

Managing Your Diabetes: Plate Method for Meal Planning

Lunch or Dinner

Starches/Grains (choose 2 or more/meal)

Examples: ½ cup pasta, cooked
½ cup potatoes, peas or corn
1 slice bread or dinner roll
½ English muffin or bagel
1/3 cup rice, cooked
6-inch tortilla

30 gm
carbs

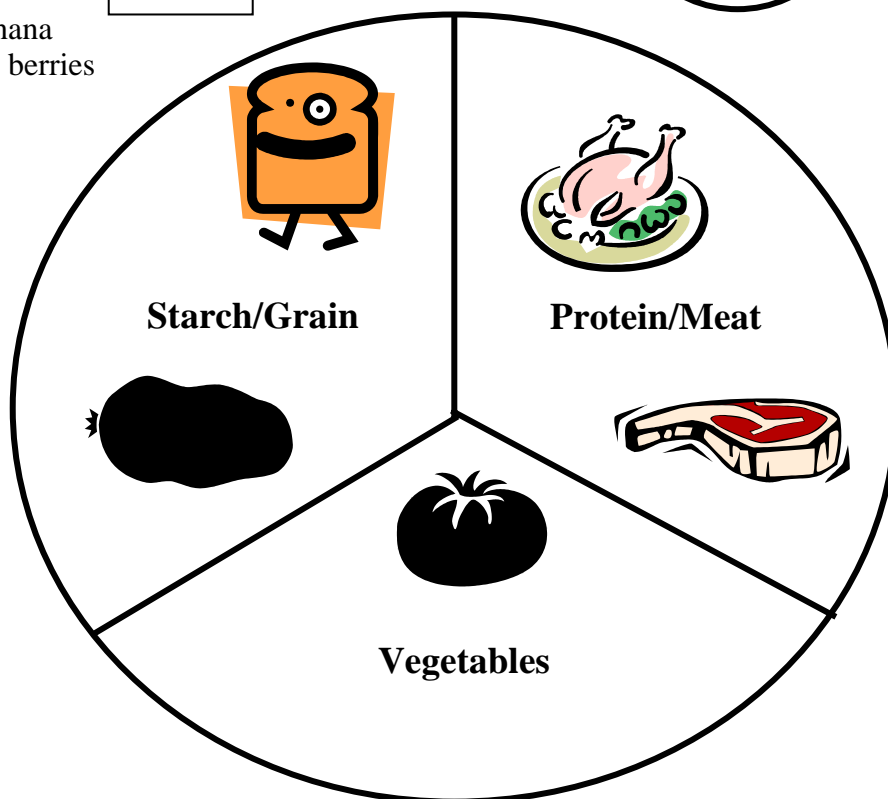
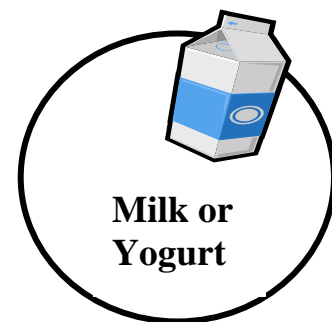
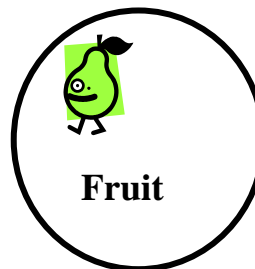
Meat/Protein-Rich

Examples: 3 – 4 oz. pork tenderloin
3 – 4 oz. fish or chicken

Fruit (choose 1)

Examples: 1 apple
½ banana
1 cup berries

15 gm
carbs



Vegetables (choose 2 or more/meal)

Examples: ½ cup cooked carrots, broccoli or green beans
1 cup leafy greens

Milk/Yogurt (Choose 1)

Examples: 8 oz skim or 1% milk
8 oz light yogurt

15 gm
carbs