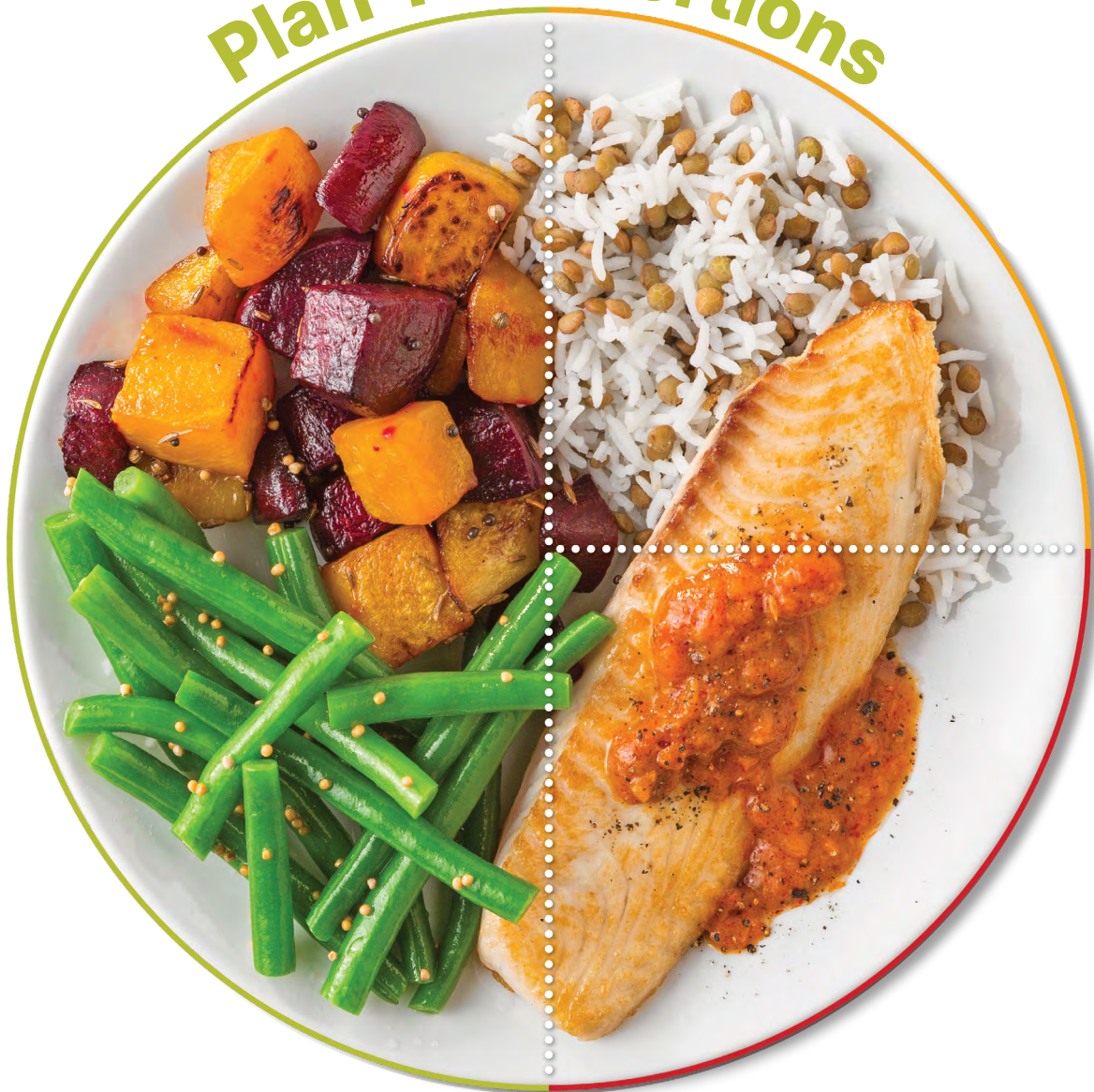
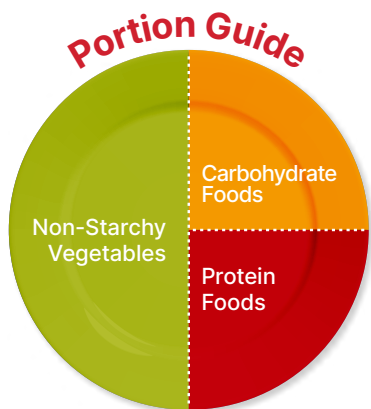


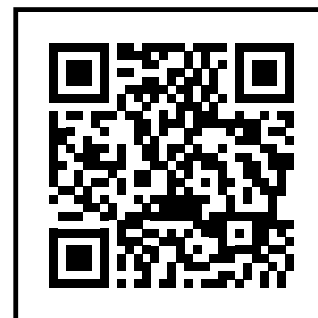
# Plan Your Portions



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.

To order Diabetes Placemats, visit [ShopDiabetes.org](http://ShopDiabetes.org).

[diabetesfoodhub.org](http://diabetesfoodhub.org)