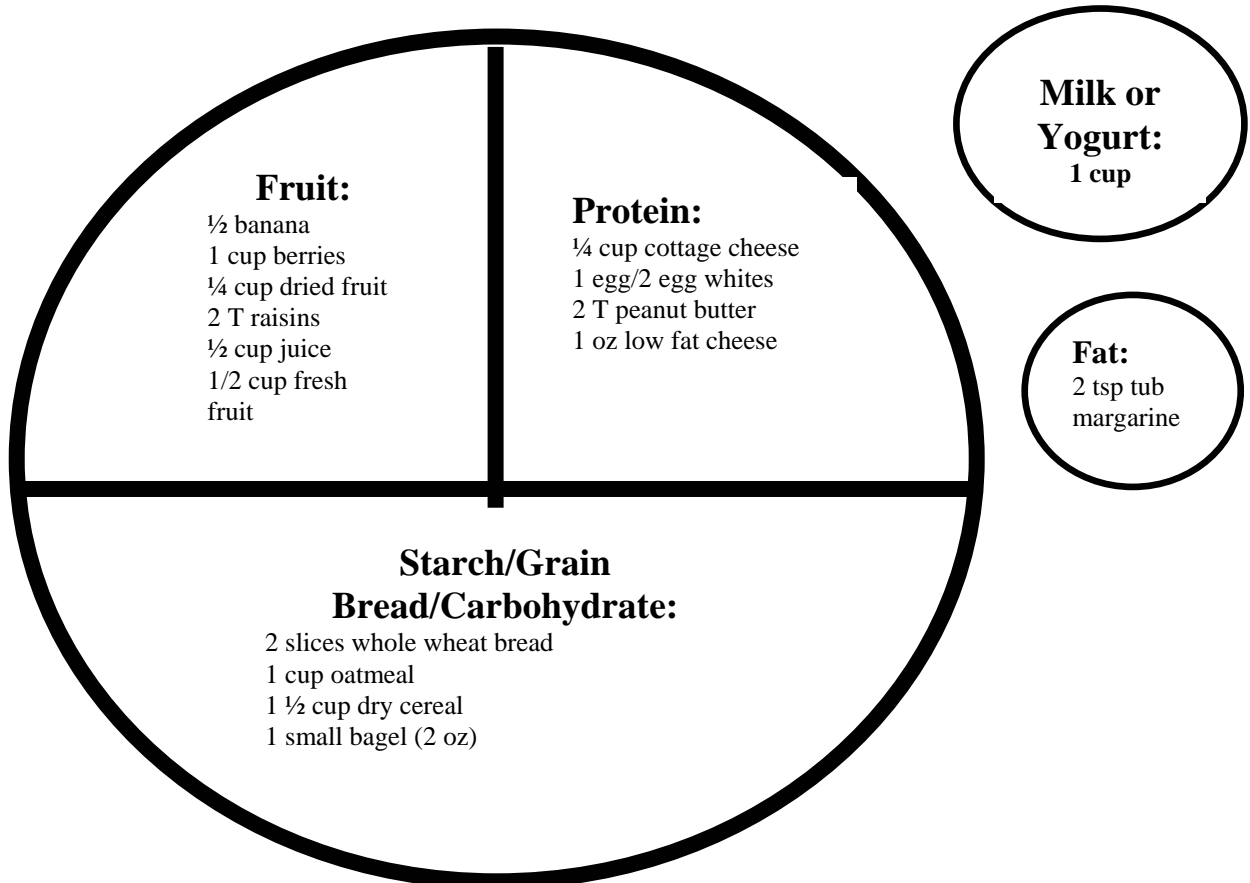


# The Plate Method

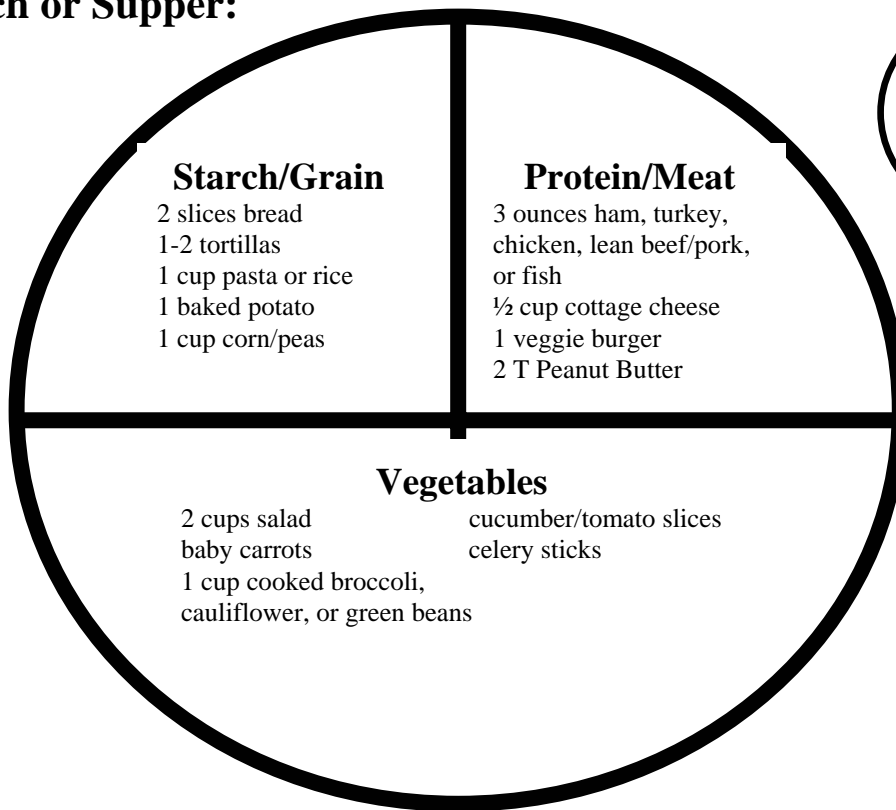
The *Plate Method of Meal Planning* is an easy and helpful way to plan meals for everyone, especially for those who wish to gain better control of their blood sugar levels, blood pressure and/or body weight. The *Plate Method* provides the following benefits:

