

# DIABETES

## THE PLATE METHOD

### NON-STARCHY VEGETABLES



1. Spinach
2. Kale
3. Broccoli
4. Cauliflower
5. Asparagus
6. Brussels Sprouts
7. Bell Peppers
8. Zucchini
9. Cabbage
10. Cucumber
11. Radishes
12. Green Beans
13. Eggplant
14. Tomatoes
15. Celery

### FRUITS

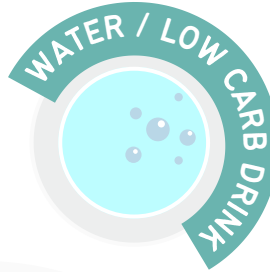


1. Cherries
2. Grapefruit
3. Pears
4. Apples
5. Plums
6. Peaches
7. Berries
8. Oranges

### HEALTHY FATS

1. Avocado
2. Fatty Fish (Salmon, Mackerel, Sardines)
3. Nuts (Almonds, Walnuts, Pecans)
4. Seeds (Chia Seeds, Flaxseeds)
5. Eggs
6. Edamame

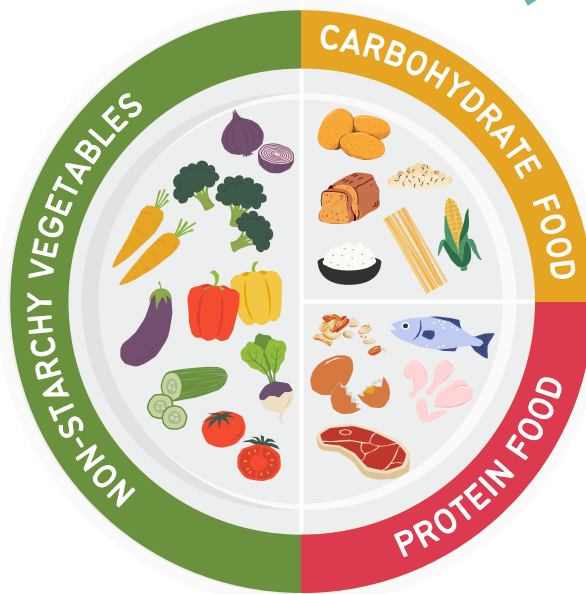
Olive Oil  
Coconut Oil  
Sunflower Oil



### BEVERAGE



1. Water
2. Herbal Tea
3. Green Tea
4. Black Coffee
5. Sparkling Water
6. Vegetable Juice
7. Unsweetened Milk
8. Sugar-Free or Low-Sugar Smoothies
9. Diluted Fruit Juice



### COMPLEX CARBOHYDRATE

#### WHOLE GRAINS



1. Quinoa
2. Brown Rice
3. Oats (Steel-Cut or Rolled)
4. Barley
5. Buckwheat
6. Whole Wheat (bread, pasta)

#### STARCHY VEGETABLES



1. Potatoes
2. Sweet Potatoes
3. Butternut Squash
4. Corn
5. Plantains
6. Yams
7. Cassava

#### CEREALS

Whole Grain Cereal



#### WHOLE GRAIN BREADS

- 1 Slice  
1 Six-Inch Tortilla  
1/2 Bagels

### PLANT PROTEIN



1. Lentils
2. Chickpeas
3. Black Beans
4. Tofu
5. Edamame
6. Tempeh
7. Seitan
8. Green Peas
9. Spirulina
10. Hummus
11. Nuts
12. Seeds
13. Avocado

### LEAN ANIMAL PROTEIN



1. Fish
2. Skinless Chicken
3. Lean Beef
4. Lean Pork
5. Turkey
6. Eggs
7. Dairy (Unsweetened)
8. Lamb
9. Shellfish
10. Duck
11. Eggs

Salmon, mackerel, sardines, trout

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## THE PLATE METHOD








The Diabetic Plate Method is a simple and effective way to manage portion sizes and create balanced, nutritious meals for individuals with diabetes. It involves visually dividing a standard dinner plate into three sections to control the amounts of different food groups consumed. Here's a breakdown of the Diabetic Plate Method:

1. Half the Plate (50%): Non-Starchy Vegetables
2. One-Quarter of the Plate (25%): Lean Proteins
3. One-Quarter of the Plate (25%): Whole Grains or Starchy Vegetables
4. Add a Side of Healthy Fats
5. A Cup of Water/Non-Sugary Drink

### Portion Control

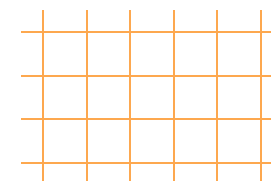
Be conscious of portion sizes to manage overall calorie and carbohydrate intake. Do you carry a food scale around with you? If not, you can use the next best thing to measure portions when you're eating out: your hand.

- Your fist: grains and starch for 25% of the plate (half cup). 
- Your palm: meat, seafood and poultry for 25% of the plate (3 ounces). 
- The tip of your thumb: fat, such as oil and margarine (1 tablespoon). 
- Two hands full: non-starchy vegetables for 50% of the plate (2 full cups). 
- Your cupped hand: nuts and seeds for 25% of the plate (1-2 ounces). 

With each of this portion size, you can add into your plate for a more controlled blood sugar.

### Regular Monitoring and Adjustments

Regularly monitor blood sugar levels and adjust portion sizes or food choices based on individual responses. Work with healthcare professionals or registered dietitians to create a personalized plan.



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## THE PLATE METHOD



### How can I control my portions and still feel satisfied?

Controlling portions while still feeling satisfied can be achieved by incorporating mindful eating habits and making strategic choices.

- **Use Smaller Plates:** Opt for smaller plates and bowls to create the illusion of a fuller plate, which can help control portion sizes without feeling deprived.
- **Start with Vegetables:** Begin your meals with a generous serving of non-starchy vegetables. This not only adds nutrients and fiber but also helps create a feeling of fullness.
- **Practice Mindful Eating:** Pay attention to your body's hunger and fullness cues. Eat slowly, savor each bite, and listen to your body to recognize when you're satisfied.
- **Portion Control Tools:** Invest in portion control tools like measuring cups, a food scale, or visual guides (such as the diabetic plate method) to accurately measure servings.
- **Choose Nutrient-Dense Foods:** Focus on foods that are nutrient-dense, providing essential vitamins, minerals, and fiber per calorie. These foods contribute to overall satisfaction and well-being.
- **Include Lean Proteins:** Incorporate lean proteins into your meals. Protein helps with satiety, and choosing lean sources keeps the calorie count in check.
- **Include Healthy Fats:** Add small amounts of healthy fats, such as avocados, nuts, seeds, or olive oil, to your meals. Healthy fats contribute to a feeling of fullness.
- **Hydrate:** Drink water before and during meals. Sometimes, our bodies can confuse thirst with hunger. Staying hydrated can help you distinguish between the two.
- **Plan Balanced Meals:** Create balanced meals that include a variety of food groups—vegetables, proteins, whole grains, and healthy fats. This ensures you get a mix of nutrients and flavors.
- **Listen to Your Body:** Pay attention to how different foods make you feel. Identify triggers for overeating and work on addressing them, whether it's emotional eating or eating out of habit.
- **Be Mindful of Snacking:** If you snack, portion out your snacks in advance rather than eating from the container. This helps avoid mindless overeating.
- **Enjoy Treats in Moderation:** Allow yourself occasional treats, but enjoy them in moderation. Savor each bite, and focus on the overall enjoyment rather than quantity.