5 Strategies For Eating Well With Diabetes

1. Go for Non-Starchy Vegetables
   Increase your intake of this fantastic vegetable subgroup and try to make them fill approximately half your plate at each meal.

2. Reduce Grains and Starchy Veggies
   Keep both grain foods and starchy vegetables to just a single quarter of your plate at most meals.

3. Choose Lean Protein
   Keep lean protein choices to a quarter of your plate when you sit down for a meal.

4. Try a Little Fruit or Low-Fat Dairy
   If your meal is still missing something, consider adding some low-fat or nonfat dairy products or a small serving of fruit.

5. Practice
   Don't get hung up on times when your plate doesn't match the guidelines. Try again at the next meal. Practice is the key.