- ⌚ 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:**



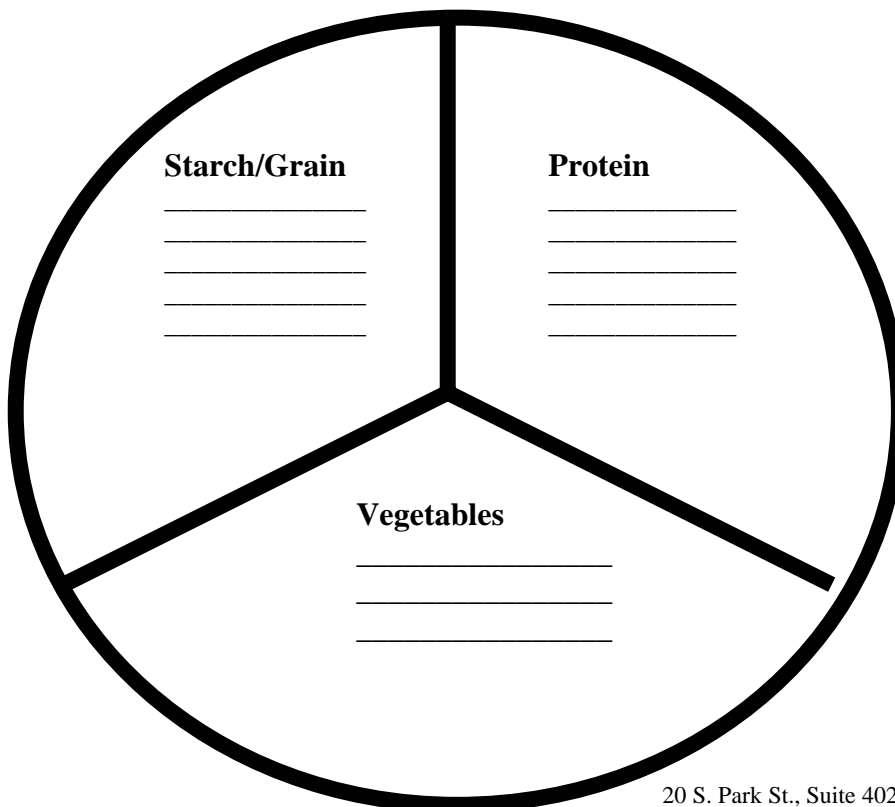
**Milk or Yogurt:**  
1 cup

**Fruit**  
Apple  
Orange

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

**Lunch or Supper:**

**Fill in your favorite foods.**



**Milk or Yogurt**

**Fruit**  
\_\_\_\_\_  
\_\_\_\_\_

**Fat**  
\_\_\_\_\_  
\_\_\_\_\_