

Low Fat Milk or Yogurt



Choosing healthy foods is an important part of managing diabetes. The “Plate Method” is a simple way to get started.

How to follow the “Plate Method”:

- Start with a 9-inch plate.
- Imagine lines on the plate as shown to divide the plate into 3 sections.

-Fill half of your plate with non-starchy vegetables.

-Fill a quarter of your plate with starches, breads & grains.

-Fill the other quarter of your plate with lean proteins.

Check with your health care provider if you can:

Add a small serving of fruit on the side.

Add 1 cup of milk or yogurt on the side.

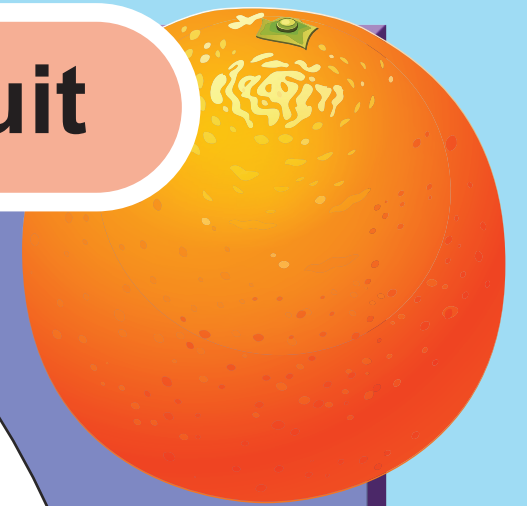
If you have any questions about your meal plan, talk with a member of your diabetes care team.



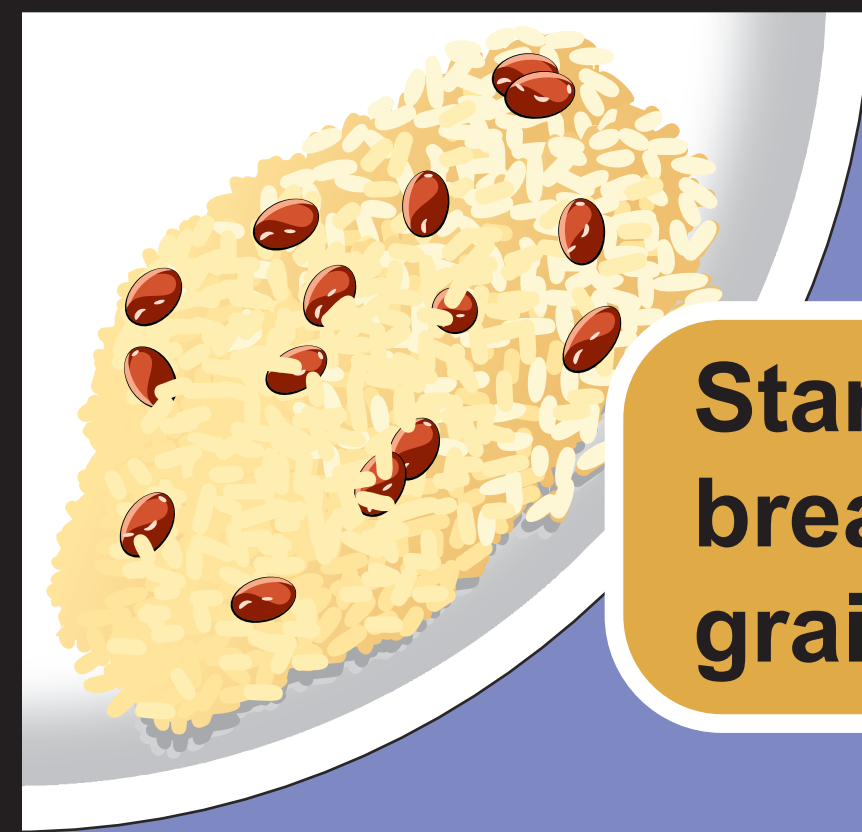
Non-starchy vegetables



Lean Protein



Fruit



Starches, breads & grains



Use a 9-inch plate

If you are already using the plate method, and you are ready to learn more about what to eat to control your diabetes, the information below will help you. Here, you will learn about carb amounts, serving sizes, and how to read a nutrition label.

Non-Carbohydrate Foods

Non-Starchy Vegetables

You can eat as many as you like. Add different colors and varieties to your meal to get the vitamins and minerals you need. Be mindful of added fats and cooking methods.

Examples of non-starchy vegetables: Asparagus, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Greens (all varieties), Lettuce, Mushrooms, Pea Pods, Peppers, Sauerkraut, Spinach, String beans, Tomatoes, Wax Beans.

Lean Proteins

Choose low fat healthy cooking methods by baking, grilling, broiling but not frying. Lean proteins should not be fried. Lean protein portion recommendations can vary by meal plan.

The table below is a usual recommendation.

