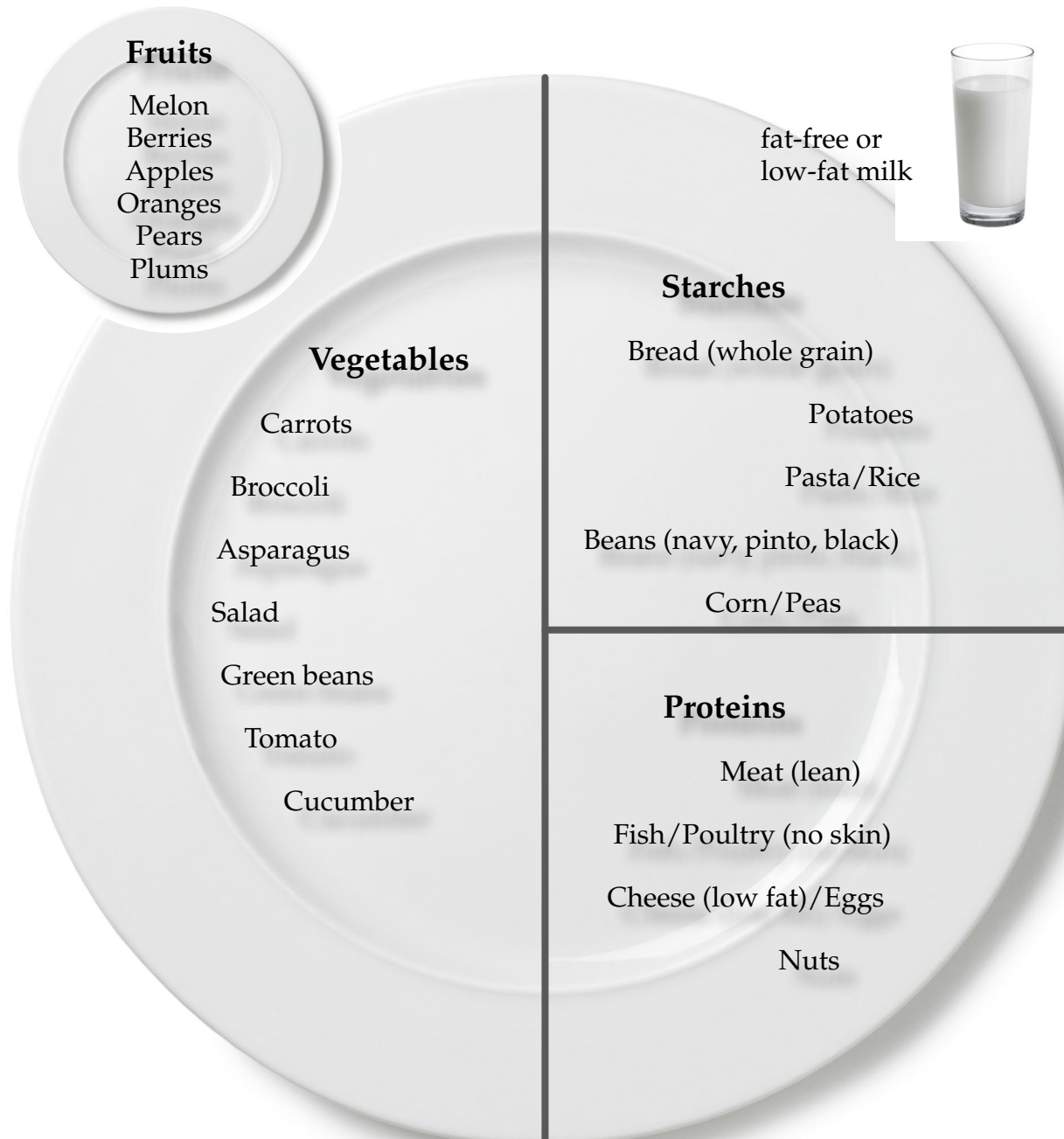


# What Should You Put on Your Plate?



When you are planning your meals, try to think about what your plate should look like.

### For breakfast:

- $\frac{1}{2}$  of your plate should be starches
- the other  $\frac{1}{2}$  should be split between protein and fruit.

### For lunch or dinner:

- $\frac{1}{2}$  of your plate should be non-starchy vegetables
- the other  $\frac{1}{2}$  should be split between protein and starches
- a small dish of fruit, if you want.

