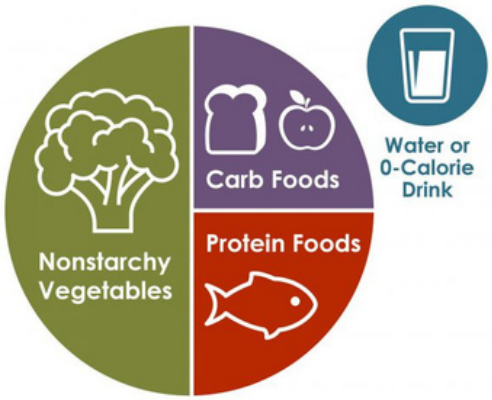
Diabetes Management

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

Diabetes Plate Method

- **½ Plate Non-starchy Vegetables**
- **¼ Plate Carbohydrates**
- **¼ Plate Protein**
  - Protein examples: chicken, beef, fish, pork, turkey, eggs, tofu, etc.
  - For combination food that contains starch and protein (ex: spaghetti with meat sauce), fill half of your plate with the food.
- **Drink water or zero-calorie drink**



Using a 9-inch plate

How to choose your carbs?

Choose carbs that are:

- Rich in fiber, vitamins and minerals
- Low in added sugars, sodium and unhealthy fats.

- **Fill up half your plate with *unprocessed*, non-starchy vegetables**
  - They are high in fiber which slows the spike in blood sugar

Examples:

- **Limit *carbohydrate* foods to 1/4 of your plate**
  - Whole grains
  - Starchy vegetables
  - Legumes
  - Fruits
  - Dairy products

- **Focus on *Whole grains***
  - At least half of your carb choices should be whole grains
  - Examples: brown rice, whole wheat bread and pasta, quinoa, oatmeal, etc.

- **Avoid *refined, processed grains* and *added sugar***
  - Examples: cookies, candy, chips, white bread, sugary drinks, etc.