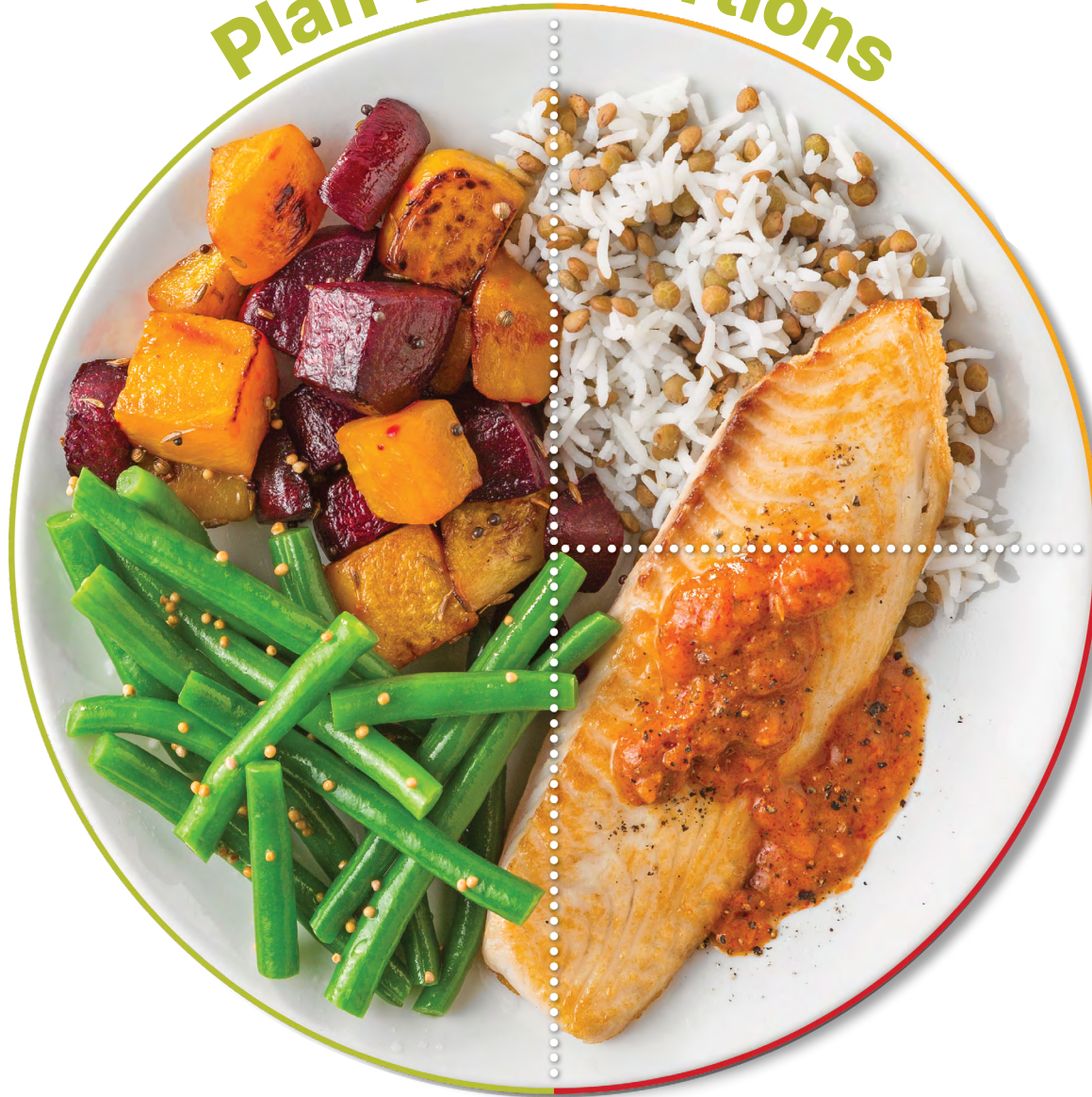
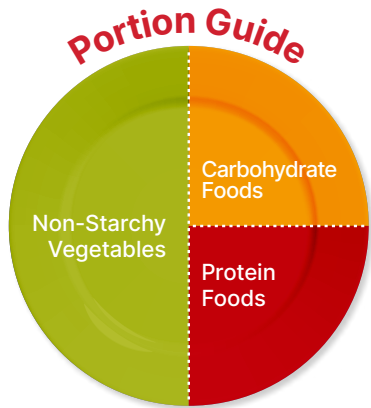


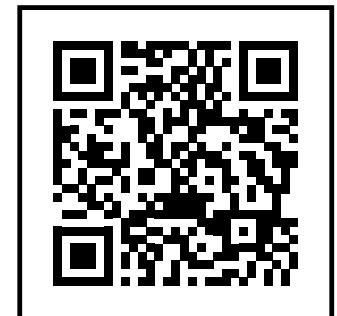
Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked green beans, roasted beets, rice, and baked 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.