

USING THE PLATE METHOD FOR DIABETES MEAL PLANNING

This is one of the most basic methods to begin with when attempting to eat healthfully with diabetes. Basically, think of your plate divided into 3 sections. Fill half of your plate with low-carbohydrate vegetables, such as, broccoli, green beans, cabbage, zucchini, or cauliflower; fill $\frac{1}{4}$ of your plate with lean protein such as baked chicken, fish, or pork and fill the remaining $\frac{1}{4}$ of your plate with a healthy carbohydrate such as brown rice, sweet potato, or whole-wheat bread. You can also add one serving of fruit (1 small piece of fruit or 1 cup fresh fruit) and 1 cup skim milk or 8 ounces light yogurt. The picture below displays the plate method.

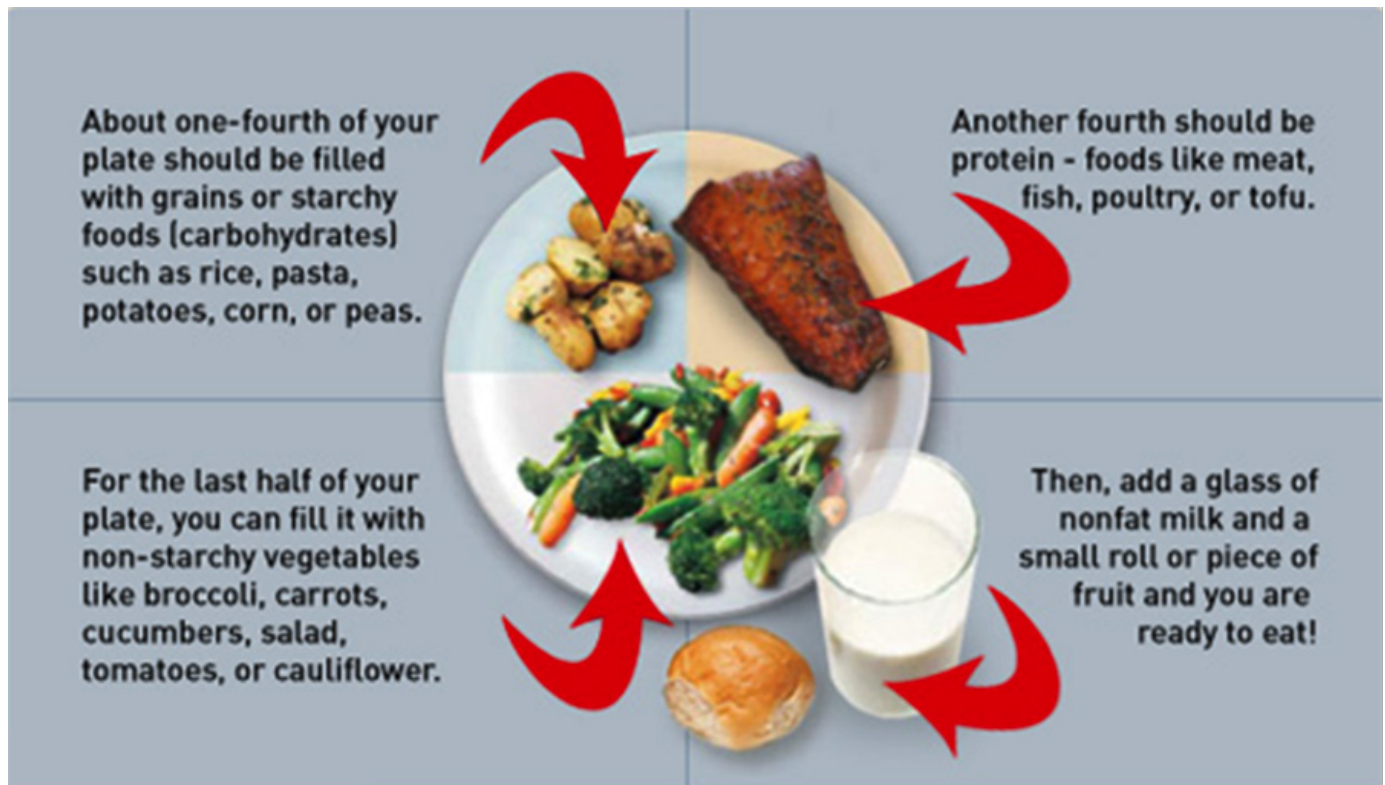


PLATE METHOD

Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

BASIC CARBOHYDRATE COUNTING

Carbohydrates are the foods that break down into glucose (sugar) and have the greatest effect on raising blood glucose. You do not have to eliminate carbohydrates (carbs) from your diet, but rather be consistent with your carbohydrate intake and avoid eating excessive amounts of carbs. Learning how to track your carbohydrates can be very helpful and it's often called "carb counting." Carb containing foods are starches, such as bread and rice; fruit and fruit juice; and milk, yogurt, and sweet foods. Your recommended carbohydrate intake varies depending on your height, weight, age, and activity level. Many women and men can eat between 2-4 Carbohydrate Choices at each meal and 1 Carbohydrate Choice per snack.

