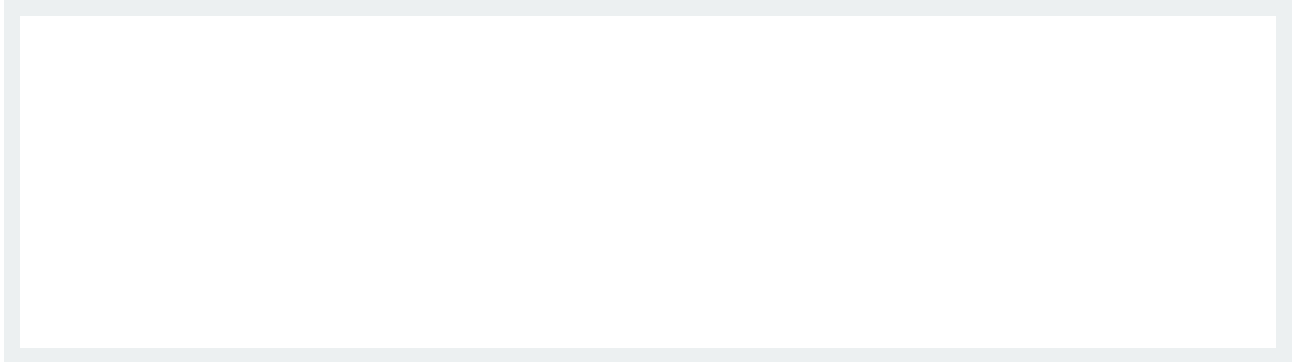


# The Plate Method

A Simple Guide to Balanced Diabetic Meals



## Vegetables

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

## Proteins

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

## Carbohydrates

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

*\* Use a standard 9-inch plate. Combine with water or a zero-calorie drink.*