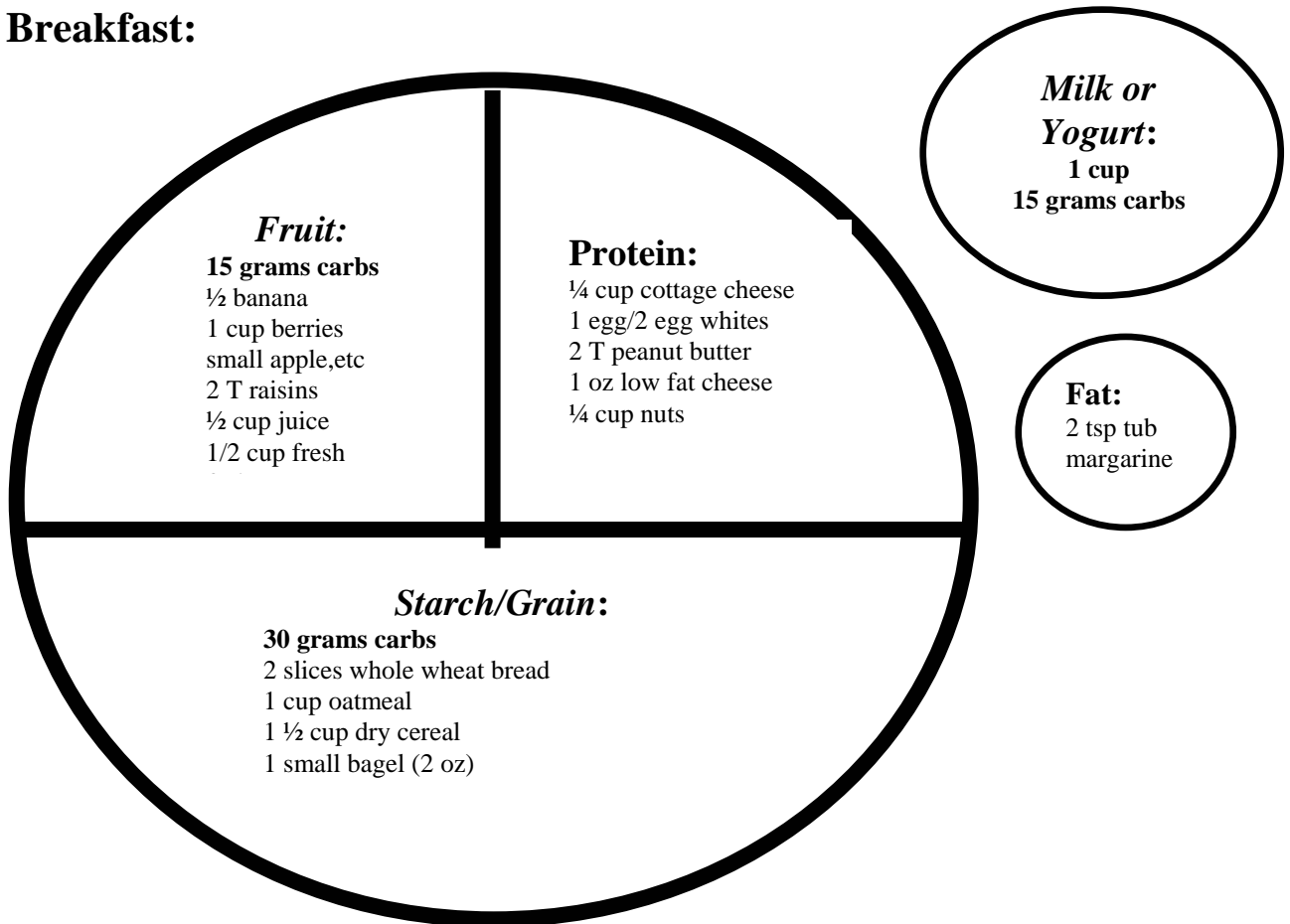


Managing Your Diabetes: Plate Method

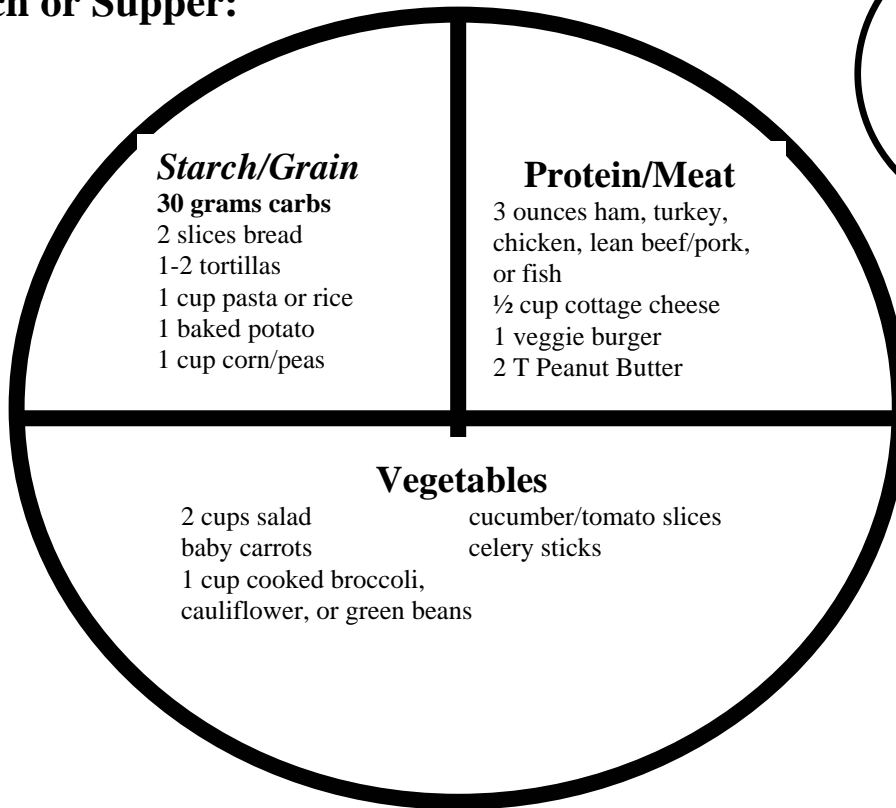
The *Plate Method of Meal Planning* is an easy and helpful way to plan meals for everyone, especially for those who wish to gain better control of their blood sugar levels, blood pressure and/or body weight. The *Plate Method* provides the following benefits:

- 🕒 an eating style that is nutritionally sound
- 🕒 a lower fat intake
