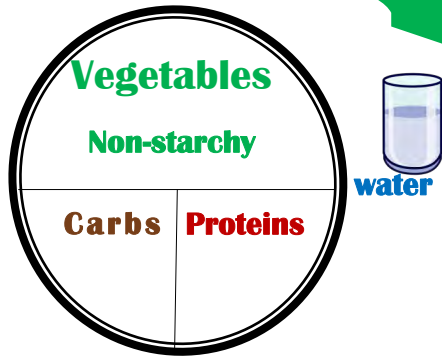


Healthy Meal



How to Create a 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 ___ 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
6. Drink plenty of water, 6-8 cups per day. 1 cup = 8 fl oz or 250ml

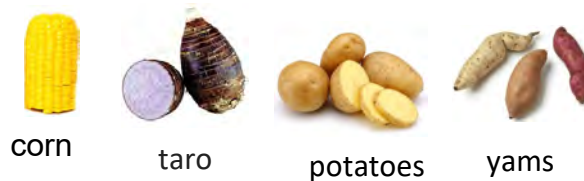
Foods That Affect Blood Glucose: CARBOHYDRATES

STARCHES

1 portion equals:



Starchy Vegetables 1/2c cooked



Dairy

1 portion equals:

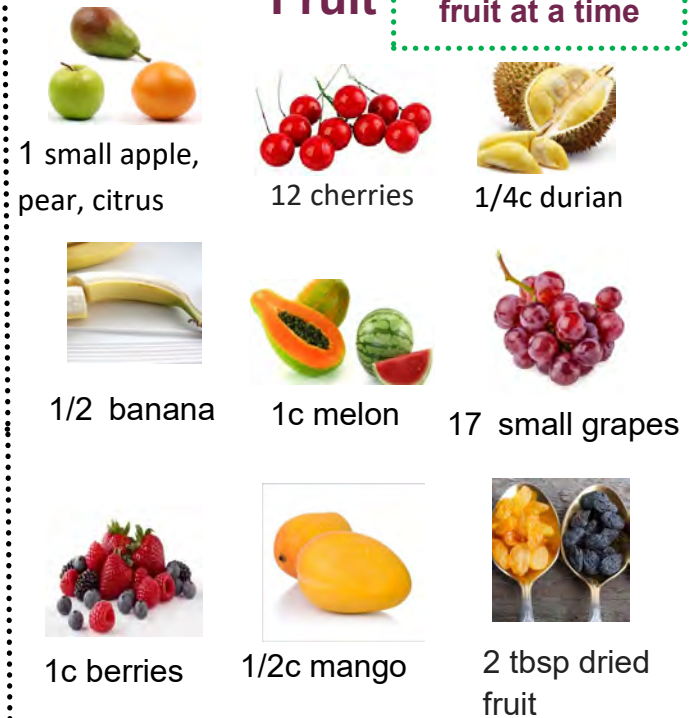


Healthy TIP:

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

Fruit

Have 1 portion of fruit at a time



Foods That Do Not Affect Blood Glucose

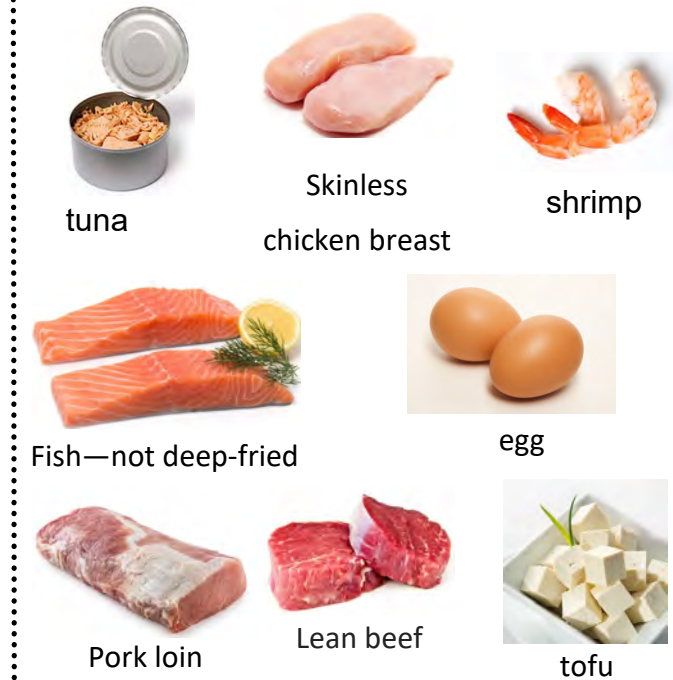
Vegetables non-starchy

- 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



Protein (meat or substitutes)

Low-Medium in Fat 1 portion=3 oz or palm of small hand



High fat—limit in intake



Healthy Fats



Little Healthy Fats—Limit

