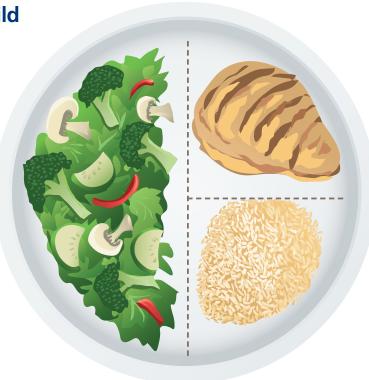
Building a balanced meal

A great way to build a healthy meal!

Sometimes it's hard to know where to start when you're trying to plan healthy meals. The American Diabetes Association's Create Your Plate guide makes it easy to create a balanced meal.







Here's how to do it:

■ Divide your plate

Draw an imaginary line down the middle of your plate.* Then divide 1 of the sections in half. You should now have 3 sections on your plate—1 large and 2 small.

■ Start with vegetables

Fill the largest section with vegetables that are not starchy. Those could include, for example:

- Asparagus
- Green beans
- Spinach

- Broccoli
- Kale
- 7ucchini

- Cauliflower
- Lettuce
- Celery
- Mushrooms

■ Next, it's starches and grains

In 1 of the small sections, add some grains and starchy foods. Those could include, for example:

- Beans (black, lima, pinto)
- Bread
- Lentils Pasta
- Ouinoa

- Corn
- Green peas Potatoes
- Rice
- Tortillas

*Based on a 9-inch plate

■ Then, add a protein

In the other small section, add your protein. Maybe you'd like:

- Chicken
- Salmon
- Tuna

- Eggs
- Tilapia
- Turkey
- Low-fat cheese Tofu

Fill in with fruit and dairy

Add a serving of fruit or a serving of dairy, or both, as your meal plan allows.

■ Drink up!

To top off your meals, add a low-calorie drink, like water, unsweetened iced tea, or unsweetened coffee.

■ Fats may be fine

If you're not sure whether fats are okay on your meal plan, talk with your dietitian or diabetes care team. Then, after consulting with your care team, add in healthy fats, such as avocado or nuts, in small amounts. For cooking, use oils. For salads, try adding nuts, seeds, and vinaigrettes.

It's time to dig in to a healthy meal!

Building a balanced meal

Breakfast		30		
real	Starches and grains	Linch	Starches and grains	
Non-starchy vegetables	Calories:	Non-starchy vegetables	Calories:	
Calories:	Protein	 Calories: Carbs:		
	Calories:		Calories:	
Fruit and dairy	Low-calorie drink	Fruit and dairy	Low-calorie drink	
	Calories: Carbs:	Calories: Carbs:		
Healthy fats:		Healthy fats:		
Calories:	Carbs:		Carbs:	
se the plates above to coneals. Ask your diabetes on the Novo Nordisk booklet and Carb Counting. It will not not report to the nutritional value and pour favorite foods.	care team for Meal Planning help you find	zzeinoon Sna	snack ack	
ou may want to make copies of this before you egin so that you can plan your whole week.			 Calories: Carbs:	

Ine	Starches	Your daily meal plan Use the spaces below to add up your calories and carbs the day. Make any changes you need to so that your me plan matches your goals.		
Non-starchy	and grains			
vegetables	Calories:	plan materies your goals.		
	Carbs:	Breakfast	Calories	Carbs
		Non-starchy vegetables		
Calories:		Starches and grains		
Carbs:		Protein		
Carbs		Fruit and dairy		
	Calories:	Low-calorie drink		
	Carbs:	Healthy fats		
		Meal total:		
		Lunch		
		Non-starchy vegetables		
Fruit and dairy	Low-calorie drink	Starches and grains		
		Protein		
		Fruit and dairy		
		Low-calorie drink		
	Calories:	Healthy fats		
Carbs:	_ Carbs:	Meal total:		
		Afternoon snack		
Healthy fats:		Snack total:		
•	Carbs:	Dinner		
		Non-starchy vegetables		
		Starches and grains		
Snack Snack Calories:		Protein		
		Fruit and dairy		
		Low-calorie drink		
		Healthy fats		
		Meal total:		
		Evening snack		
		Snack total:		
Calor	ries:	Silack total.		

Building a balanced meal

Shopping list

When you have planned your meals, use the shopping list below to write down everything you need so that you are ready to go. You can make copies of this list so that you have it every time you go shopping.

Non-starchy vegetables	Starches and grains	Fruit
		Dairy
	Protein	
		Low-calorie drinks
		Healthy fats



Take a look at the *Meal Planning* and Carb Counting booklet to get ideas for other foods to include in your meal plans.

For more information, visit Cornerstones4Care.com

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