Meal planning can help you control portion sizes and the amount of carbohydrate you eat throughout the day. This is especially important if you have diabetes or if you are at risk for the disease. Let's get started!

You Will Need…

A 9-inch plate (measure your salad or dinner plate)
A bowl to hold ½ cup of fruit
A bowl to hold 1 cup of soup or cereal

Fill Your Plate With…

½ plate = non-starchy vegetables
¼ plate = bread/grains/pasta/rice/starchy vegetables
¼ plate = meat/fish/poultry/beans/eggs

Add to Your Plate…

Small piece of fruit (or ½ cup sliced fruit)
1 cup of low-fat milk or yogurt
Here are some ideas to get you started!

**BREAKFAST**

- Egg
- Cereal
- Milk

**LUNCH/DINNER**

- Chicken
- Broccoli
- Pasta

What about snacks and desserts? If you want a snack, save your fruit or milk serving to have between meals. If you want a small dessert, trade it for your fruit. Don’t do this often, though. Desserts usually are high in sugar and calories!