

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.

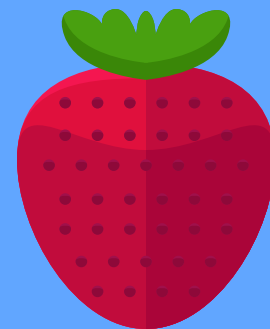
3



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.