The Plate Planner

Non-Starchy Vegetables

Fruits

Milk

Free Foods

Starches

Meats

Fats
**Diabetic Information**

- Most people, including persons with diabetes, can follow “Planning Tips for a Healthy Plate”. See a Registered Dietitian to see what eating plan is right for you.
- Special or diabetic foods are not necessary for a healthy plate.
- Eat the same amount of foods at about the same time each day.
- Check your blood sugar often to see how your body reacts to certain foods.
- Be active and work towards a healthy weight. Check with your doctor to see what exercise program may be best for you.

**Portion Sizes**

<table>
<thead>
<tr>
<th>Category</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starch</strong></td>
<td>1/2 bagel, hamburger or hot dog bun</td>
</tr>
<tr>
<td></td>
<td>1 slice of loaf bread</td>
</tr>
<tr>
<td></td>
<td>1/2 cup grits or oatmeal</td>
</tr>
<tr>
<td></td>
<td>1/2 cup corn or mashed potatoes</td>
</tr>
<tr>
<td></td>
<td>1/2 cup noodles</td>
</tr>
<tr>
<td></td>
<td>3 graham cracker squares</td>
</tr>
<tr>
<td><strong>Meat</strong></td>
<td>2-3 ounces of cooked beef, chicken, fish, pork or turkey</td>
</tr>
<tr>
<td></td>
<td>2 egg whites, 1/4 cup egg substitute or 1 egg</td>
</tr>
<tr>
<td></td>
<td>1/4 cup low fat cottage cheese or 1 ounce low fat cheese</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>1 cup low fat or skim milk</td>
</tr>
<tr>
<td></td>
<td>3/4 cup non-fat yogurt</td>
</tr>
</tbody>
</table>

**Fat**

- 1 teaspoon margarine, canola oil or olive oil
- 1 tablespoon salad dressing, cream cheese or mayonnaise
- 2 tablespoons low fat salad dressing, cream cheese or mayonnaise

**Non-Starchy Vegetable**

- 1/2 cup cooked carrots, green beans or turnip greens
- 1 cup raw spinach leaves, lettuce or broccoli

**Fruit**

- 1 small apple, orange, pear or 1/2 banana
- 1/2 cup pineapple tidbits or apple sauce
- 1/2 cup orange juice or grape juice

**Planning Tips for a Healthy Plate**

- Choose colorful foods. The more colorful your plate is, the better.
- Eat 5 to 9 fruits and vegetables a day.
- Cut down on foods with a lot of sugar, like cakes and candy. Save them for special days.
- Replace whole milk with 1% low fat or skim milk.
- Use herbs and spices in place of salt when cooking. Eat fewer salty foods like bacon and potato chips. Rinse off canned vegetables before cooking.
- Eat whole grain foods like brown rice and whole wheat bread.
- Choose low fat, low cholesterol foods. Eat eggs no more than 3-4 times a week. Pick low fat milk and cheese products like non-fat yogurt and part-skim mozzarella cheese.
- Use canola or olive oil rather than butter or lard. Cut off fat from meats before cooking. Remove the skin from chicken. Bake, grill, boil or steam foods instead of frying.
- Know what normal serving sizes look like. Examples:
  - Meat serving = deck of playing cards
  - Rice serving = 1/2 a baseball
  - Cheese serving = 4 rice
  - HINT: If all the foods on your plate are touching or running together the servings are probably too big.

**Choose food from the following groups when planning**

- **Non-starchy vegetable**
  - 1/2 plate
  - asparagus
  - beets
  - broccoli
  - cabbage
  - carrots
  - cauliflower
  - cucumber
  - green beans
  - greens
  - lettuce
  - mushrooms
  - okra
  - onions
  - peppers
  - spinach
  - squash
  - tomatoes

- **Starch**
  - 1/4 plate
  - baked beans
  - black-eyed peas
  - bread
  - corn
  - english peas
  - lima beans
  - noodles
  - pinto beans
  - popcorn
  - potatoes
  - pretzels
  - rice
  - plain small roll
  - sweet potatoes

- **Meat**
  - 1/4 plate
  - baked, broiled or grilled
  - beef tenderloin
  - beef sirloin
  - skinless chicken
  - ground round
  - ham
  - pork tenderloin
  - loin chop
  - tuna
  - turkey
  - Other Meats
  - eggs
  - low fat cheese

- **Fruit**
  - small side dish or cup
  - small apple
  - applesauce
  - 1/2 banana
  - cantaloupe
  - fruit cocktail
  - grapefruit
  - small orange
  - strawberries
  - peaches
  - pineapple
  - raisins
  - watermelon

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- **Milk**
  - small side dish or cup
  - low fat buttermilk
  - nonfat milk
  - low fat yogurt
  - nonfat yogurt
  - skin milk
  - 1% low fat milk
  - sugar free pudding
  - made with low fat milk

- **Fat**
  - small side dish or cup
  - almonds
  - avocados
  - canola oil
  - margarine
  - olive oil
  - peanuts
  - pecans
  - Tabasco sauce
  - unsweet tea
  - vinegar
  - water

**Free food**

- on the side
  - diet soft drinks
  - lemon juice
  - lime juice
  - mustard
  - pimientos
  - sugar free Job-O spices
  - Tabasco sauce
  - unsweet tea
  - vinegar
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