

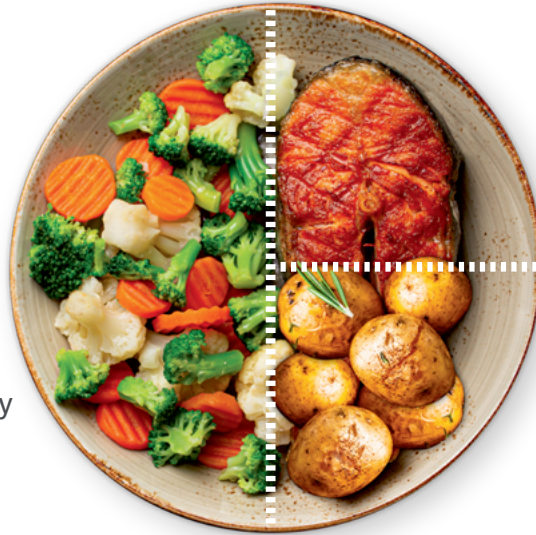
Building a Balanced Meal

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
- Broccoli
- Cauliflower
- Celery
- Green beans
- Kale
- Lettuce
- Mushrooms
- Spinach
- Zucchini

Next, it's carbohydrates

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

- Beans (black, kidney, pinto)
- Bread
- Brown rice
- Green peas
- Pasta
- 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
- Eggs
- Low-fat cheese
- Salmon
- Tilapia
- Tofu
- Tuna
- Turkey

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!

*Based on a 9-inch plate



Building a Balanced Meal

Breakfast

Non-starchy vegetables _____ _____ _____ Calories: _____ Carbs: _____	Carbohydrates _____ _____ Calories: _____ Carbs: _____
	Protein _____ _____ _____ Calories: _____ Carbs: _____

Lunch

Non-starchy vegetables _____ _____ _____ Calories: _____ Carbs: _____	Carbohydrates _____ _____ Calories: _____ Carbs: _____
	Protein _____ _____ _____ Calories: _____ Carbs: _____

Fruit and dairy

 Calories: _____
 Carbs: _____

Low-calorie drink

 Calories: _____
 Carbs: _____

Healthy fats: _____

Calories: _____ Carbs: _____

Fruit and dairy

 Calories: _____
 Carbs: _____

Low-calorie drink

 Calories: _____
 Carbs: _____

Healthy fats: _____

Calories: _____ Carbs: _____

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.



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

Afternoon snack

Snack

 Calories: _____
 Carbs: _____



Dinner

Non-starchy vegetables _____ _____ _____ Calories: _____ Carbs: _____	Carbohydrates _____ _____ Calories: _____ Carbs: _____
	Protein _____ _____ Calories: _____ Carbs: _____

Fruit and dairy

Calories: _____

Carbs: _____

Low-calorie drink

Calories: _____

Carbs: _____

Healthy fats: _____

Calories: _____ Carbs: _____

Evening snack

Snack

Calories: _____

Carbs: _____

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	Calories	Carbs
Non-starchy vegetables	_____	_____
Carbohydrates	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____
Meal total:		

Afternoon snack	Calories	Carbs
Snack total:		

Dinner	Calories	Carbs
Non-starchy vegetables	_____	_____
Carbohydrates	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____
Meal total:		

Evening snack	Calories	Carbs
Snack total:		

Total for day:		
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