Diabetes Management

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

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:

- Broccoli
- Mushroom
- Pepper
- Tomato
- Cabbage
- Carrot
- Pea

Limit carbohydrate foods to ¼ 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.