## Healthy Meal



1. Select a 9 inch plate or a 7 inch bowl for your meals
2. Fill $1 / 2$ of your plate with non-starchy vegetables. See reverse
3. Fill $1 / 4$ of the plate or bowl with recommended carbohydrates
Let's start with $\qquad$ portions of carbohydrate per MEAL
4. Fill (other $1 / 4$ ) of your plate with lean protein. See reverse. (palm of small hand) 5. Snacks: talk to your doctor/nutritionist
5. Drink plenty of water, 6-8 cups per day. 1 cup $=8 \mathrm{fl}$ oz or 250 ml

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## Foods That Affect Blood Glucose: CARBOHYDRATES

## STARCHES

1 portion equals:


3 dumplings


6 pcs
saltine crackers


1 small dinner roll

$1 / 4 \mathrm{c}$ dry oats


1/2c beans
2 pcs rice paper

taro

Starchy Vegetables 1/2c cooked

potatoes

yams

## Dairy

1 portion equals:

|  |  |
| :--- | :--- |
|  |  |
| Milk, |  |
| soymilk |  |
| 1 c |  |
| 8 oz |  |

Healthy TIP:
Milk alternatives like unsweetened almond or soymilk can have less carbohydrate per portion. Read the label.


1c berries


1c melon
17 small grapes


2 tbsp dried fruit

## Foods That Do Not Affect Blood Glucose

## Vegetables non-starchy $\stackrel{\vdots}{\vdots}$ Protein (meat or substitutes)

- Eat at least 1-2 cups per meal
- Combine different colors of vegetables, each color is a different antioxidant that helps to protect your body
- Blend vegetables to create a smoothie. Avoid juicing as it extracts the fiber
- Vegetables are free food, do not increase blood sugar
- Eat them when hungry, they make great snacks


tuna


Skinless chicken breast

shrimp

egg
Fish—not deep-fried


Pork loin


Lean beef

## Healthy Fats



Nuts-peanuts, almonds, pistachios, pecans,

Sunflower seeds

## Nut butter



Canola oil


Little Healthy Fats-Limit


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*For specific questions, ask your Registered Dietitian Nutritionist

