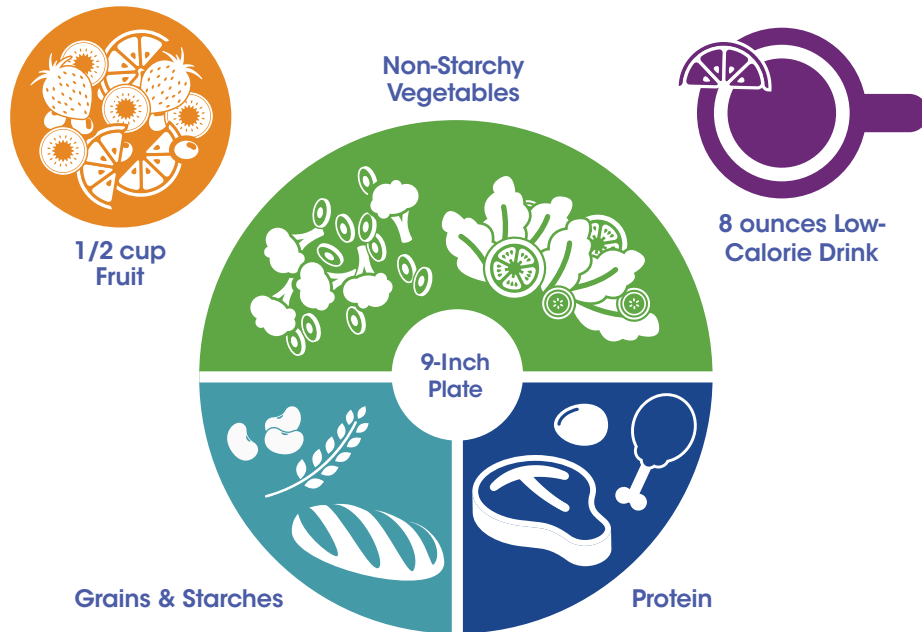




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# Using The Plate Method



Planning your meals is important when you're living with diabetes. The Plate Method can help you with portion control and making healthy choices.

## Divide your 9-inch plate into sections

- 1/2 non-starchy vegetables (spinach, broccoli)
- 1/4 lean, low-fat protein (chicken, fish, eggs, tofu)
- 1/4 carbohydrates (breads, grains)

## Add

- Low-calorie drink, such as water, unsweetened tea, or coffee
- Serving of fruit or dairy—refer back to your meal plan to see which works best for you

Work with your healthcare provider to set up a meal plan that's right for you

## 1 Great Plate

1/2 Non-Starchy Vegetables + 1/4 Grains & Starch + 1/4 Lean Protein

## Healthy Portion Sizes

1 ounce Cheese		4 Dice
3 ounces Meat		A Deck of Cards
1 teaspoon Butter		A Thumb Tip
1 tablespoon Peanut Butter		A Whole Thumb
1 cup Salad Greens		A Baseball
1/3 cup Cooked Rice		Half a Baseball

# Healthy Food Guide

It's important to have a well-balanced diet with the right portions.

This chart can help you create one. Serving sizes are not exact and do not indicate the carb counts.

