Diabetes Plate Method

Nonstarchy Vegetables
Fill 1/2 of the plate with:
- Raw non-starchy vegetables (such as carrots, celery, spinach, peppers) or
- Cooked non-starchy vegetables (such as broccoli, bokchoy, cauliflower, chayote)

Grains, Beans, and Starchy Vegetables
Fill 1/4 of the plate with 1 of these choices:
- 2 slices of whole wheat bread
- 1 cup cooked beans or lentils

Protein
Fill 1/4 of the plate with any of these choices:
- 2-3 oz. lean meat, poultry, fish or seafood
- Eggs
- Tofu

HealthPoint Medical Clinic Phone Numbers
- Bothell 425-486-0658
- Redmond 425-882-1697
- Tukwila 206-439-3289
- Federal Way 253-874-7634
- Renton 425-226-5536
- Tyee 206-444-7746
- Auburn 253-735-0166
- Kent 253-852-2866
- SeaTac 206-277-7200
- Evergreen 206-835-2615