakfast

Three (3) carb servings

- 2 eggs, 1/2 cup beans, 1/4 avocado, 2 corn tortillas, tomato slices, and salsa.
- Overnight oats with 1/2 cup oatmeal, 1 tablespoon chia seeds, 1/2 cup Greek yogurt, 2/3 cup low-fat milk, and 1 cup berries.

Two (2) carb servings

- Omelet made with 2 eggs, bell peppers, onions, tomato, and spinach; 1/4 avocado, 1 slice whole wheat toast, and 1 cup watermelon.
- 1 cup Greek yogurt (plain or no added sugar), 1/2 cup pineapple, 1/4 cup granola, and walnuts.

Lunch

Three (3) carb servings

- Turkey and cheese sandwich on whole wheat bread with mayonnaise, lettuce, and tomato; baby carrots, and 1 apple.
- Tuna salad with mayonnaise; 12 saltine crackers; lettuce and tomato salad with 1 tablespoon dressing; 1 pear.

Four (4) carb servings

- 2 chicken tacos on corn tortillas with lettuce, tomato, avocado, and salsa; 1/2 cup beans, 1/3 cup rice, and cucumber slices.



Dinner

Three (3) carb servings

- Pan-seared chicken breast; Greek salad (tomato, cucumber, red onion, and Greek vinaigrette) with 1/2 cup chickpeas; 1/3 cup white rice; roasted zucchini; 1 baked apple.
- 4 ounces sirloin steak. 1 medium baked potato with 1/2 tablespoon butter, 1 tablespoon cheese, and 1 tablespoon Greek yogurt (instead of sour cream); steamed broccoli; 1 cup mixed berries with 2 tablespoons fat-free whipped topping.

Four (4) carb servings

- Chicken stew with tomatoes, onions, peppers, and squash; 1/2 cup beans; 1/3 cup rice; 2 corn tortillas; 1/4 avocado.

Ideas for snacks

Each snack has one (1) carb serving (15 grams of carbohydrates).

Fruit and dairy snacks

- 1 cup of low-fat cottage cheese with 1/2 cup of pineapple or peaches.
- 1 cup Greek yogurt (plain or sugar-free) with 1/2 cup strawberries.

Fruit with protein

- 1/2 apple with 1 tablespoon peanut butter.

Simple snacks

- 3 cups popcorn.

Light meals or combinations

- 1/2 ham and cheese sandwich.
- Celery and carrots with 1 tablespoon ranch dressing and a medium orange.

