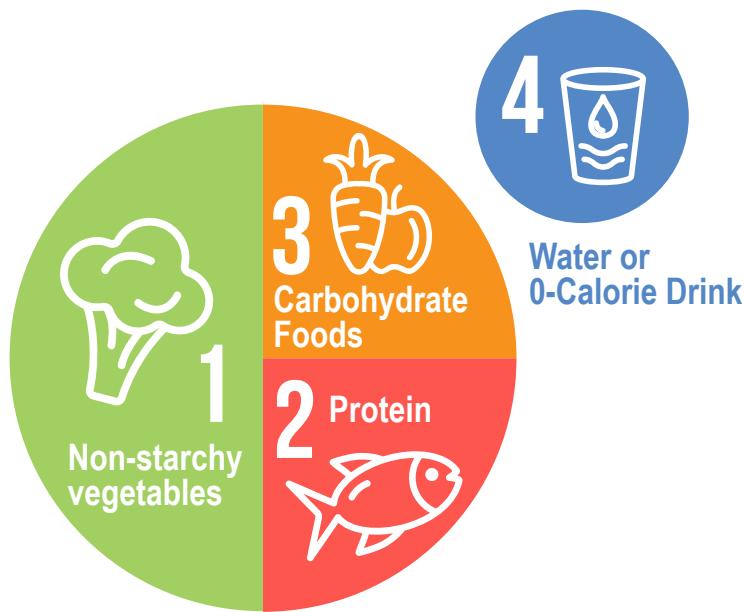


Adapted from the American Diabetes Association (ADA)

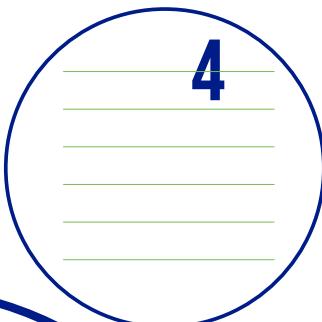
Let's Talk About Preventing Diabetes

Eating healthy using The Diabetes Plate Method



The ADA recommends:

1. Fill half (1/2) of the plate with non-starchy veggies.
2. Fill a quarter (1/4) of the plate with proteins.
3. Fill a quarter (1/4) of the plate with carbohydrate foods (fruits or starches).
4. Drink water or a 0-calorie drink.



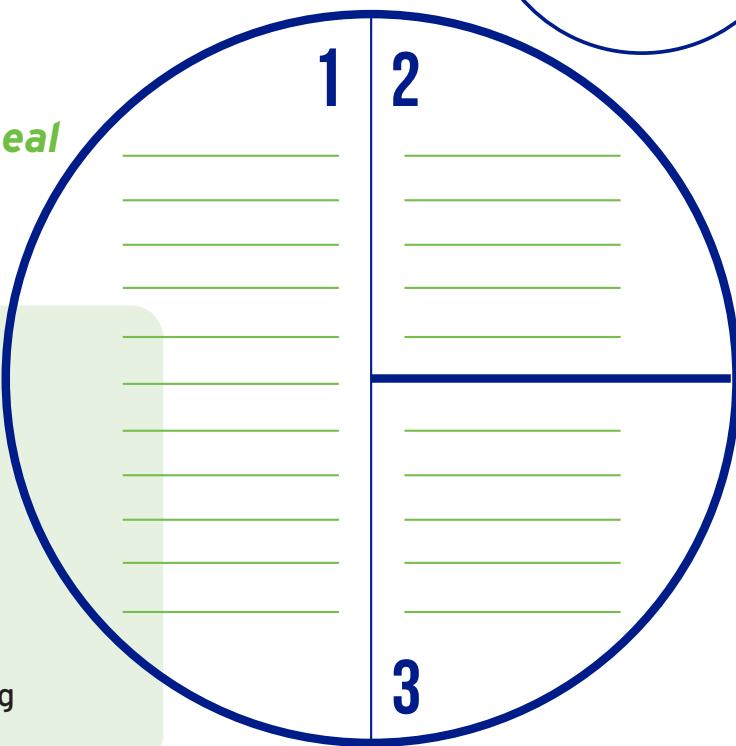
Activity: Make your own healthy meal

Fill in the plate method example below with foods and drinks you like.

Need recipe ideas? The ADA has free recipes for:

- Meals that do not cost a lot of money
- Easy snacks
- Cooking for 1 or 2 people
- Different ethnic foods

Go to the website: www.diabetesfoodhub.org



Program supported by **SecurityHealth Plan**
Promises kept, plain and simple.SM

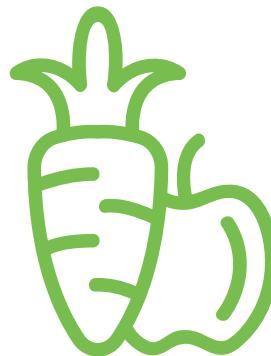


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Diabetes Plate Method Examples



Non-starchy vegetables

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Leafy greens such as kale, collards, mustard greens, or Swiss Chard
- Mushrooms
- Okra
- Green beans
- Peas
- Peppers
- Salad greens such as lettuce, spinach, arugula, endive, and other salad mixes
- Squash
- Tomatoes

Lean protein foods

- Chicken, turkey, and eggs
- Fish such as salmon, cod, tuna, tilapia, or swordfish
- Shellfish such as shrimp, scallops, clams, mussels, or lobster
- Lean beef
- Lean pork
- Lean deli meats
- Cheese and cottage cheese

Plant-based sources of protein:

- Beans, lentils, hummus, and falafel
- Nuts and nut butters
- Edamame
- Tofu and tempeh
- Plant-based meat substitutes

Carbohydrate foods

Whole grains:

- Bread
- Brown rice
- Bulgur
- Oats/oatmeal
- Polenta
- Popcorn
- Quinoa

Starchy vegetables:

- Acorn squash
- Butternut squash
- Green peas
- Parsnips,
- Plantain
- Potato
- Pumpkin
- Sweet potato/yam
- Beans and legumes
- Fruits and dried fruit
- Dairy products such as milk, yogurt, and milk substitutes (soy, almond, oat)