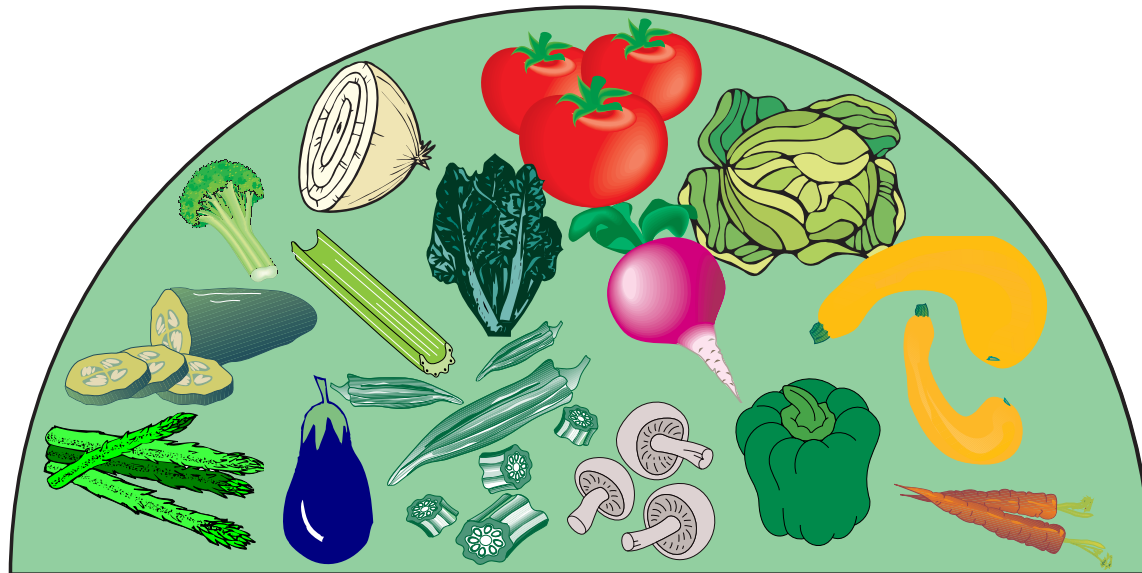


The Plate Planner

Non-Starchy Vegetables

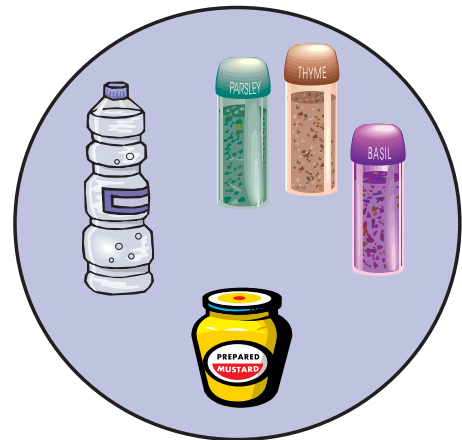
Fruits



Milk



Free Foods



Starches



Meats

Fats



Menu Ideas

Breakfast



cereal, banana, skim milk
(meat optional)
(omit non-starchy vegetables)



whole wheat toast, egg, strawberries,
non-fat yogurt (meat optional)
(omit non-starchy vegetables)

