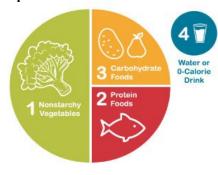
Diabetes Plate Method

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

* Health Point

Your Community Health Center

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