

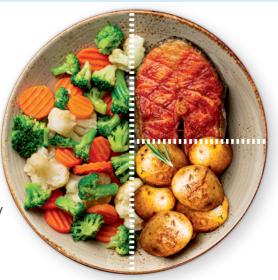
Building a Balanced Meal

What you put into your body can make a big difference in how well you manage diabetes.



A great way to build a healthy meal!

Sometimes it's hard to know where to start when you're trying to plan healthy meals. The American Diabetes Association's Diabetes Plate Method makes it easy to create a balanced meal.





Here's how to do it:

Divide your plate

Draw an imaginary line down the middle of your plate.* Then divide 1 of the sections in half. You should now have 3 sections on your plate—1 large and 2 small.

Start with vegetables

Fill the largest section with vegetables that are not starchy. Those could include, for example:

- Asparagus
- Green beans
- Spinach

- Broccoli
- Kale
- Zucchini

- Cauliflower
- Lettuce
- Celery
- Mushrooms

Next, it's carbohydrates

In 1 of the small sections, add some grains and starchy foods. Those could include, for example:

• Green peas

 Beans (black, kidney, pinto)

Brown rice

- Bread Postat
 - Potatoes
 - Quinoa
- Squash
- Sweet potatoes/Yams
- Tortillas

Then, add a protein

In the other small section, add a lean protein. Maybe you'd like:

- Chicken
- Salmon
- Tuna

- Eggs
- Tilapia
- Turkey

- Low-fat cheese
- Tofu

Fill in with fruit and/or dairy

Add a serving of fruit or a serving of a dairy product like milk or yogurt, or both, as your meal plan allows.

Drink up!

To top off your meals, add a low-calorie drink, like water, unsweetened iced tea, or unsweetened coffee.

Fats may be fine

If you're not sure whether fats are okay on your meal plan, talk with your dietitian or diabetes care team. Then, after consulting with your care team, add in healthy fats, such as avocado or nuts, in small amounts. For cooking, use oils. For salads, try adding nuts, seeds, and vinaigrettes.

It's time to dig in to a healthy meal!



Building a Balanced Meal

Kfast	Carbohydrates	Lunch	Carbohydrates
Jon starsky	Carbonyurates	Non-starchy	Carbonydrates
Non-starchy vegetables		vegetables	
	Calories:		Calories:
	Carbs:		Carbs:
Calories:	Protein	Calories:	Protein
Carbs:		Carbs:	
	Calories:		Calories:
	Carbs:		Carbs:
			Low-calorie drink
Fruit and dairy	Low-calorie drink	Fruit and dairy	
Calories:	Calories:	Calories:	Calories:
Calories:		Calories:	
Calories:	Calories:	Calories:	Calories:

Use the plates above to create your meals. Ask your diabetes care team for the **NovoCare®** booklet **Meal planning** and carb counting. It will help you find the nutritional value and portion sizes of your favorite foods.



Meal planning and carb counting

You may want to make copies of this before you begin so that you can plan your whole week.





ner	1
Non-starchy vegetables	Carbohydrates
vegetables	Calories:
Calories:	Protein
	Calories:
Fruit and dairy	Low-calorie drink
Calories:	
Healthy fats:	Carbs:
Snaching Snach	a ck ck
Calc Cark	ories:

Your daily meal plan

Use the spaces below to add up your calories and carbs for the day. Make any changes you need to so that your meal plan matches your goals.

Breakfast	Calories	Carbs
Non-starchy vegetables		
Carbohydrates		
Protein		
Fruit and dairy		
Low-calorie drink		
Healthy fats Meal total:		
Lunch		
Non-starchy vegetables		
Carbohydrates		
Protein		
Fruit and dairy		
Low-calorie drink		
Healthy fats Meal total:		
Afternoon snack		
Snack total:		
Dinner		
Non-starchy vegetables		
Carbohydrates		
Protein		
Fruit and dairy		
Low-calorie drink		
Healthy fats Meal total:		
Evening snack		
Snack total:		
Total for day:		



Building a Balanced Meal

Take a look at the **Meal planning and carb counting** booklet to get ideas for other foods to include in your meal plans.



Shopping list

When you have planned your meals, use the shopping list below to write down everything you need so that you are ready to go. You can make copies of this list so that you have it every time you go shopping.

Non-starchy vegetables	Carbohydrates	Fruit
		Dairy
		Daily
	Protein	
		Low-calorie drinks
		Healthy fats
		ricaltify fats

Visit **www.NovoCare.com** for additional resources and helpful information! Point your smartphone camera at the QR code for quick access to the website on your phone.





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