

How To Create a Healthy Meal:

- 1. Select a 9 inch plate for your meals.
- 2. Fill 1/2 of your plate with Non- Starchy Vegetables. See reverse
- 3. Fill 1/4 of plate with recommended carbohydrates.

portions of Let's start with carbohydrate per MEAL

- 4. Fill (other 1/4) of your plate with lean protein. See reverse
- 5. Snacks: talk to your doctor/nutritionist
- 6. Drink plenty of water, 6-8 cups per day. 1 cup = 8 fl oz. or 250 ml.



Foods That Affect Blood Glucose/Sugar: CARBOHYDRATES

Starches

1 portion equals:











Milk alternatives like unsweetened almond or soy milk can have less carbohydrate per por-

Fruit

Dairy

1 portion equals:

Milk

1 cup

8 oz

tion. Read the label.

Healthy TIP:

1 small apple

Yogurt low-fat or nonfat **PLAIN** 6 fl oz

1 tortilla.6 inches 1/3 large flour, 10 in

French bread 1/4

Cooked grits/

Cooked quinoa

Cooked farro

1/2c

Corn

oats 1/2c



1 small Dinner

Cooked white/

wheat pasta 1/3c

1/2 Small Meat

Cooked beans

Tamale





Large bagel 1/4

Dry Cornmeal 1/4 c







white rice 1/3c

Cooked lentils 1/2c



unsweetened cereal 1/2c





1 Cup

1 cup Berries

17 small grapes



Have 1 Portion

of fruit at a time

Eat with a meal or

with non-carb foods

1 small citrus









1/2 smallmango

Starchy Vegetables 1/2 c cooked



Peas



1/2c



Potatoes Yams







1/3c

Foods That Do Not Affect Blood Glucose

Vegetables non - starchy

- Eat at least 1-2 cups per meal.
- Vegetables are consider free food



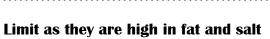
Protein (meat or substitutes)

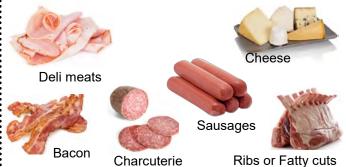
Low-Medium in Fat 1 portion=3 oz or palm of small hand











Healthy Fats



Nut Butter









Corn Oil Salad Dressing

MY HEALTHY PLATE

Let's start with ____ portions of carbohydrates.



Drink enough water: 6-8 cups daily

Choose the correct portions of fruit, starches and dairy.

Remember: Only 1 portion of milk or fruit.

