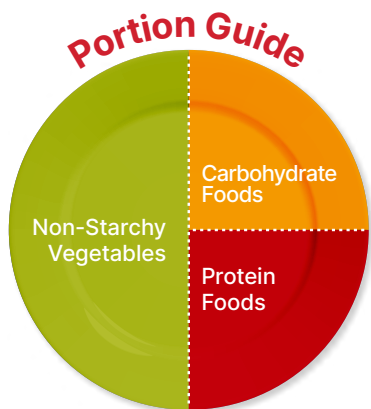


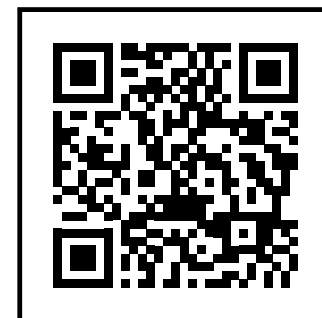
Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked greens, cooked summer squash, roasted sweet potato, and baked chicken.

Scan for more meal planning resources.



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

To order Diabetes Placemats, visit ShopDiabetes.org.

diabetesfoodhub.org