

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

Plate Method for Diabetes

Foods with carbohydrates make your blood glucose level go up. The plate method is a simple way to meal plan and control the amount of carbohydrate you eat.

Use the following guidance to build a healthy plate to control carbohydrates. Divide a 9-inch plate into 3 sections, and consider your beverage the 4th section of your meal:

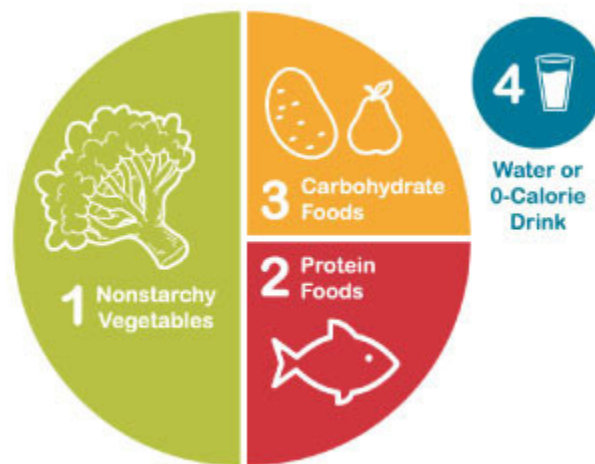


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Food Group	Examples of Foods/Beverages for This Section of your Meal	
<p>Section 1: Non-starchy vegetables Fill ½ of your plate to include non-starchy vegetables</p>	<ul style="list-style-type: none"> ▶ Asparagus ▶ Broccoli ▶ Brussels sprouts ▶ Cabbage ▶ Carrots ▶ Cauliflower ▶ Celery 	<ul style="list-style-type: none"> ▶ Cucumber ▶ Green beans ▶ Mushrooms ▶ Peppers ▶ Salad greens ▶ Tomatoes ▶ Zucchini
<p>Section 2: Protein foods Fill ¼ of your plate to include a lean protein</p>	<ul style="list-style-type: none"> ▶ Lean meat ▶ Poultry ▶ Fish ▶ Seafood ▶ Cheese ▶ Eggs 	<ul style="list-style-type: none"> ▶ Lean deli meat ▶ Tofu ▶ Beans ▶ Lentils ▶ Nuts or nut butters
<p>Section 3: Carbohydrate foods Fill ¼ of your plate to include carbohydrate foods</p>	<ul style="list-style-type: none"> ▶ Whole grains ▶ Whole wheat bread ▶ Brown rice ▶ Whole grain pasta ▶ Polenta ▶ Corn tortillas ▶ Fruit 	<ul style="list-style-type: none"> ▶ Starchy vegetables <ul style="list-style-type: none"> ▶ Potatoes ▶ Green peas ▶ Corn ▶ Beans ▶ Acorn squash ▶ Butternut squash ▶ One cup of milk also counts as a food that contains carbohydrate
<p>Section 4: Beverage Choose water or a low-calorie drink for your beverage.</p>	<ul style="list-style-type: none"> ▶ Unsweetened tea ▶ Coffee 	<ul style="list-style-type: none"> ▶ Flavored/sparkling water without added sugar

Notes