 Snacks	 Healthy Fats	 Protein	 Grains & Starchy Vegetables	 Non-Starchy Vegetables	 Fruit	 Dairy
<p><b>Less than 5 grams of carbs:</b></p> <ul style="list-style-type: none"> <li>• 15 almonds</li> <li>• 3 celery sticks &amp; 1 tablespoon of peanut butter</li> <li>• 5 baby carrots</li> <li>• 1 hard-boiled egg</li> <li>• 1/4 cup fresh blueberries</li> <li>• 1 cup air-popped popcorn</li> <li>• 2 saltine crackers</li> <li>• 1/2 cup sugar-free Jell-O</li> </ul> <p><b>About 10-20 grams of carbs:</b></p> <ul style="list-style-type: none"> <li>• 1/4 cup of dried fruit &amp; nut mix</li> <li>• 1 cup chicken noodle soup</li> <li>• 1 small apple or orange</li> <li>• 3 cups light popcorn</li> <li>• 1/3 cup hummus &amp; 1 cup raw fresh-cut veggies</li> </ul> <p><b>About 30 grams of carbs:</b></p> <ul style="list-style-type: none"> <li>• 6 ounces light yogurt &amp; 3/4 cup of berries</li> <li>• 1 English muffin &amp; 1 teaspoon low-fat margarine</li> <li>• 1 medium banana &amp; 1 tablespoon peanut butter</li> </ul>	<p><b>Check label for serving size:</b></p> <p><b>Monounsaturated Fats</b></p> <ul style="list-style-type: none"> <li>• Avocado</li> <li>• Canola oil</li> <li>• Nuts (almonds, cashews)</li> <li>• Olives</li> <li>• Olive oil</li> <li>• Nut butter</li> <li>• Peanut oil</li> <li>• Sesame seeds</li> </ul> <p><b>Polyunsaturated Fats</b></p> <ul style="list-style-type: none"> <li>• Corn oil</li> <li>• Mayonnaise</li> <li>• Salad dressing</li> <li>• Soft margarine</li> <li>• Sunflower oil</li> <li>• Walnuts</li> </ul> <p><b>Omega-3 Fatty Acids</b></p> <ul style="list-style-type: none"> <li>• Albacore tuna</li> <li>• Canola oil</li> <li>• Flaxseeds</li> <li>• Flaxseed oil</li> <li>• Salmon</li> <li>• Sardines</li> <li>• Soybean products</li> </ul>	<p><b>One serving is 3-4 ounces of meat or seafood:</b></p> <ul style="list-style-type: none"> <li>• Albacore tuna</li> <li>• Beef</li> <li>• Chicken</li> <li>• Fish</li> <li>• Ham</li> <li>• Lamb</li> <li>• Pork</li> <li>• Seafood</li> <li>• Veal</li> </ul> <p><b>Meat Substitutes (check label for serving size)</b></p> <ul style="list-style-type: none"> <li>• Almond butter</li> <li>• Black beans</li> <li>• Cheese</li> <li>• Cottage cheese</li> <li>• Edamame</li> <li>• Eggs</li> <li>• Egg substitute</li> <li>• Egg whites</li> <li>• Hummus</li> <li>• Lentils</li> <li>• Peanut butter</li> <li>• Pinto beans</li> <li>• Tempeh</li> <li>• Tofu</li> </ul>	<p><b>One serving is 3/4-1 cup:</b></p> <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Millet</li> <li>• Popcorn</li> <li>• Quinoa</li> <li>• Sorghum</li> <li>• Whole farro</li> <li>• Whole grain barley</li> <li>• Whole oats/oatmeal</li> <li>• Whole wheat flour</li> <li>• Wild rice</li> </ul> <p><b>Starchy Vegetables</b></p> <ul style="list-style-type: none"> <li>• Acorn squash</li> <li>• Butternut squash</li> <li>• Corn</li> <li>• Green peas</li> <li>• Parsnips</li> <li>• Plantains</li> <li>• Potatoes</li> <li>• Pumpkin</li> </ul> <p><b>Legumes/Beans</b></p> <ul style="list-style-type: none"> <li>• Black beans</li> <li>• Lentils</li> <li>• Pinto beans</li> </ul>	<p><b>One serving is 1/2 cup cooked or 1 cup raw:</b></p> <ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Asparagus</li> <li>• Beans (green/wax)</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Greens (collard, kale, mustard, spinach)</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Peapods</li> <li>• Peppers</li> <li>• Salad greens (romaine, arugula)</li> <li>• Turnips</li> <li>• Zucchini</li> </ul>	<p><b>One serving is 1 small piece of whole fruit or 1/2 cup:</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Banana</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• Cherries</li> <li>• Fruit cocktail</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Kiwi</li> <li>• Mango</li> <li>• Melon</li> <li>• Nectarine</li> <li>• Orange</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple</li> <li>• Plum</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Tomatoes</li> <li>• Watermelon</li> </ul>	<p><b>One serving is 1 cup:</b></p> <p><b>Milk/Yogurt</b></p> <ul style="list-style-type: none"> <li>• Almond milk</li> <li>• Fat-free milk</li> <li>• Low-fat milk</li> <li>• Oat milk</li> <li>• Rice milk</li> <li>• Soy milk</li> <li>• Greek yogurt</li> <li>• Nonfat light yogurt</li> <li>• Plain nonfat yogurt</li> </ul> <p><b>Cheeses</b></p> <ul style="list-style-type: none"> <li>• Cottage cheese (2 cups)</li> <li>• Hard cheese (1 1/2 ounces)</li> <li>• Processed cheese (2 ounces)</li> <li>• Feta cheese (1/2 cup)</li> <li>• Shredded cheese (1/3 cup)</li> </ul>

Get recipes at [TeamingUpforDiabetes.com](https://www.TeamingUpforDiabetes.com)