

# Diabetes: Plate Method

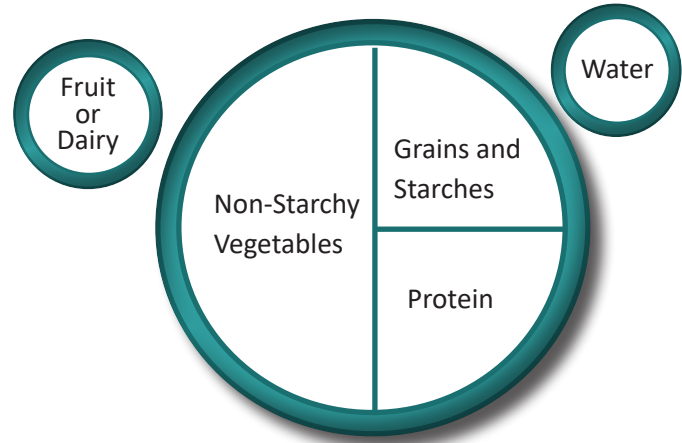
Living with diabetes means taking extra care when preparing your meals. The Plate Method can help you with portion control and making healthy choices.

## 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	Protein	Grains	Fruits	Dairy
<p><b>Eat more of these:</b></p> <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Carrots</li> <li>• Broccoli</li> <li>• Green beans</li> <li>• Beets</li> <li>• Cabbage</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Onions</li> <li>• Peppers</li> <li>• Zucchini</li> <li>• Cauliflower</li> <li>• Mushrooms</li> <li>• Salad Greens</li> </ul> <p><b>Eat less of these:</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Sweet potatoes</li> <li>• Yams</li> <li>• Peas</li> <li>• Corn</li> <li>• Squash</li> </ul>	<ul style="list-style-type: none"> <li>• Fish</li> <li>• Poultry</li> <li>• Lean Meat</li> <li>• Ham</li> <li>• Tuna</li> <li>• Seafood</li> <li>• Cheese</li> <li>• Eggs</li> <li>• Nuts</li> <li>• Tofu</li> <li>• Almond Butter</li> <li>• Peanut Butter</li> <li>• Hummus</li> <li>• Black Beans</li> <li>• Pinto Beans</li> </ul>	<p><b>Choose 100% whole grains.</b></p> <ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Whole grain tortilla</li> <li>• Rice (<i>small portion</i>)</li> <li>• Pasta (<i>small portion</i>)</li> <li>• Popcorn</li> <li>• Whole oatmeal</li> <li>• Flour</li> </ul>	<p><b>Eat small portions of fruit at a time.</b></p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Blueberries</li> <li>• Cherries</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Kiwi</li> <li>• Strawberries</li> <li>• Raspberries</li> <li>• Pineapple</li> <li>• Mango</li> </ul> <p><b>Do not drink fruit juice.</b></p>	<ul style="list-style-type: none"> <li>• Fat Free Milk</li> <li>• Low Fat Milk</li> <li>• Almond Milk</li> <li>• Soy Milk</li> <li>• Non-Fat Light Yogurt</li> <li>• Plain Non-Fat Yogurt</li> </ul>

## 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.**