Client Name _____ **Date** _____

RDN/NDTR _____

Email_____ **Phone**   _____

Plate method for diabetes

Carbohydrate-rich foods cause blood glucose levels to rise. The plate method is a simple way to plan meals and control the amount of carbohydrates you eat.

Use the following guide to prepare a healthy plate and control your carb intake.

Divide a 9-inch (22.8 cm) plate into 3 sections, with your drink representing the 4th section:

Section 1: Non-starchy vegetables	Examples of foods/drinks
Fill half your plate with non-starchy vegetables	Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, green beans, mushrooms, peppers, salad greens, tomatoes, or zucchini.
Section 2: Protein foods Fill 1/4 of your plate with lean protein	Lean meat, chicken, fish, seafood, cheese, eggs, cold cuts, tofu, beans, lentils, nuts, or nut butters.
Section 3: Carbohydrate Foods Fill 1/4 of your plate to include carbohydrate foods	Whole grain cereals, whole-wheat bread, brown rice, whole-wheat pasta, polenta, corn tortillas, fruits or starchy vegetables (potatoes, peas, corn, beans, acorn squash, and zucchini). A glass of milk also counts as a carbohydrate-containing food.
Section 4: Beverages Choose water or a low-calorie beverage for meals.	Unsweetened tea or coffee or flavored/sparkling water with no added sugar.

Meal Planning for Diabetes