

# My Diabetes Plate



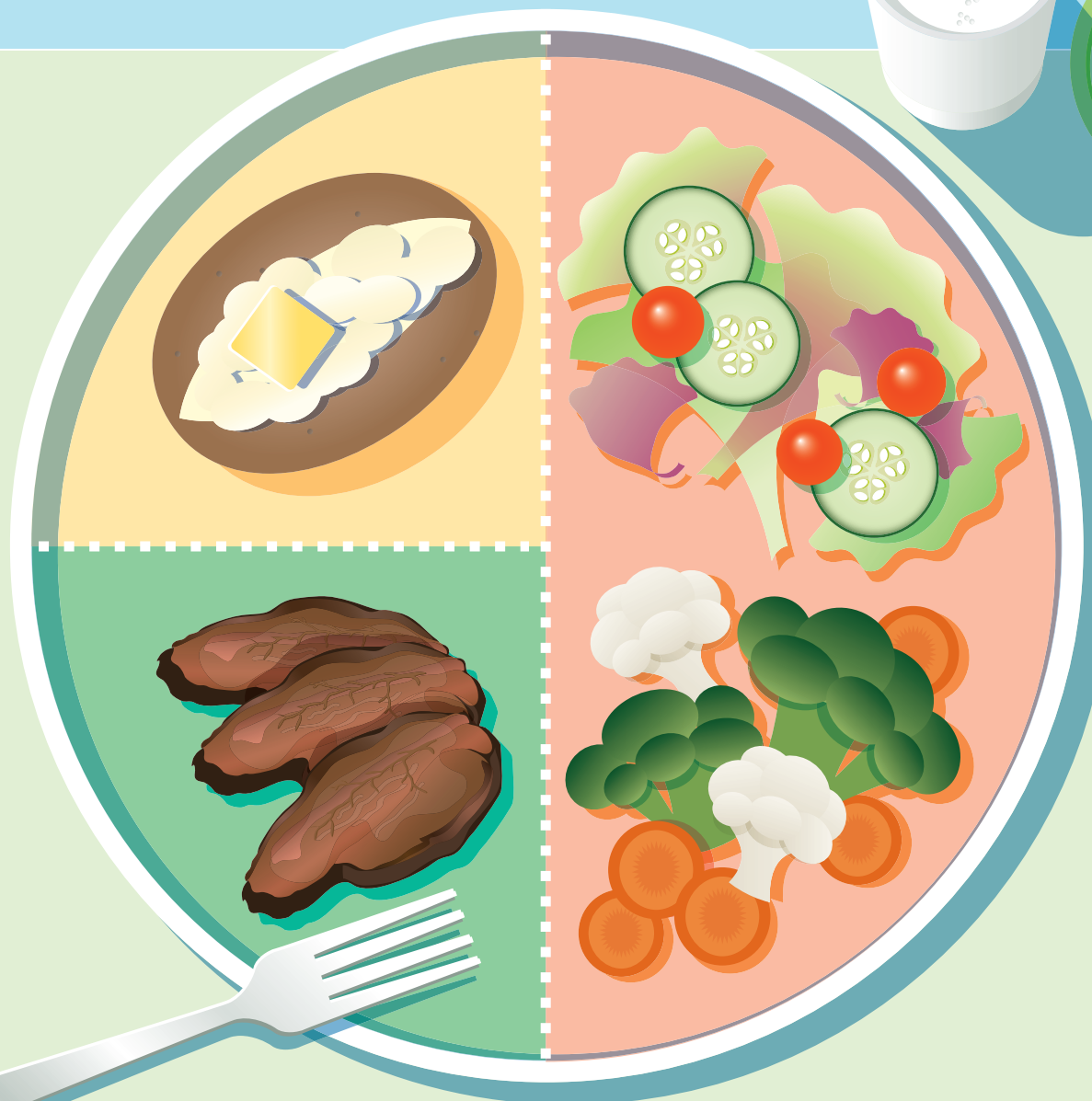
## My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

**For breakfast**, use only half the plate.

**For lunch and dinner**, use the whole plate.



8-ounce  
glass of milk



Free foods



9-inch plate

