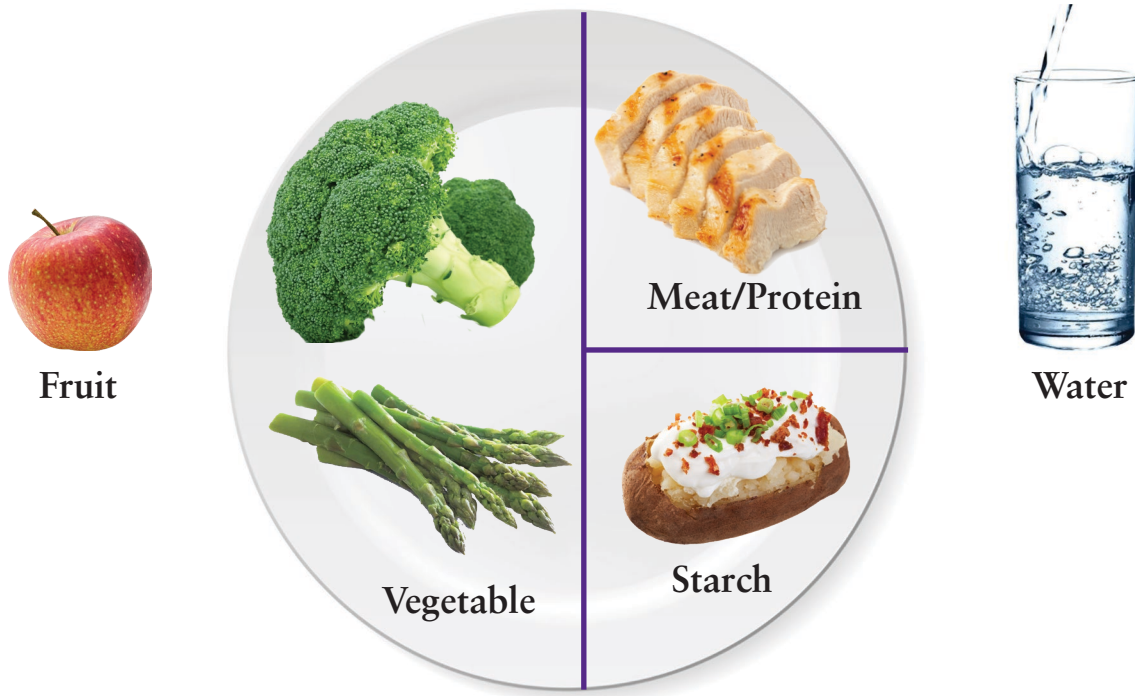


I have Diabetes. What should I eat?

The Plate Method



To eat healthy, balance your meals like the picture above.

- Eat at least 3 times each day.
- Try not to skip meals.
- Choose heart healthy foods.
- Eat less fried foods and fast foods.
- Bake, boil, broil, steam, grill or use an air fryer.
- Eat less meat with fat, like bacon, sausages, hot dogs, and bologna.
- Drink plenty of water.
- Do not have sugary drinks like juice or regular soda unless you are treating a low blood sugar.
- Choose zero-calorie drinks (diet sodas, Crystal Light, or sugar-free Kool-Aid).
- Eat less sweets.

I have Diabetes. What should I eat?

Carbohydrates

- Carbohydrates will make your blood sugar go up.
- Eat less carbohydrates at each meal if your blood sugar is above target.
- Choose 2-4 servings at each meal.
- The best types of carbohydrates are natural, like fruits, whole grains, and starchy vegetables.
- Each picture is one serving = 15 grams of carbohydrates

BG ↑

STARCHY VEGETABLES



Peas & Lentils
½ cup cooked



Potatoes - 1 small or
½ cup mashed,
white or sweet



Corn - ½ cup or
6 inch corn-on-cob



Plantains
⅓ cup



Winter Squash - 1 Cup
(butternut or acorn)



Beans & Hummus
½ cup

FRUITS



Apple, orange, pear
1 small



Banana
1 small or ½ medium



Mango
½ cup



Cherries or Grapes
12 – 17 small



Strawberries
1¼ cup sliced



Melon
1 cup cube

CEREAL AND GRAINS



Hot Cereal
½ cup grits, oatmeal,
cream of wheat



Rice - ½ cup cooked,
white or brown



Pasta - ½ cup cooked,
wheat or white



Cold cereal
¾ cup



Quinoa & Couscous
1/3 cup



Granola
¼ cup

BREADS



Bread
1 slice, wheat or white



Tortilla - 1 small
(6 inch), corn or flour



Crackers
6 pieces, saltine



Bagel
¼ of a regular size bagel



Pancake or waffle
4 inches



Dinner Roll
2 inches

MILK AND MILK PRODUCTS



Milk
1 cup (Fat free,
1%, 2%, Whole)



Yogurt
6oz (plain)

SWEETS



Cake or Brownie
2-inch square
(unfrosted)



Cookie
2 small (2 inch)

I have Diabetes. What should I eat?

Non-starchy Vegetables

- Non starchy vegetables will not make your blood sugar go up.
- Eat more of these foods.
- There is no limit to these foods and they are all good choices.

BG →



Artichoke



Asparagus



Bell Peppers



Beets



Beans (Green, Wax)



Bean Sprouts



Broccoli



Brussel Sprouts



Cabbage



Cactus



Carrots



Cauliflower



Celery



Cilantro



Cucumber



Eggplant



Garlic



Lettuce



Leeks



Mushroom



Okra



Onion



Peppers



Salad Greens



Spinach



Pea Pod



Summer Squash
and Zucchini



Tomatillos



Tomato



Turnips

I have Diabetes. What should I eat?

Protein

- Protein will not make your blood sugar go up.
- Include 1 serving of protein per meal.
- 1 serving is 2-3 ounces, about the size of your palm.

BG →



Chicken



Turkey



Tuna and
Sardines



Fish



Beef



Pork



1 Egg



1 oz. Low-fat Cheese or
½ cup Cottage Cheese



2 Tbsp. natural
Peanut Butter



1/2 Cup
Tofu

Fats

- Fats will not make your blood sugar go up.
- Use small amounts.
- Choose healthy fats.

BG →



1 Tsp. Margarine
(trans fat free) or Butter



1 Tsp. Oil (Olive,
Avocado, Canola)



2 Tbsp. Avocado,
about ¼ small size



¼ Cup Nuts

Free Foods

- These are other foods that will not raise your blood sugar.

BG →



Water, Coffee or Tea
(without regular sugar)



Diet Soda or Crystal Light
(12-24 oz. a day)



Lemon or Lime



Mustard, Hot Sauce or
up to ¼ cup of Salsa



1 Tbsp. Ketchup