### What to drink:

Sugary drinks and juice can add empty calories and carbohydrates. Limit or avoid drinks that contain sugar such as iced tea, lemonade, soda, flavored waters, and any drink that is labeled as "sweetened." Instead, choose:

- 1 cup skim or 1% milk
- $\frac{1}{2}$  cup 100% juice
- 1 cup coffee or tea (no sugar)
- 8 ounces diet soda
- water.

**(over)**

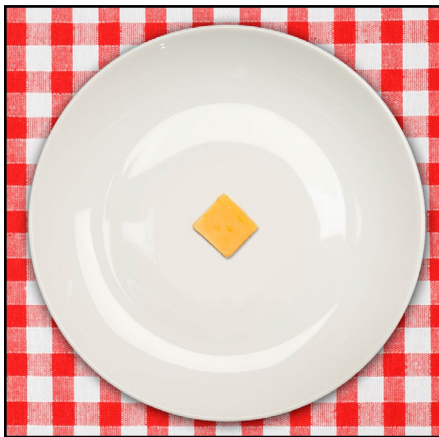
# What Real Portion Sizes Look Like

When preparing meals, consider these portion sizes:

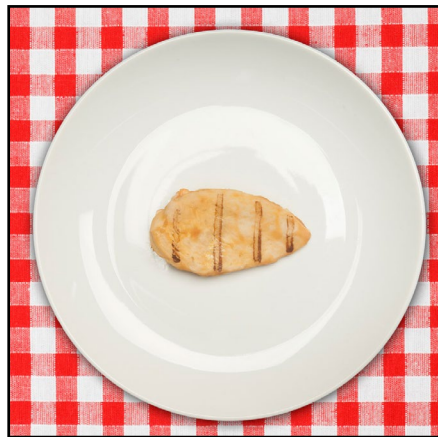
- pasta/rice:  $\frac{1}{3}$  cup cooked\*
- meat: 3 ounces
- cheese: 1 ounce
- peanut butter/salad dressing: 1 tablespoon
- butter/mayonnaise: 1 teaspoon

\*This portion equals 1 carbohydrate choice. Most people with diabetes can have 3 to 4 carbohydrate choices per meal.

If you choose to have all of your carbohydrate choices in pasta, you will need to avoid other carbohydrate foods (such as milk, fruit, starchy vegetables and dessert) at that meal.



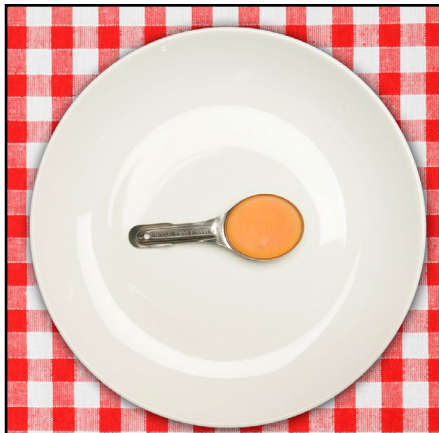
1 serving of cheese.



1 serving of chicken.



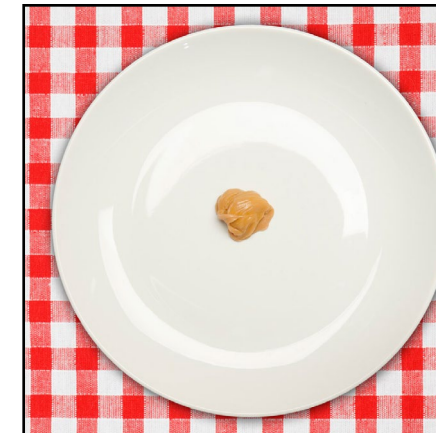
1 serving of butter.



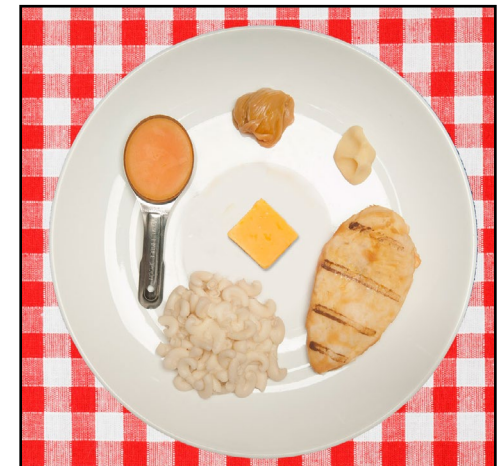
1 serving of salad dressing.



1 serving of pasta.



1 serving of peanut butter.



The foods pictured are on a 9-inch dinner plate.