Diabetes plate method

The diabetes plate method can help you control portion sizes of all foods, including carbohydrates, throughout the day.

¼ plate: Protein
Keep lean protein to 3-4 oz. portions.

- Choose loin or round cuts of meat
- Include fish twice a week
- Remove skin from chicken

Examples:
- chicken or turkey
- lean beef
- fish
- beans
- lentils
- eggs
- tofu

¼ plate: Starch
Keep grains, starches and starchy vegetables to ¼ of your slate.

- This is a controlled carbohydrate
- Choose whole grains for more fiber

Examples:
- whole-wheat bread
- bagel
- tortilla
- pita bread
- waffle
- pancake
- pasta
- brown rice
- unsweetened cereal
- potato
- corn
- peas

½ plate: Non-starchy Vegetables
Fill half your plate with non-starchy vegetables. These items are:

- Low in calories
- Low in fat
- High in fiber
- Slower to digest and keep you full longer

Examples:
- salad
- green beans
- tomatoes
- carrots
- broccoli
- asparagus