

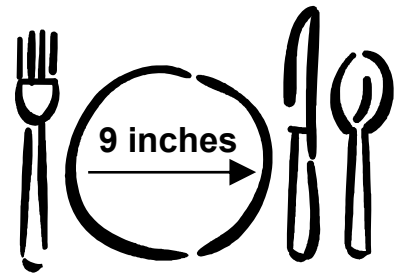
Healthy Eating: Create Your Plate!¹

Jennifer Hillan and Linda B. Bobroff²

Meal planning can help you control portion sizes and the amount of carbohydrates you eat throughout the day. This is especially important if you have diabetes or if you are at risk for the disease. The way you ‘create your plate’ to balance carbohydrates for blood glucose control is a bit different from the MyPlate recommendations. 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

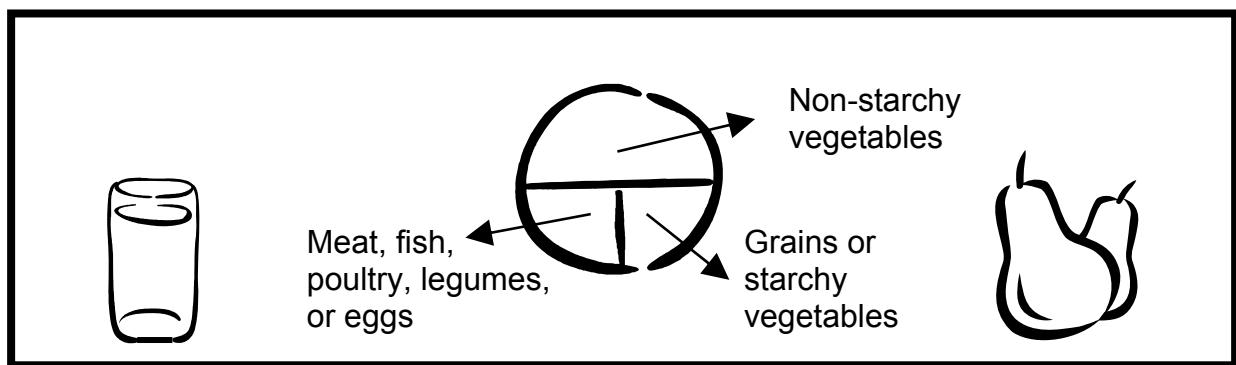


Fill Your Plate With...

- ½ plate = non-starchy vegetables like green beans, carrots, salad greens, broccoli or cauliflower
- ¼ plate = whole grains or starchy vegetables
- ¼ plate = meat, fish, poultry, legumes, or eggs

Add to Your Meal...

- Small piece of fruit (or ½ cup cut-up fruit)
- and
- 1 cup of low-fat or fat-free milk or yogurt



1. La versión en español de este documento es *Alimentación saludable: Organice su plato* (FCS8796-Span). This document is FCS8796, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, IFAS, University of Florida, Gainesville, FL 32611. Published: November 2006. Revised: September 2008, August 2011. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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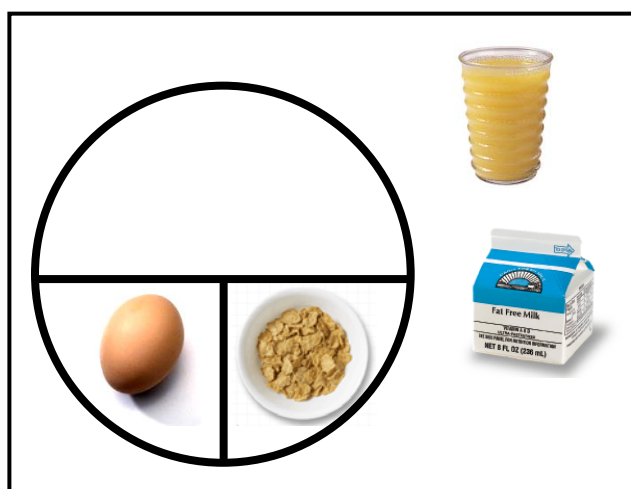
Trading Servings

Fruit, grains, and milk have about the same effect on blood glucose levels, so you can occasionally trade these foods for each other. For example, if you don't want fruit for breakfast, have another piece of toast. Or, trade your toast for another cup of milk. But remember that it's important to eat foods from all food groups to get the vitamins and minerals you need each day!

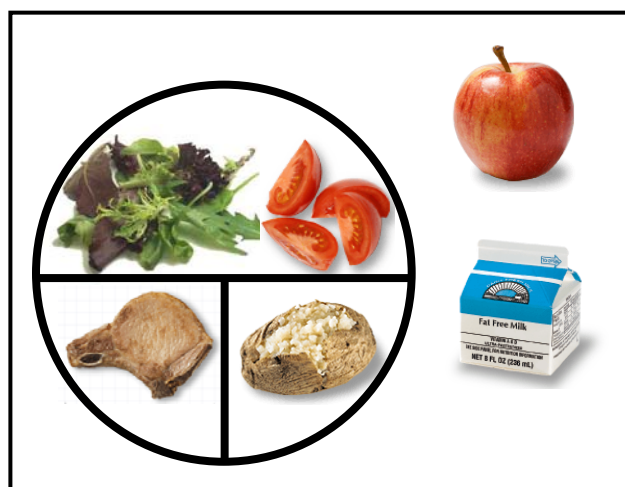
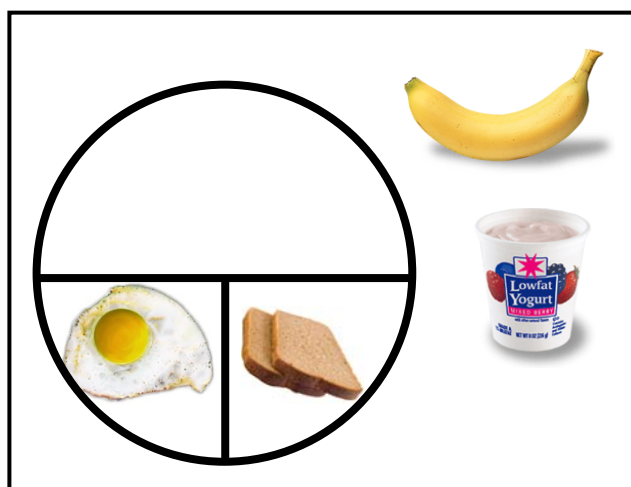
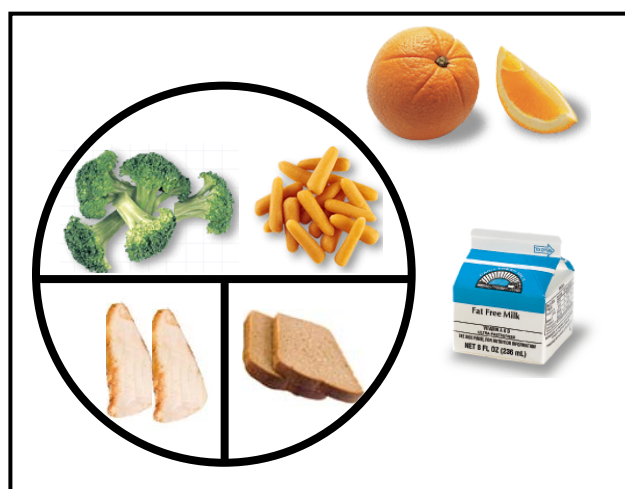


Here are some ideas to get you started!

BREAKFAST



LUNCH/DINNER



What about snacks and desserts? If you want a snack, you can save your fruit or dairy 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!