Lunch

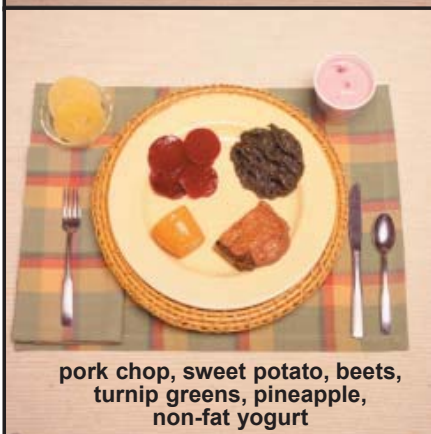


hamburger on bun, vegetables,
cookie, skim milk

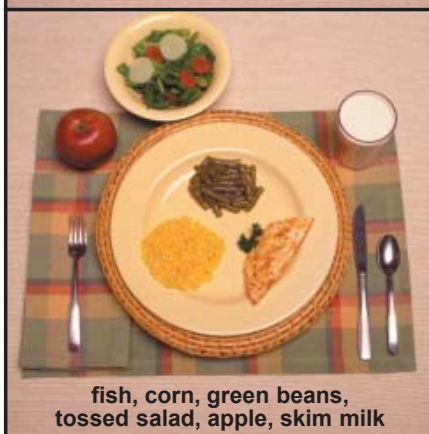


vegetable pizza, tossed salad,
peach, non-fat yogurt

Dinner



pork chop, sweet potato, beets,
turnip greens, pineapple,
non-fat yogurt



fish, corn, green beans,
tossed salad, apple, skim milk

Diabetic Information

- Most people, including persons with diabetes, can follow "Planning Tips for a Healthy Plate". See a Registered Dietitian to see what eating plan is right for you.
- Special or dietetic foods are not necessary for a healthy plate.
- Eat the same amount of foods at about the same time each day.
- Check your blood sugar often to see how your body reacts to certain foods.
- Be active and work towards a healthy weight. Check with your doctor to see what exercise program may be best for you.

Portion Sizes

- | | |
|--|---|
| <p>Starch</p> <ul style="list-style-type: none"> 1/2 bagel, hamburger or hot dog bun 1 slice of loaf bread 1/2 cup grits or oatmeal 1/2 cup corn or mashed potatoes 1/2 cup noodles 3 graham cracker squares <p>Meat</p> <ul style="list-style-type: none"> 2-3 ounces of cooked beef, chicken, fish, pork or turkey 2 egg whites, 1/4 cup egg substitute or 1 egg 1/4 cup low fat cottage cheese or 1 ounce low fat cheese <p>Milk</p> <ul style="list-style-type: none"> 1 cup low fat or skim milk 3/4 cup non-fat yogurt | <p>Fat</p> <ul style="list-style-type: none"> 1 teaspoon margarine, canola oil or olive oil 1 tablespoon salad dressing, cream cheese or mayonnaise 2 tablespoons low fat salad dressing, cream cheese or mayonnaise <p>Non- Starchy Vegetable</p> <ul style="list-style-type: none"> 1/2 cup cooked carrots, green beans or turnip greens 1 cup raw spinach leaves, lettuce or broccoli <p>Fruit</p> <ul style="list-style-type: none"> 1 small apple, orange, pear or 1/2 banana 1/2 cup pineapple tidbits or applesauce 1/2 cup orange juice or grape juice |
|--|---|

Planning Tips for a Healthy Plate

- Choose colorful foods. The more colorful your plate is, the better.
- Eat 5 to 9 fruits and vegetables a day.
- Cut down on foods with a lot of sugar, like cakes and candy. Save them for special days.
- Replace whole milk with 1% low fat or skim milk.
- Use herbs and spices in place of salt when cooking. Eat fewer salty foods like bacon and potato chips. Rinse off canned vegetables before cooking.
- Eat whole grain foods like brown rice and whole wheat bread.
- Choose low fat, low cholesterol foods. Eat eggs no more than 3-4 times a week. Pick low fat milk and cheese products like non-fat yogurt and part-skim mozzarella cheese.
- Use canola or olive oil rather than butter or lard. Cut off fat from meats before cooking. Remove the skin from chicken. Bake, grill, boil or steam foods instead of frying.
- Know what normal serving sizes look like.
Examples:
meat serving = deck of playing cards
rice serving = 1/2 a baseball
cheese serving = 4 dice
HINT: If all the foods on your plate are touching or running together the servings are probably too big.

Choose food from the following groups when planning						
Non-starchy vegetable	Starch	Meat	Fruit	Milk	Fat	Free food
1/2 plate	1/4 plate	1/4 plate	small side dish or piece	small side dish or cup	on the side or when cooking	on the side
asparagus beets broccoli cabbage carrots cauliflower cucumber green beans greens lettuce mushrooms okra onions peppers spinach squash tomatoes	baked beans black eyed peas bread corn english peas lima beans noodles pinto beans popcorn potatoes pretzels rice plain small roll sweet potatoes	baked, broiled or grilled beef tenderloin beef sirloin skinless chicken fish ground round ham pork tenderloin loin chop tuna skinless turkey Other Meats eggs low fat cheese	small apple applesauce 1/2 banana cantaloupe fruit cocktail fruit juice grapefruit grapes small orange strawberries peaches pears pineapple raisins watermelon	low fat buttermilk nonfat buttermilk low fat yogurt nonfat yogurt skim milk 1% low fat milk sugar free pudding made with low fat milk	almonds avocados canola oil margarine olive oil peanuts pecans	diet soft drinks lemon juice lime juice mustard pimentos sugar free Jell-O spices Tabasco sauce unsweet tea vinegar water

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FOR MORE INFORMATION, PLEASE CALL 843.667.9414