

Living Well with Diabetes

Diabetes Meal Planning Using the Plate Method

When planning your meals, think in terms of a plate or a place setting. Half of your plate should be filled with vegetables (no more than ½ inch thick). One fourth should be filled with grain foods or starches and one fourth should be filled with meat or protein foods. Add to this a serving of fruit and a low-fat serving from the milk group. You will have a balanced meal that contains four to five servings of carbohydrates. If you follow this pattern throughout the day, you will get approximately 12 carbohydrate servings in three meals. You may skip the meat and vegetables at breakfast if you are not used to eating these foods in the morning.

You may wish to have between-meal and bedtime snacks. For carbohydrate, choose a food from the grain/starch, fruit, vegetable or milk group. This will add more carbohydrate servings to your daily meal plan. A little protein or fat with the carbohydrate food helps keep your blood sugar from going up too fast. Good choices would be lean meat, peanut butter or low-fat cheese or yogurt.

Portion control is very important for getting the right amount of carbohydrate. Use the Exchange Lists, Food Labels and USDA Food Guide to learn portion sizes.

