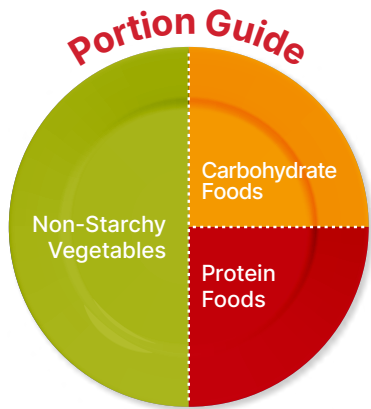


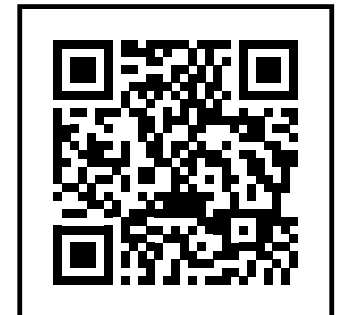
Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked green beans, cabbage, mashed potatoes, and pulled pork.

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.

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