- ⊕ improved carbohydrate distribution
- 🕒 a greater intake of fiber
- ⊕ more fruits and vegetables (antioxidants and phytochemicals)

Breakfast:



Lunch or Supper:



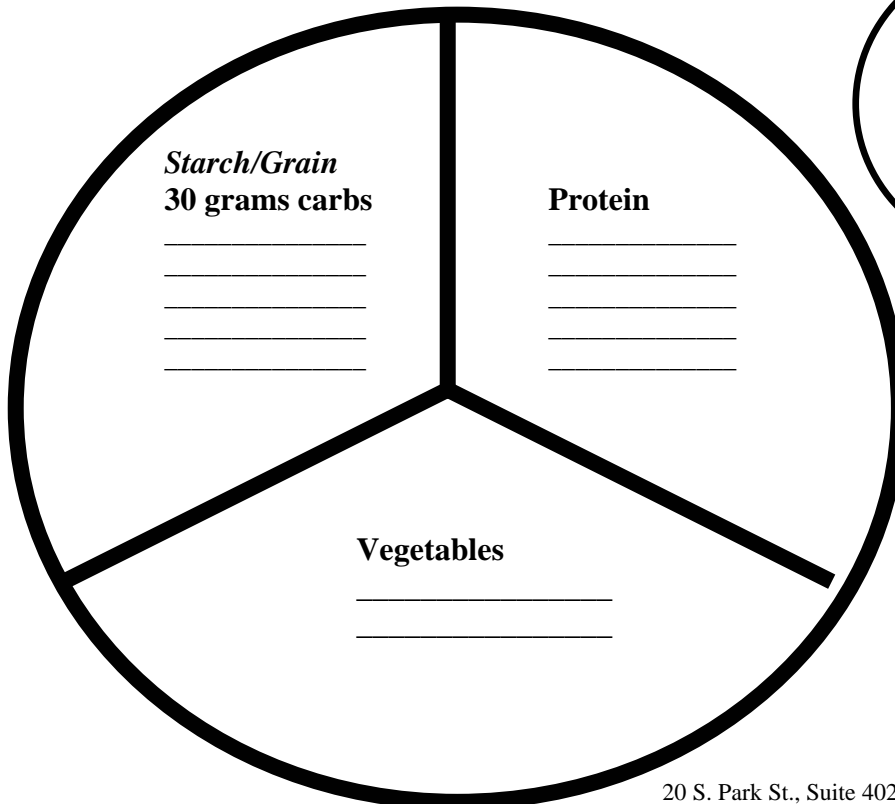
**Milk or
Yogurt:**
 1 cup
 15 grams
 carbs

Fruit
 Apple
 Orange
 15 grams carbs

Fat:
 2 tsp olive oil
 2 tsp margarine
 1 T salad dressing

Lunch or Supper:

Fill in your favorite foods.



**Milk or
Yogurt**
 15 grams carbs

Fruit
 15 grams
 carbs

Fat

