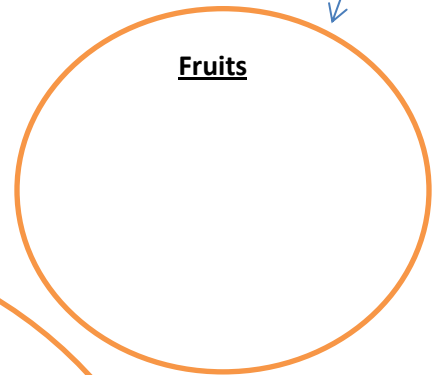


A Healthy Plate

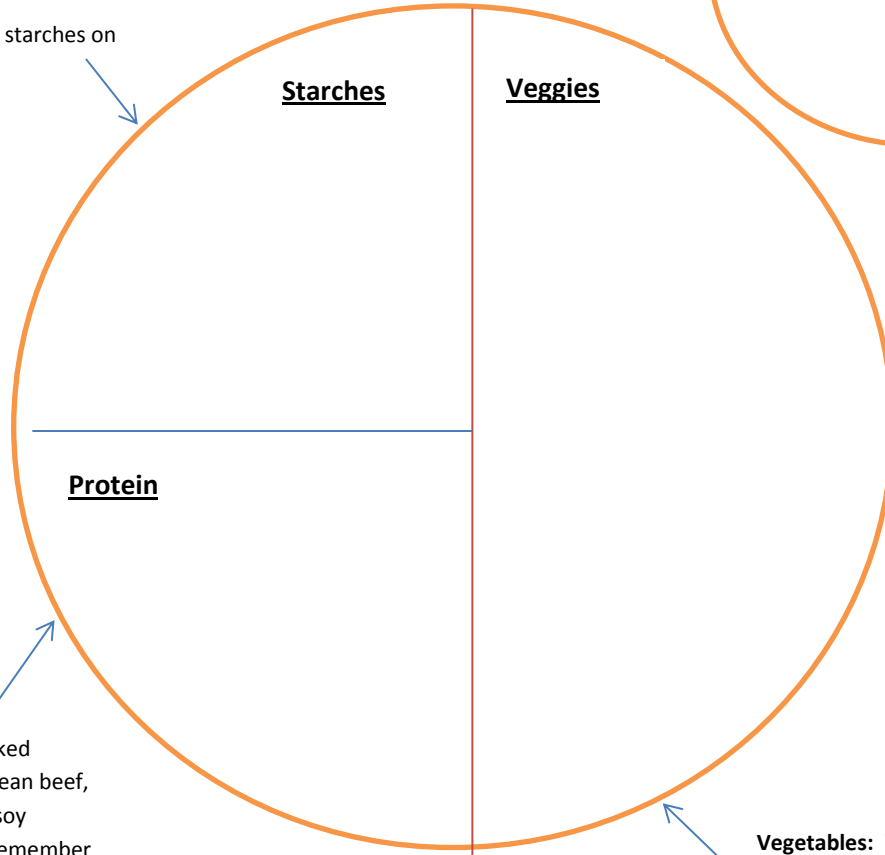
Fruits: Try apples, bananas, oranges, or blackberries. If canned, choose fruits in their own juices. Fruits raise blood sugar, so eat in moderation.

What are your favorite fruits? Write them on the side plate!



Starches: Try 100% wheat bread, brown rice, whole wheat pasta, or quinoa. Remember, starches raise blood sugar, so eat in moderation.

Write some of your favorite starches on the plate!



Proteins: Try baked fish, baked chicken (without the skin), lean beef, kidney beans, black beans, soy burgers, or tuna in water. Remember to rinse and drain canned beans before eating.

What are your favorite proteins? Write some on the Plate!

Vegetables: Your plate should have mostly veggies. Try green beans, spinach, broccoli, carrots, okra, or sweet potatoes. Try to avoid starchy vegetables like white potatoes.

Write some of your favorite veggies on the plate! Do you have a favorite salad or veggie side dish? Remember to avoid butter, cream, sour cream, and salt on your veggies.

Dairy: Try no-fat yogurt, or water-based cheeses like ricotta, cottage cheese, or mozzarella. Use no- or low-fat options. Dairy raises blood sugar, so eat in moderation.

What are your favorite dairy products? Do you like almond or rice milk? Great! Write them in too!

