

## Portions, portions, portions

There is no such thing as a “diabetes diet”, because a healthy diet for a person with diabetes is actually **a healthy diet for anyone!** You can still enjoy most of the foods you love but the trick is knowing how they affect your blood sugar and making smart choices about the amount you eat.



## The PLATE METHOD

Your plate should be about 9 inches in diameter. Roughly half of your meal should be made up of non-starchy vegetables, a quarter should be healthy grains and starches, and the other quarter should be lean meat or other healthy protein. This method is the same for breakfast, lunch and dinner. The food on your plate should also be about the thickness of a deck of cards.

Vegetables that are best to eat are green leafy vegetables more than the starchy ones such as corn or potatoes. Foods that are high in carbohydrates can increase your blood sugar.

Be sure to speak to your healthcare provider before beginning any new meal plan.