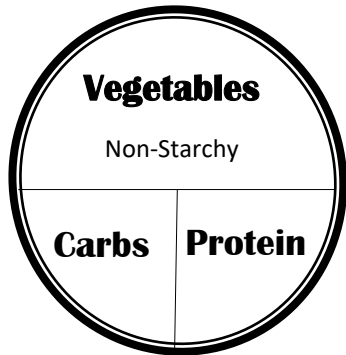


Healthy Meal



Water

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.

Let's start with _____ portions of 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 = 8fl oz. or 250ml .



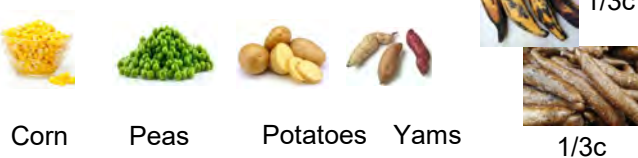
Foods That Affect Blood Glucose/Sugar : CARBOHYDRATES

Starches

1 portion equals:



Starchy Vegetables 1/2 c cooked



Dairy

1 portion equals:



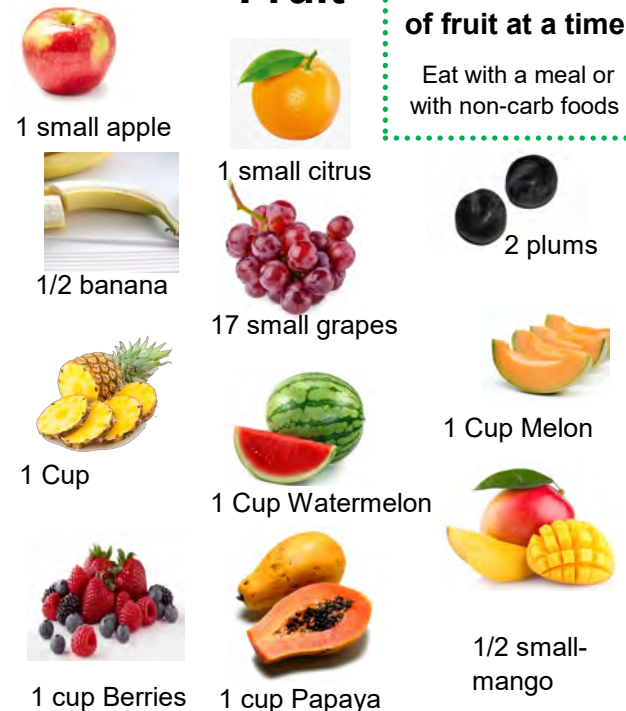
Healthy TIP:

Milk alternatives like **unsweetened** almond or soy milk can have less carbohydrate per portion. Read the label.

Fruit

Have 1 Portion of fruit at a time

Eat with a meal or with non-carb foods



Foods That Do Not Affect Blood Glucose

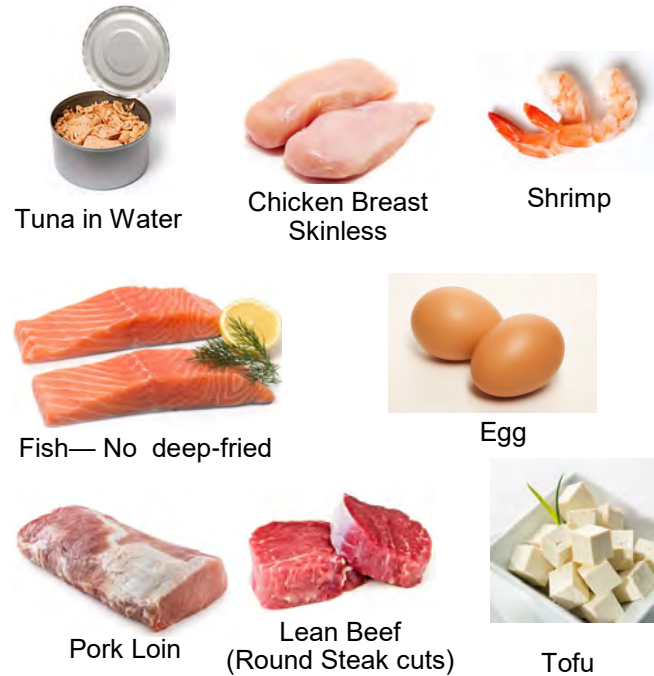
Vegetables non - starchy

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

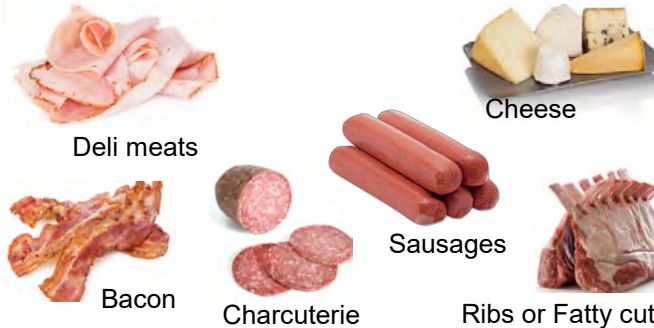


Protein (meat or substitutes)

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



Limit as they are high in fat and salt



Healthy Fats



Less Healthy Fats - Limit



MY HEALTHY PLATE

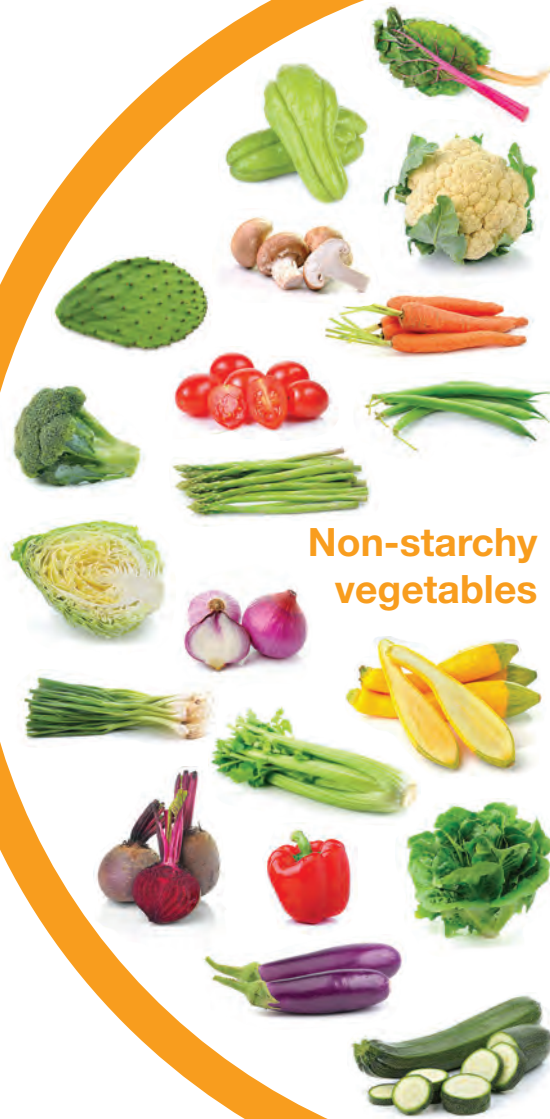
Let's start with ____ portions of carbohydrates.



Drink enough water: 6-8 cups daily

Choose the correct portions of fruit, starches and dairy.

Remember: Only 1 portion of milk or fruit.



Non-starchy vegetables



Protein

Carbohydrates

Circle and write them down:

