

# THE HEALTHY DIABETES PLATE

Simple Portions for Blood Sugar Management

**1/2**  
**Non-Starchy**  
**Vegetables**  
**1/4**  
**Lean**  
**Protein**  
**1/4**  
**Complex**  
**Carbs**

## Non-Starchy Veggies

- Spinach & Kale
- Broccoli & Cauliflower
- Peppers & Carrots
- Green Beans

## Lean Protein

- Chicken or Turkey
- Fish & Seafood
- Tofu or Tempeh
- Eggs or Lean Beef

## Complex Carbs

- Brown Rice
- Quinoa or Oats
- Sweet Potato
- Beans & Lentils

## Healthy Extras

- Small serving of fruit
- Low-fat dairy/Water
- Healthy fats (Avocado)

*\* This is a general guide. Please consult with a healthcare provider or registered dietitian for a personalized meal plan.*