

Diabetes Plate Method

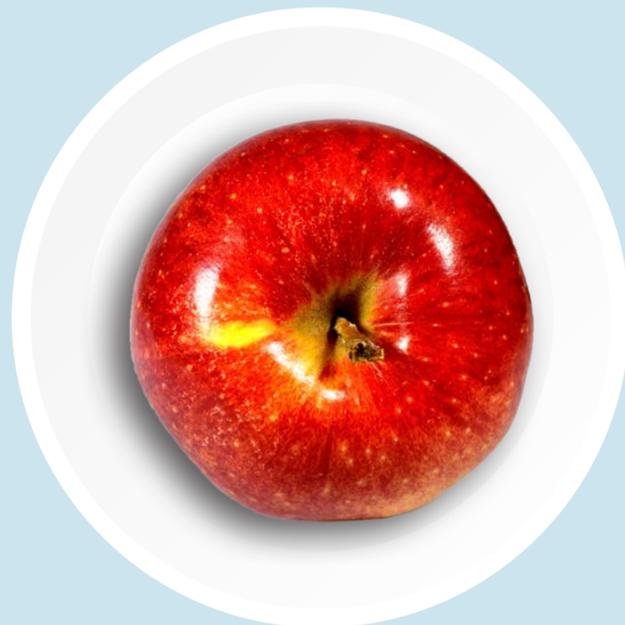


Plate Planner

Fill 1/2 of your plate with non-starchy vegetables. Examples: broccoli, carrots, cauliflower, and salad.

Fill 1/4 of your plate with lean meat, chicken, or fish; this is about 3 ounces.

Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.

Add 1 serving of fruit.

Choose 1 serving of milk.

Avoid trans-fat; look for items with zero trans-fat.

Add other portions as needed to round out your meal plan.

What is ONE Serving?

Starch	Fruit	Milk	Vegetable	Free Food	Meat	Fat
						
1 serving equals 15 grams of carbs and 80 Calories	1 serving equals 15 grams of carbs and 80 Calories	1 serving equals 12 grams of carbs and 8 grams of protein; fat variable	1 servings equals 5 grams of carbs and 25 Calories	unlimited servings	1 serving equals 2-3 ounces of protein	1 serving equals 5 grams of fat and 45 Calories
<ul style="list-style-type: none"> 1 slice of wheat bread ½ of an English muffin ¼ of a bagel ½ of a hamburger bun ½ of a 6 inch pita pocket 4 inch pancake, from mix (size of CD) 1 6 inch corn tortilla 6 crackers ½ cup of cooked oatmeal 1/3 cup of cooked rice (brown or white) ½ cup of beans, after cooking (garbanzo, pinot, split pea, black-eyed peas, kidney beans) 1/3 cup of baked beans ½ cup of corn ½ cup of lentils ½ cup of mashed potatoes 1 cup of winter squash 	<ul style="list-style-type: none"> 1 small apple 4 inch banana ½ cup of canned fruit ½ large grapefruit 17 grapes 1 cup of cubed melon 1 small orange 2 Tbsp. raisins 1 ¼ cup of whole strawberries <p>Fruit Juice</p> <ul style="list-style-type: none"> ½ cup apple ½ cup orange ½ cup grapefruit ½ cup pineapple ½ cup grape ½ cup peach ½ cup pear ½ cup prune juice 1 cup of reduced Calorie cranberry 	<ul style="list-style-type: none"> 1 cup of milk ½ cup of ice cream ½ cup of pudding 1/3 cup of frozen fat-free yogurt 	<p>1 cup raw of ½ cup cooked of any of the following:</p> <ul style="list-style-type: none"> green wax beans beets carrots cauliflower celery cucumber greens (collard, kale mustard) mixed vegetables (without corn, peas or pasta) mushrooms peppers radishes salad greens summer squash tomato tomato/vegetable juice (1/2 cup) zucchini 	<ul style="list-style-type: none"> club soda coffee diet soda drinks (sugar free) drink mixes (sugar free) gelatin dessert (sugar free) herbs (fresh or dried) hot sauce sugar substitutes tea tonic water (sugar free) <p>These servings can be taken 3 times a day but not all at the same time</p>	<p>1 ounce of meat contains:</p> <ul style="list-style-type: none"> 0 grams of carbs, 7 grams of protein, 3-8 grams of fat and 50-100 Calories) <ul style="list-style-type: none"> beef fish pork turkey seafood chicken lamb wild game veal <p>Meat Substitutes</p> <ul style="list-style-type: none"> ¼ cup of cottage cheese 1 ounce of cheese 1 egg 1 Tbsp. of peanut butter ½ cup of tofu 	<p>Monosaturated</p> <ul style="list-style-type: none"> 1 tsp. of oil (canola, olive or peanut) 6 nuts (almonds or cashews) 10 peanuts 1 Tbsp. of sesame seeds 4 pecan halves <p>Polyunsaturated</p> <ul style="list-style-type: none"> margarine 1 tsp. of regular 1 Tbsp. of low fat 1 tsp. of oil mayonnaise 1 tsp. of regular 1 Tbsp. of reduced fat salad dressing 1 Tbsp. of regular 2 Tbsp. of reduced fat 1 Tbsp. of pumpkin or sunflower seeds <p>Saturated</p> <ul style="list-style-type: none"> 1 tsp. butter 1 tsp. shortening cream cheese 1 Tbsp. of regular 1 ½ Tbsp. of reduced fat sour cream 2 Tbsp. of regular 3 Tbsp. of reduced fat

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* 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.

- 1. Look at the serving size**
Notice there may be more than one serving in a package.
- 2. Determine the amount of carbohydrates in one serving**
Find the "Total Carbs" (in grams) per serving.
15 grams = 1 carb choice
Total Carbohydrates = Starch + Sugar + Fiber
- 3. Decide if it's heart healthy**
Saturated fat + Trans fat = Unhealthy fats
Margarine should be trans-fat free.
Decrease your for heart risk by limiting unhealthy fats.
Your saturated fat should be:
 - less than 12 grams per day for women
 - less than 15 grams per day for men
Aim for food with atleast 3 grams of fiber per serving.

Your Recommendations