

The Diabetic Plate Method

Simple Portion Control Guide



Non-Starchy

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

Lean Protein

- Chicken & Turkey
- Fish & Seafood
- Eggs
- Tofu & Tempeh
- Lean Beef/Pork

Carbohydrates

- Brown Rice
- Quinoa
- Sweet Potato
- Whole Grain Bread
- Fresh Fruit

** Complete your meal with a glass of water or unsweetened beverage.*