SEE CHART BELOW FOR PORTION SIZES FOR 1 CARBOHYDRATE CHOICE.

Reading food labels is very important when carb counting; check labels for grams of Total Carbohydrate per serving of food. One Carbohydrate Choice contains 15 grams Total Carbohydrate. This means if a food contains 30 grams of total carbohydrate per cup, this is about 2 Carbohydrate Choices.

One Carbohydrate Choice = 15 grams Total Carbohydrate

One Carbohydrate Choice equals:

1 slice bread ½ cup canned fruit in light syrup

1/3 cup pasta 1 cup skim or 1% milk

1/2 cup peas or corn 4-5 crackers

1/2 cup cooked cereal 15 pretzels

1/2 hamburger bun ½ English muffin

½ small bagel ½ small potato

1/3 cup rice ½ cup mashed potatoes

1 piece small fruit ½ cup sweet potatoes

1/2 banana 3 cups light popcorn

1 cup berries or melon ¾ cup unsweetened cereal

15 grapes or cherries ½ cup sugar-free pudding

Protein (meats, fish, poultry, cheese) and fats (oil, margarine, mayonnaise, nuts, salad dressings) are not carbohydrates, therefore they have minimal effect on blood glucose levels. Always try to choose lean protein choices such as chicken breast, fish, lean beef and pork, and reduced-fat cheese. Try to use reduced-fat and light fat products, such as, light mayonnaise and light salad dressing.

Free foods contain less than 5 grams of total carbohydrate per serving and have a minimal effect on blood sugar levels. Free foods include: diet pop, coffee, tea, sugar-free Jell-o, and calorie-free flavored waters. The following foods are free up to 3 servings per day (spread throughout the day): 2 tsp. low-sugar jelly, 1 Tbsp, ketchup, 2 Tbsp. mustard, ¼ cup salsa, 2 Tbsp. sugar-free syrup, 1 sugar-free Popsicle stick.

YOU CAN USE THE FOLLOWING FOOD LISTS TO HELP YOU MAKE HEALTHY FOOD CHOICES:

Diabetes and Breads, Grains, and Other Starches

Your body needs carbs. But you want to choose wisely. Use this list as a guide.

BEST CHOICES:

- Whole-grain flours, such as whole wheat flour
- Whole grains, such as brown rice
- Cereals containing whole-grain ingredients and little added sugar
- Whole-grain bread
- Baked potato or baked steak fries
- Whole-grain flour or corn tortillas

WORST CHOICES:

- White flour
- Processed grains, such as white rice
- Cereals with little whole grain and lots of sugar
- White bread
- French fries
- Fried white-flour tortillas

VEGETABLES AND DIABETES

Many vegetables contain fiber and are naturally low in fat and sodium (unless they are canned). Starchy vegetables, such as potatoes and corn, aren't included in this category. They are considered part of the breads, grains, and other starches group.

BEST CHOICES:

- Fresh vegetables, eaten raw or lightly steamed, roasted, or grilled
- Frozen vegetables, lightly steamed
- Fresh cucumbers
- Fresh shredded cabbage or coleslaw

WORST CHOICES:

- Canned vegetables with lots of added sodium
- Vegetables cooked with lots of added butter, cheese, or sauce
- Pickles (if you need to limit sodium; otherwise, pickles are a good choice)
- Sauerkraut, (same as pickles; limit only if you have high blood pressure)

FRUITS AND DIABETES

Fruits have carbohydrates, vitamins, minerals, and fiber. They are naturally low in fat (except for avocados) and sodium. Fruits often have more carbs than are found in vegetables.

BEST CHOICES:

- Frozen fruit or fruit canned in fruit juice
- Fresh fruit
- Sugar-free or low-sugar jam or preserves
- No-sugar-added applesauce
- 100% fruit juice or low-carb juices

WORST CHOICES:

- Canned fruit with heavy sugar syrup
- Chewy fruit rolls
- Regular jam, jelly, and preserves (unless portion is kept small)
- Sweetened applesauce
- Fruit punch, fruit drinks, fruit juice drinks

DIABETES AND MEAT AND OTHER PROTEIN

This category includes beef, chicken, fish, pork, turkey, seafood, beans, cheese, eggs, nuts, and tofu.

BEST CHOICES:

- Baked, broiled, grilled, or stewed meats
- Lower-fat cuts of meat, such as top sirloin
- Turkey bacon
- Low-fat cheeses
- Skinless breast of chicken or turkey
- Baked, broiled, steamed, or grilled fish
- Tofu lightly sautéed, steamed, or cooked in soup
- Baked or stewed beans

WORST CHOICES:

- Fried meats
- Higher-fat cuts of meat, such as ribs
- Pork bacon
- Regular cheeses
- Poultry with skin
- Fried fish
- Fried tofu
- Beans prepared with lard