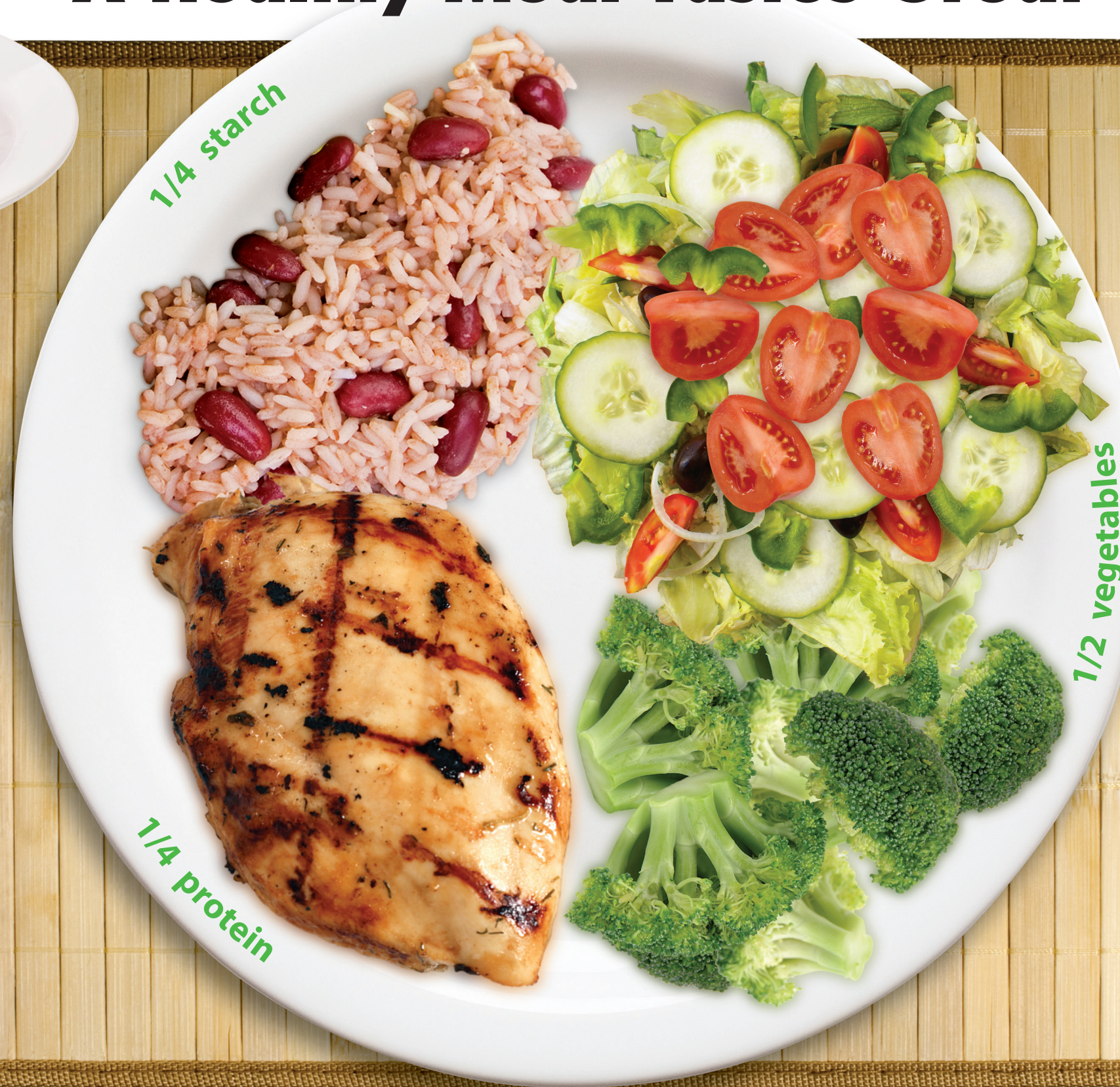


# My Plate Planner

## A Healthy Meal Tastes Great

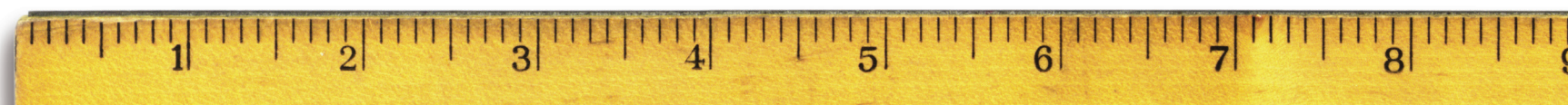


The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate





# Let's Plan Your Meal

## Breakfast

**Starch**

**Protein**

**Whole grain has more fiber and more nutrients.**

**Low-fat proteins are better for your heart and waistline.**

**Add a small piece of fruit or leave empty.**

**Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch**

Food items shown: Oatmeal, Bread, Cold Cereal, Egg, Low-fat or Natural Peanut Butter, Cottage Cheese, 1% Milk, Low-fat Yogurt, Banana, Apple, Orange.

## Lunch/Dinner

**Starch**

**Protein**

**Vegetables**

**Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.**

**Bake, broil, boil or steam your protein instead of frying.**

**Fill half your plate with more than one vegetable, so you won't get tired of your favorites.**

Food items shown: Corn, Peas, Yams, Potatoes, Brown Rice, Beef, Chicken, Fish, Broccoli, Lettuce, Okra, Carrots, Green Beans.

Adapted with permission from Learning About Diabetes Inc., Bedminster, NJ.