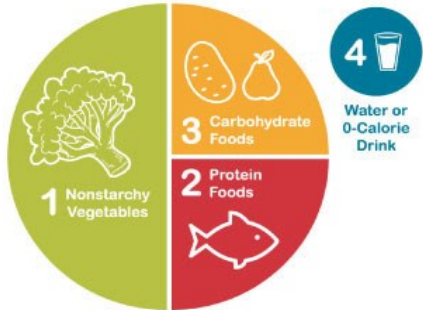


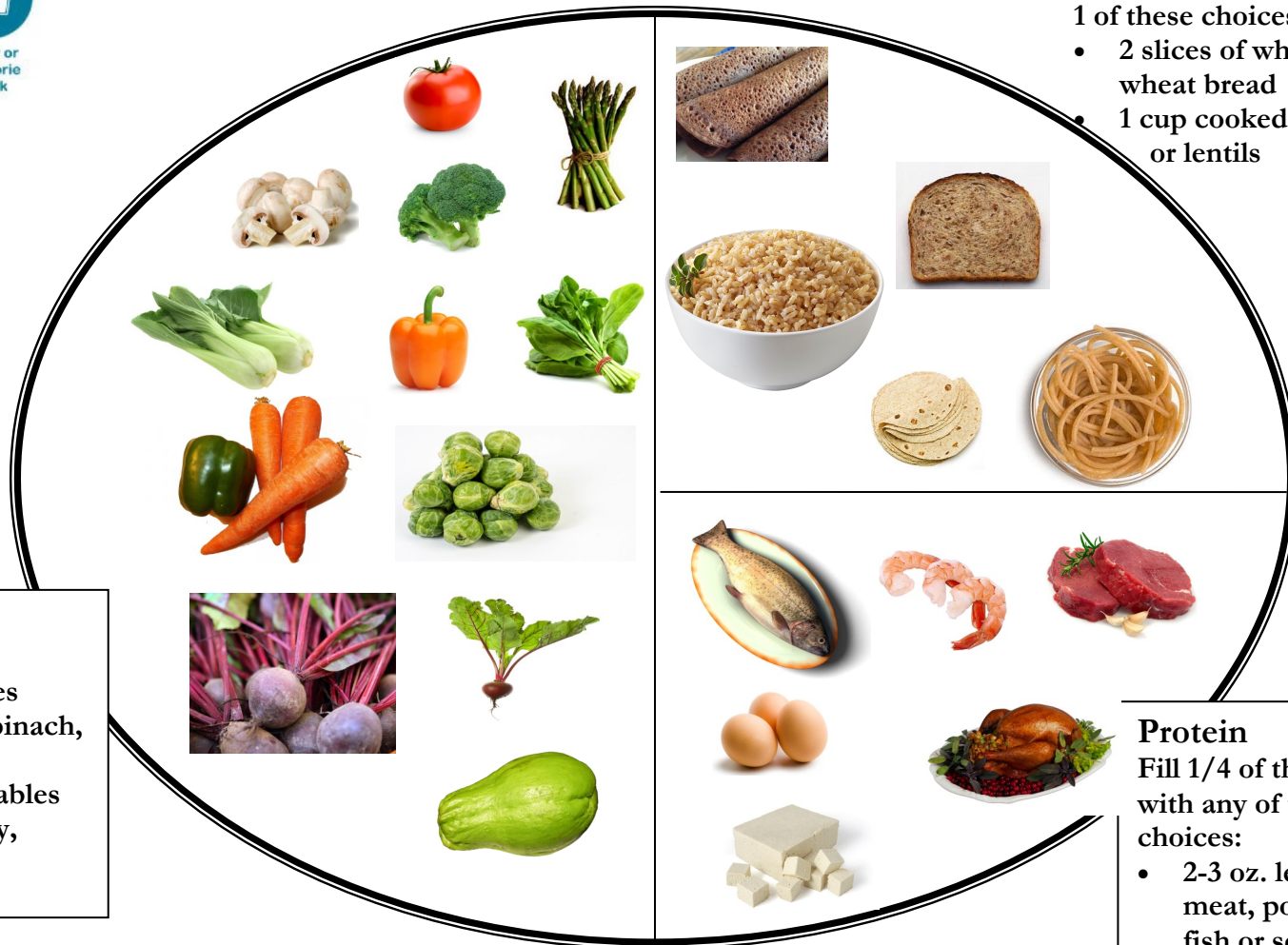
Diabetes Plate Method

American Diabetes Association
DM plate method



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



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)

Protein

Fill 1/4 of the plate with any of these choices:

- 2-3 oz. lean meat, poultry, fish or seafood
- Eggs
- Tofu