

BALANCING YOUR PLATE



Personal solutions for everyday life.

FIND YOUR BALANCE

You don't have to completely change your diet to eat healthier. A lot of people with diabetes find it helpful to have some basic guidelines to think about when planning their meals. And a balanced plate can help you eat healthier with diabetes. Limiting the amount of carbs you eat, plus losing weight, are some of the key ways to help manage diabetes.



Based on a 9-inch plate.

Source: diabetes.org

YOUR NEXT MOVE

There's no time like today to begin to balance your plate. Try using these guidelines at dinner tonight. You might be surprised at how easy it can be!

Get more healthy eating ideas at www.LillyDiabetes.com.

NON-STARCHY VEGETABLES: $\frac{1}{2}$ of your plate.

These vegetables are high in fiber, nutrients and water and lower in carbs than starchy vegetables. Good choices include broccoli, onions, green pepper, asparagus, cauliflower, and green beans.

PROTEIN: $\frac{1}{4}$ of your plate.

Healthy protein choices include lean meat, chicken, turkey, and fish. Tofu, nuts, and beans can also be a good source of protein.

Keep in mind that some sauces you might eat on your protein choices (like barbecue, teriyaki, or other glazes) may be high in sugar.

STARCHES AND GRAINS: No more than $\frac{1}{4}$ of your plate.

This group is one of your main sources of carbs. It includes foods like bread, rice, pasta, and oatmeal. It also includes starchy vegetables like potatoes or corn.

Choose whole-grain versions when possible, and aim for natural rather than processed forms.

ADDING IT ALL UP

Checking your blood sugar as directed by your healthcare provider will help you to see how your food choices affect it.

There are professionals who are trained to help you figure it all out. A registered dietitian (RD) can help you create a meal plan that best meets your needs and lifestyle. Find an RD today at eatright.org.