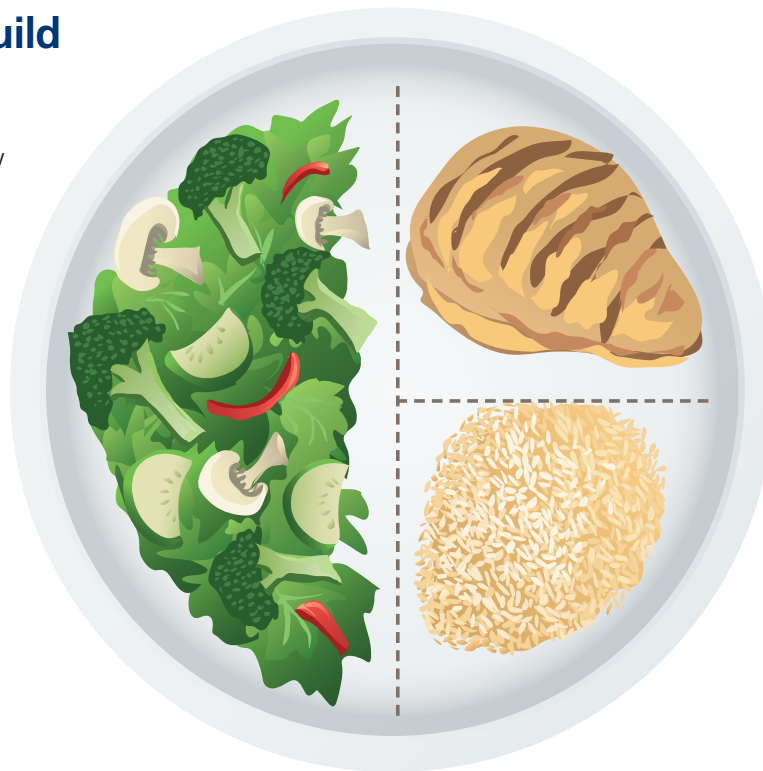


Building a balanced meal

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
- Broccoli
- Cauliflower
- Celery
- Green beans
- Kale
- Lettuce
- Mushrooms
- Spinach
- Zucchini

■ 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
- Corn
- Green peas
- Lentils
- Pasta
- Potatoes
- Quinoa
- 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
- Eggs
- Low-fat cheese
- Salmon
- Tilapia
- Tofu
- Tuna
- Turkey

■ 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

Non-starchy vegetables _____ _____ _____ Calories: _____ Carbs: _____	Starches and grains _____ _____ Calories: _____ Carbs: _____
	Protein _____ _____ _____ Calories: _____ Carbs: _____

Lunch

Non-starchy vegetables _____ _____ _____ Calories: _____ Carbs: _____	Starches and grains _____ _____ Calories: _____ Carbs: _____
	Protein _____ _____ _____ Calories: _____ Carbs: _____

Fruit and dairy _____ _____ _____ Calories: _____ Carbs: _____	Low-calorie drink _____ _____ _____ Calories: _____ Carbs: _____
--	--

Fruit and dairy _____ _____ _____ Calories: _____ Carbs: _____	Low-calorie drink _____ _____ _____ Calories: _____ Carbs: _____
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Healthy fats: _____
 Calories: _____ Carbs: _____

Healthy fats: _____
 Calories: _____ Carbs: _____

Use the plates above to create your meals. Ask your diabetes care team for the Novo Nordisk booklet *Meal Planning and Carb Counting*. It will help you find the nutritional value and portion sizes of your favorite foods.



You may want to make copies of this before you begin so that you can plan your whole week.

Afternoon snack

Snack _____ _____ _____ Calories: _____ Carbs: _____
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Dinner

Non-starchy vegetables _____ _____ _____ Calories: _____ Carbs: _____	Starches and grains _____ _____ Calories: _____ Carbs: _____
	Protein _____ _____ Calories: _____ Carbs: _____

Fruit and dairy

Calories: _____

Carbs: _____

Low-calorie drink

Calories: _____

Carbs: _____

Healthy fats: _____

Calories: _____ Carbs: _____

Evening snack

Snack

Calories: _____

Carbs: _____

Your daily meal plan

Use the spaces below to add up your calories and carbs for the day. Make any changes you need to so that your meal plan matches your goals.

Breakfast	Calories	Carbs
Non-starchy vegetables	_____	_____
Starches and grains	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____

Meal total:

Lunch	Calories	Carbs
Non-starchy vegetables	_____	_____
Starches and grains	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____

Meal total:

Afternoon snack	Calories	Carbs
_____	_____	_____

Snack total:

Dinner	Calories	Carbs
Non-starchy vegetables	_____	_____
Starches and grains	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____

Meal total:

Evening snack	Calories	Carbs
_____	_____	_____

Snack total:

Total for day:		
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