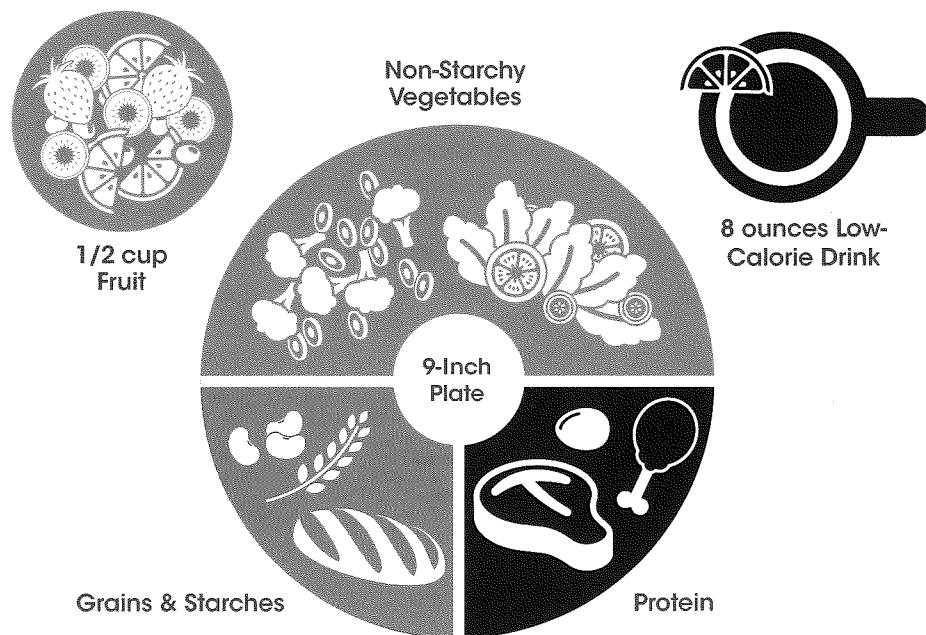




SANOFI

Using The Plate Method



Planning your meals is important when you're living with diabetes. The Plate Method can help you with portion control and making healthy choices.

Divide your 9-inch plate into sections

- 1/2 non-starchy vegetables (spinach, broccoli)
- 1/4 lean, low-fat protein (chicken, fish, eggs, tofu)
- 1/4 carbohydrates (breads, grains)

Add

- Low-calorie drink, such as water, unsweetened tea, or coffee
- Serving of fruit or dairy—refer back to your meal plan to see which works best for you

Work with your healthcare provider to set up a meal plan that's right for you

Healthy Portion Sizes

1 ounce Cheese



4 Dice

3 ounces Meat



A Deck of Cards

1 teaspoon Butter



A Thumb Tip

1 tablespoon Peanut Butter



A Whole Thumb

1 cup Salad Greens



A Baseball

1/3 cup Cooked Rice



Half a Baseball







1 Great Plate

1/2 Non-Starchy Vegetables + 1/4 Grains & Starch + 1/4 Lean Protein

Healthy Food Guide

It's important to have a well-balanced diet with the right portions.

This chart can help you create one. Serving sizes are not exact and do not indicate the carb counts.

 Snacks	 Healthy Fats	 Protein	 Grains & Starchy Vegetables	 Non-Starchy Vegetables	 Fruit	 Dairy
<p>Less than 5 grams of carbs:</p> <ul style="list-style-type: none"> • 15 almonds • 3 celery sticks & 1 tablespoon of peanut butter • 5 baby carrots • 1 hard-boiled egg • 1/4 cup fresh blueberries • 1 cup light popcorn • 2 saltine crackers • 1/2 cup sugar-free Jell-O <p>About 10–20 grams of carbs:</p> <ul style="list-style-type: none"> • 1/4 cup of dried fruit & nut mix • 1 cup chicken noodle soup • 1 small apple or orange • 3 cups light popcorn • 1/3 cup hummus & 1 cup raw fresh-cut veggies <p>About 30 grams of carbs:</p> <ul style="list-style-type: none"> • 6 ounces light yogurt & 3/4 cup of berries • 1 English muffin & 1 teaspoon low-fat margarine • 1 medium banana & 1 tablespoon peanut butter 	<p>Check label for serving size:</p> <p>Monounsaturated Fats</p> <ul style="list-style-type: none"> • Avocado • Canola oil • Nuts (almonds, cashews) • Olives • Olive oil • Peanut butter • Peanut oil • Sesame seeds <p>Polyunsaturated Fats</p> <ul style="list-style-type: none"> • Corn oil • Mayonnaise • Salad dressing • Soft margarine • Sunflower oil • Walnuts <p>Omega-3 Fatty Acids</p> <ul style="list-style-type: none"> • Albacore tuna • Canola oil • Flaxseeds • Flaxseed oil • Salmon • Sardines • Soybean products 	<p>One serving is 3–4 ounces of meat or seafood:</p> <ul style="list-style-type: none"> • Albacore tuna • Beef • Chicken • Fish • Ham • Lamb • Pork • Seafood • Veal <p>Meat Substitutes (check label for serving size)</p> <ul style="list-style-type: none"> • Almond butter • Black beans • Cheese • Cottage cheese • Edamame • Eggs • Egg substitute • Egg whites • Hummus • Lentils • Peanut butter • Pinto beans • Tempeh • Tofu 	<p>One serving is 3/4–1 cup:</p> <p>Grains</p> <ul style="list-style-type: none"> • Brown rice • Buckwheat • Millet • Popcorn • Quinoa • Sorghum • Whole farro • Whole grain barley • Whole oats/oatmeal • Whole rye • Whole wheat flour • Wild rice <p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Acorn squash • Butternut squash • Corn • Green peas • Parsnips • Plantains • Potatoes • Pumpkin <p>Legumes/Beans</p> <ul style="list-style-type: none"> • Black beans • Lentils • Pinto beans 	<p>One serving is 1/2 cup cooked or 1 cup raw:</p> <ul style="list-style-type: none"> • Artichoke • Asparagus • Beans (green/wax) • Beets • Broccoli • Brussel sprouts • Cabbage • Carrots • Cauliflower • Celery • Cucumber • Eggplant • Greens (collard, kale, mustard, spinach) • Mushrooms • Onions • Peapods • Peppers • Salad greens (romaine, arugula) • Turnips • Zucchini 	<p>One serving is 1 small piece of whole fruit or 1/2 cup:</p> <ul style="list-style-type: none"> • Apple • Apricot • Banana • Blackberries • Blueberries • Cherries • Fruit cocktail • Grapefruit • Grapes • Kiwi • Mango • Melon • Nectarine • Orange • Peach • Pear • Pineapple • Plum • Raspberries • Strawberries • Tomatoes • Watermelon 	<p>One serving is 1 cup:</p> <p>Milk/Yogurt</p> <ul style="list-style-type: none"> • Almond milk • Fat-free milk • Low-fat milk • Nonfat light yogurt • Plain nonfat yogurt • Rice milk • Soy milk <p>Cheeses</p> <ul style="list-style-type: none"> • Cottage cheese (2 cups) • Hard cheese (1 1/2 ounces) • Processed cheese (2 ounces) • Ricotta cheese (1/2 cup) • Shredded cheese (1/3 cup)

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