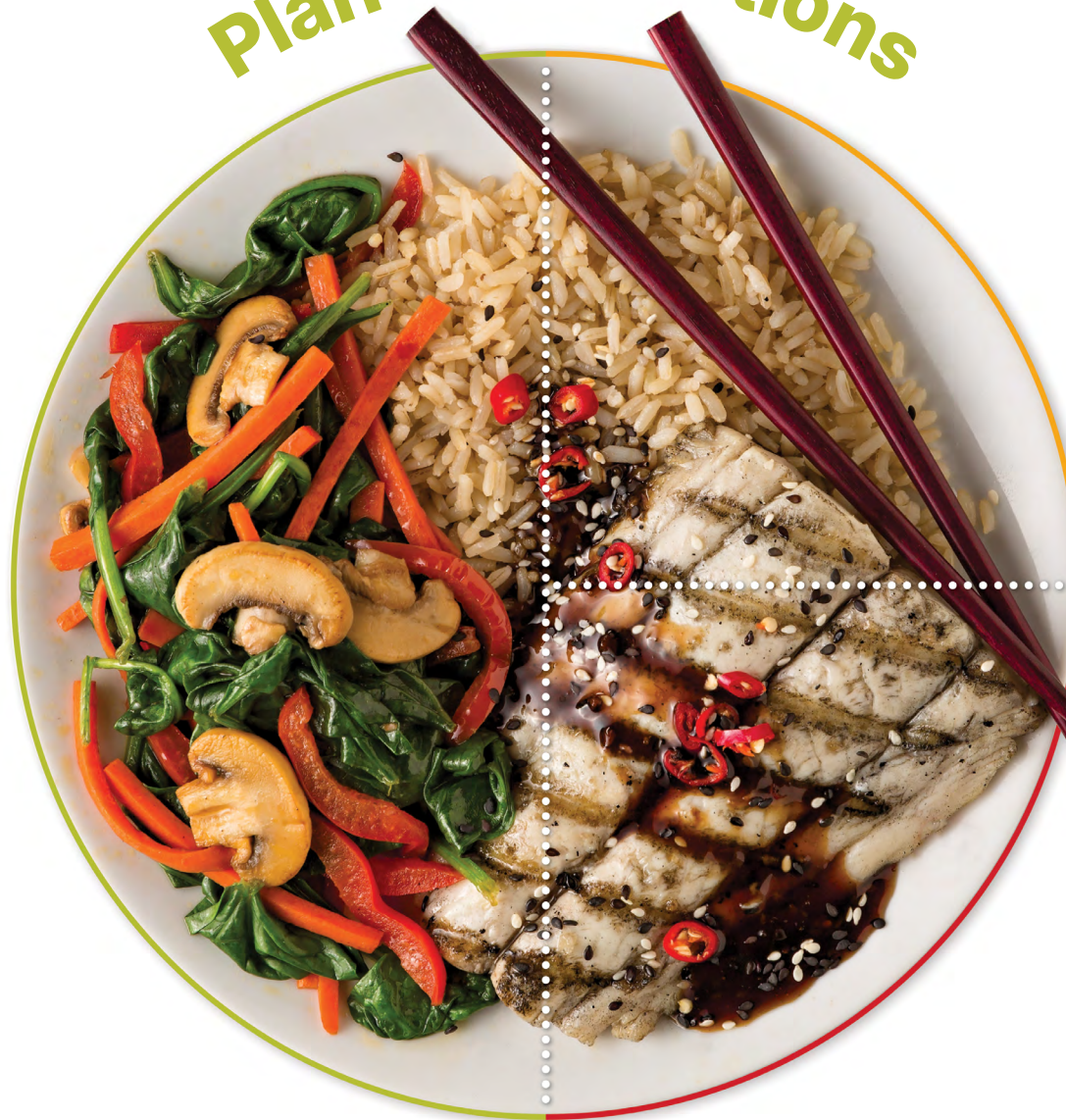
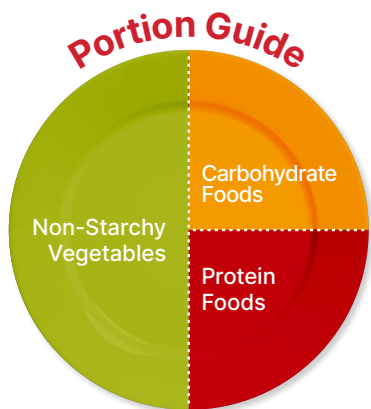


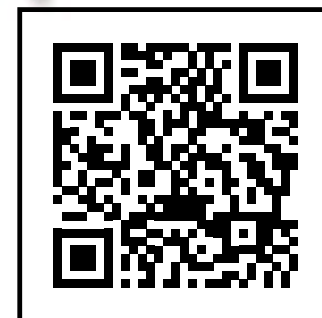
# Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked greens with mushrooms, peppers, and carrots, brown rice, and grilled fish.

Scan for more meal planning resources.



**Use a 9-inch plate to help you dish up smart portions.**

*This placemat has been reformatted from its original design. Funding for this redesign has been made possible through a restricted educational grant from Abbott Diabetes Care. For more placemats, visit [ShopDiabetes.org](http://ShopDiabetes.org).*