

Diabetic Meal Planning: "Create Your Plate" 6 Easy Steps

Step 1: Divide a dinner plate into 2 equal sections.



Step 2: Draw another line on one side to make 2 smaller equal sections.



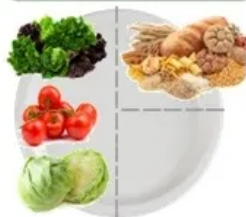
Step 3: Fill the biggest portion with non-starchy vegetables (e.g. leafy veggies, tomato, cabbage etc.)



Step 5: Fill the remaining portion with meat or meat substitutes (e.g. poultry, seafood, lean meat, eggs, tofu, etc.)



Step 4: Fill 1 smaller portion with starchy food (e.g. breads, cereals, beans, potatoes, pasta etc.)



Step 6: Get yourself a glass (8-oz) of low-fat milk (or 6-oz yogurt) plus 1 serving of fruit (for dessert).



Your have your meal planned!