	Breakfast	Lunch	Dinner
Men	0-1 portion of lean protein	4 portions of lean protein	4 portions of lean protein
Women	0-1 portion of lean protein	3 portions of lean protein	3 portions of lean protein

Examples of Lean Protein Portions:

<u>Lean protein</u>	<u>Portion Size</u>
Lean Meat	1 ounce
Chicken	1 ounce
Fish	1 ounce
Egg	1
Tofu	1/2 cup
Low fat cheese	1 ounce
Peanut Butter	1 tablespoon

Fats

Fats should be used sparingly. Monounsaturated fats (like avocados, peanut butter, and canola or olive oil) are preferred because they are heart healthy in moderation. Avoid trans fats/hydrogenated oils.

<u>Monounsaturated Fat</u>	<u>Serving Size</u>
Avocado	2 tablespoons
Oil (canola, olive, peanut)	1 teaspoon
Nuts (almond, cashews)	6 nuts

<u>Polyunsaturated Fat</u>	<u>Serving Size</u>
Margarine (low fat)	1 tablespoon
Mayonnaise (low fat)	1 tablespoon

<u>Saturated Fat</u>	<u>Serving Size</u>
Butter	1 teaspoon
Cream Cheese	1 tablespoon

Carbohydrate Foods

Starches, breads, and grains

These foods contain carbohydrates. Peas, corn, and potatoes count as starches along with other foods like bread, biscuits, crackers, pasta, and rice.

Examples of Starches, breads, and grains that contain about 15 grams of carbohydrate:

<u>Starch, bread, or grain</u>	<u>Serving Size</u>
Bread	1 slice
Bagel	1/4 bagel
Dinner roll	1 small
Oatmeal (cooked)	1/2 cup
Pasta (cooked)	1/3 cup
Rice (cooked)	1/3 cup
Crackers	4-6 (check label)
Hamburger bun	1/2 bun
Baked potato	1/2 large potato (3 ounces)
Mashed potatoes	1/2 cup
Sweet potato	1/2 cup
Green peas	1/2 cup
Corn	1/2 cup

Milk

Milk and yogurt have carbohydrates.

Examples of milk and yogurt that contain about 15 grams of carbohydrate:

<u>Milk or Yogurt</u>	<u>Serving Size</u>
1% milk	1 cup
Soy milk	1 cup
Light yogurt	1/2 cup
Plain yogurt	1 cup

Fruit

Fruit has carbohydrates.

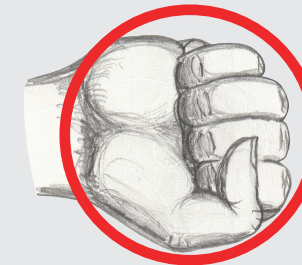
Examples of fruit that contain about 15 grams of carbohydrate:

<u>Fruit</u>	<u>Serving Size</u>
Berries	1 cup
Canned fruit, drained	1/2 cup
Fresh fruit	1 small (size of tennis ball)
Raisins	2 tablespoons

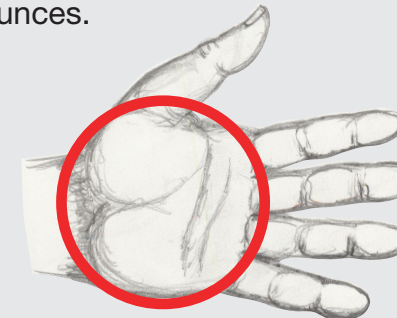
Estimating Serving Sizes

If you are at a restaurant or party and you cannot use a measuring cup, you can follow these rules as a guide:

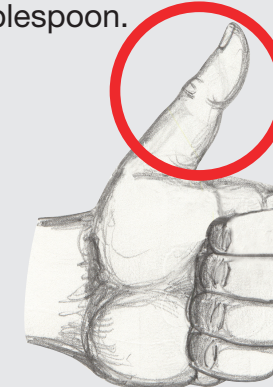
- Your fist is equal to 1 cup.



- Your palm is equal to 1/2 cup or 3 ounces.



- Your thumb is equal to 1 ounce or 1 Tablespoon.



Serving Sizes on Food Labels

Check the label carefully for the serving size. Often containers and packages have more than one serving in them. Look at the number grams of Total Carbohydrate. Remember this number is for one serving of food.

Nutrition Facts

about 12 Servings Per Container

Serving Size 3/4 cup (32g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 2.5 g 4%

Saturated Fat 0 g 0%

Trans Fat 0 g 0%

Polyunsaturated Fat 0.5 g

Monounsaturated Fat 1.5 g

Cholesterol 0 mg 0%

Sodium 210 mg 9%

Total Carbohydrate 26 g 9%

Dietary fiber 1 g 4%

Sugars 8 g

Includes 8 g Added Sugars

Protein 2 g

Vitamin D 60 mcg 10%

Calcium 120 mg 10%

Iron 4 mg 45%

Potassium 60 mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.