

Why the Rise?

Every Bite Tells a Story

Want to know how your food and beverage choices affect your glucose? Your continuous glucose monitor (CGM) shares real-time data with you—showing how food, beverages, medications, and physical activity impact your glucose levels. Your glucose level before eating can affect how much it rises afterward—both moments count.

Work with your health care team to set your target glucose range.

My target range is _____ mg/dL

My target time in range is _____%

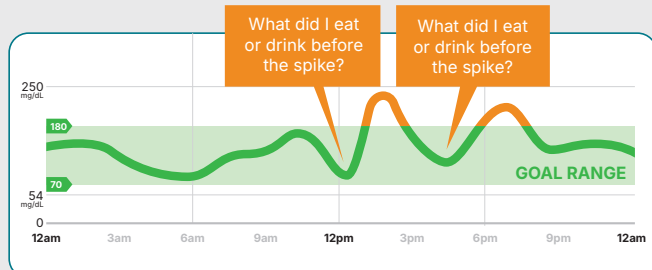


Keeping your glucose within your target range is one of the best ways to protect your health.

How Food Affects Your Glucose: Making Sense of Your CGM Readings

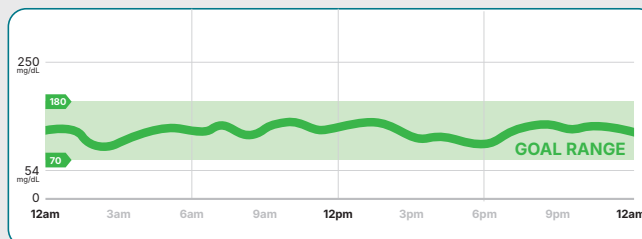
Different foods and beverages affect glucose in different ways.

This CGM reading shows glucose spikes **outside of the target range.**



This signal can help you understand how meals or beverages impact your glucose levels.

This CGM reading shows glucose that stayed **within the target range.**



Use this as a signal to think about what choices might have helped your glucose stay steady.

How to Use Your CGM to Learn and Improve



PAUSE AND REFLECT

Your CGM shows what's happening right now. Take a moment to notice the patterns and think about what might be influencing them—such as what you eat or drink, your activity, stress, or sleep.



MAKE A NOTE

Log what happened before the spike or drop in your glucose levels. This helps you spot patterns over time and learn what helps you stay in your target range.



TRY A SMALL CHANGE

Experiment with a small change—portion size, food choice, timing, or activity—and learn how it affects your glucose.

If you're out of range often, talk with your health care team. They can guide adjustments to keep glucose in range and lower complication risk.



Your Plate + Your CGM = Powerful Feedback

The Diabetes Plate makes building balanced meals simple—no counting, weighing, or measuring. It guides portions and food choices to help keep your glucose in range, while your CGM shows how those choices affect your levels. Together, they help you learn what works best for your health now and in the future.

Work with your health care team to build an eating plan that fits your lifestyle—including your food preferences, budget, activity level, and medications.

Diabetes Plate: How It Works

Use a **9-inch plate** and follow these easy steps:

1. Fill 1/2 Your Plate with Non-Starchy Vegetables

Non-starchy vegetables are low in carbohydrates and rich in vitamins, minerals, and fiber. They usually do not raise glucose very much and help you feel full.

Examples: Salad greens, cucumbers, carrots, broccoli, green beans, zucchini, peppers, cauliflower, tomatoes, mushrooms, and more.

2. Fill 1/4 of Your Plate with Lean Protein

Protein helps you feel full and has little effect on glucose. When you eat protein with carbohydrates, it can slow digestion and help keep your glucose steady. Choose proteins lower in saturated fat and without coatings or breading.

Examples: Chicken, turkey, fish, eggs, and plant-based proteins like tofu (check labels for added carbohydrates).

3. Fill 1/4 of Your Plate with Quality Carbohydrates

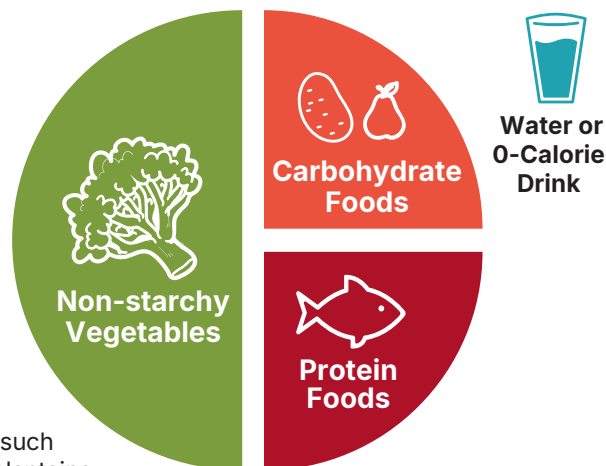
Carbohydrate foods give your body energy and important nutrients. They raise glucose more than other foods, so try to keep them to 1/4 of your plate. Quality carbohydrates have other important nutrients like fiber, vitamins, and minerals that help support your health.

Examples: Starchy vegetables (such as corn, potatoes, green peas, plantains, and acorn squash), beans and legumes, fruit, whole grains (such as brown rice, oats, and whole grain pasta or bread), and dairy (such as milk, yogurt, and milk substitutes).

4. Choose Your Drink

Water is the best choice because it contains no calories or carbohydrates and does not affect glucose levels. Zero- or low-calorie drinks are other options.

Examples: Unsweetened tea (hot or iced), unsweetened coffee (hot or iced), and sparkling water without added sugar.

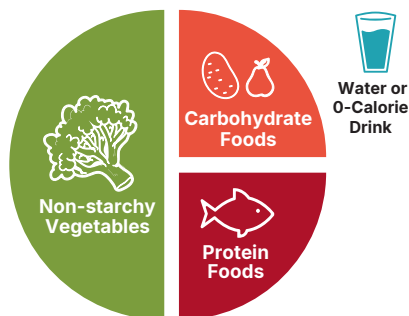


Place this magnet where you'll see it every day. It's a quick reminder that food choices can affect glucose. Your CGM helps you learn what works to stay in range.

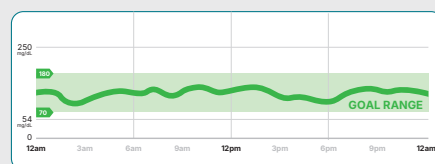


Every Bite Tells a Story

The Diabetes Plate: A Simple Way to Build Balanced Meals



To Stay in Target Range



Your CGM shows how food affects glucose. Use what you learn to spot patterns, make small changes, and stay in range.

My target range mg/dL

My target time in range %



Learn more about how food affects glucose at diabetes.org/FoodMonitoring or scan the QR code



Learn more at diabetes.org
1-800-DIABETES (800-342-2383)
American Diabetes Association® (ADA)

Want to learn more? To see examples of foods in each category, recipes, and a meal planner, visit diabetes.org/FoodMonitoring or scan the QR code.

