

# Nutrition for Life: Diabetes Plate Method

The Diabetes Plate Method is a helpful tool for anyone who wants to eat better and learn about variety and portion sizes, including people with prediabetes. Each section of the plate (based on a nine-inch plate) is for the following three food groups: vegetables, grains, and protein. Off to the side is dairy and fruit. These five food groups are the foundation for healthy eating.

## Fill 1/2 of the plate with non-starchy vegetables.

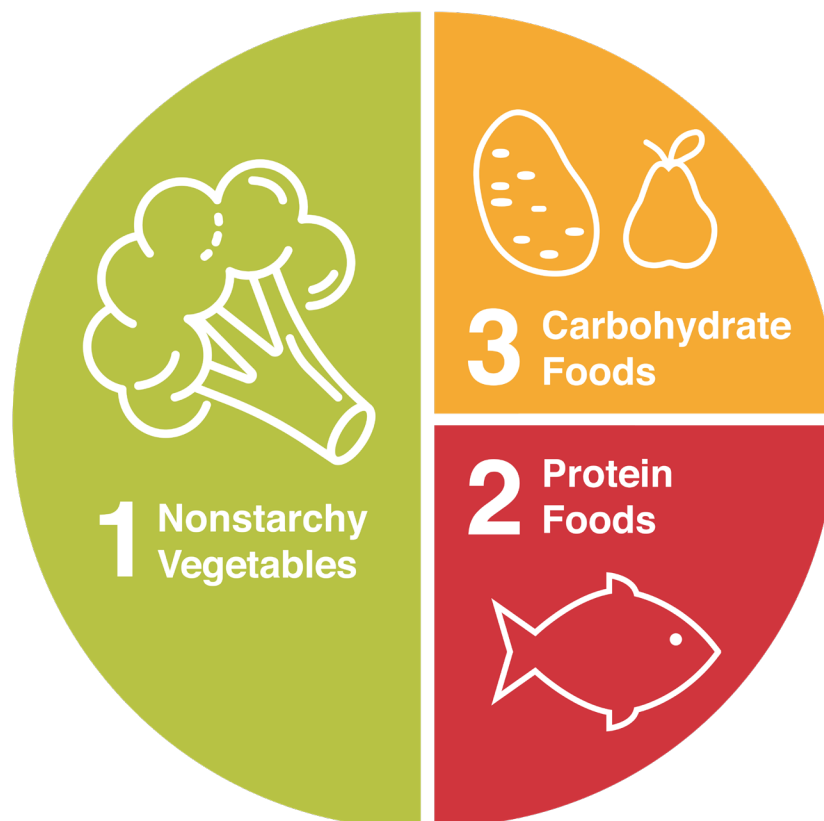
- Non starchy vegetables are low in carbohydrates. One serving amounts to one cup raw veggies, such as a salad greens or ½ cup cooked, such as broccoli. You can have as many non-starchy vegetables as you like, but make sure at least half of your plate is filled with things like green salad, broccoli, or asparagus.

## Fill 1/4 of the plate with grains, starchy vegetables, or beans and lentils.

- Choose whole grains such as brown rice or quinoa which are rich in vitamins, minerals, and fiber. Beans and lentils contain both starch and protein with good amounts of fiber.

## Fill 1/4 of the plate with Protein

- This section includes meat and other protein sources, such as eggs and fish. Look for lean cuts of meat and low-fat cheeses. 1/4 of the plate is equivalent to a 3 oz cooked portion (about the size of a deck of cards or the palm of your hand).



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GRAINS AND PASTA	BREADS	CEREALS	STARCHY VEGETABLES	DAIRY	BEANS, PEAS, AND LENTILS	FRUITS
1/3 to 1/2 cup cooked	1 slice (1 oz)	1/2 cup cooked	1/2 cup cooked	2/3 to 1 cup	1/2 cup cooked	1/2 cup fresh

\*These measurements are based on estimates and each has about 15 gm of carbohydrate. Please see the nutrition label or talk to your health care provider or a registered dietitian for questions relating to serving sizes.

## Protein

- Beef
  - Ground beef, 90% or higher lean/10% or lower fat
  - Choice grades such as chuck, round, rump
  - Loin cuts such as sirloin and tenderloin
- Cheese, preferably low-fat varieties
- Curd-style cheese, cottage, ricotta
- Eggs
- Pork, rib or loin chop or roast, tenderloin
- Seafood, such as fish, clams, crabs, and shrimp
- Tofu
- Turkey or chicken (without the skin)

## Dairy

Milk and milk products are served on the side of your plate. Choose low-fat (skim), nonfat, or reduced-fat varieties. One serving (which is one cup) of the milk products below contains 12 grams of carbohydrate.

- Fat-free (skim) milk, low-fat (1%) milk, buttermilk, soy milk
- Yogurt, plain or Greek. You can sweeten this with an artificial sweetener.

## Fruit

Fruit is a power food packed with vitamins, minerals, and fiber. In the Diabetes Plate Method, it is served on the side, depending on your needs, to help manage total carbohydrate intake.

## Fats

In the Diabetes Plate Method, healthy fats are used for cooking and as condiments. It's best to choose unsaturated fats, which are usually liquid rather than solid. One serving of these healthy fats (which is about one teaspoon) contains 5 grams of fat and 45 calories each.

- Vegetable oil, olive oil, canola oil, sunflower oil, safflower oil, or corn oil
- Avocado
- Nut butters
- Nuts, such as almonds, peanuts, and pecans
- Olives
- Non-dairy spreads such as margarine which contains vegetable oil. Make sure your spreads are trans fat-free!

## Beverages

To complete your meal, add water or another zero-calorie beverage such as diet soda, diet tea, plain tea, or coffee.

**Make the Diabetes Plate Method your method!**

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