

# TAKE 5

TO CARE 4 YOURSELF

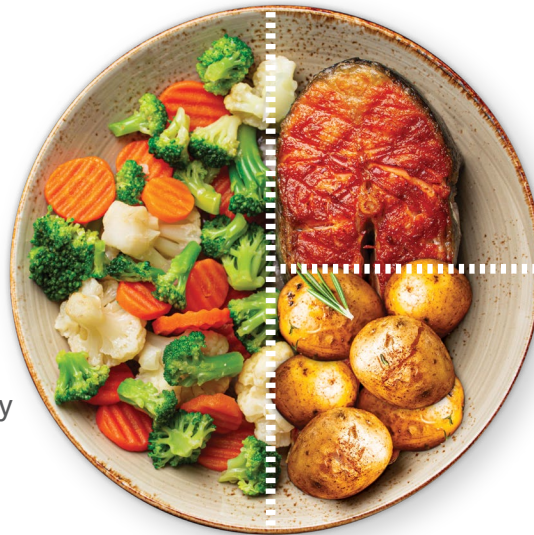
## BUILDING A BALANCED MEAL

What you put into your body can make a big difference in how well you manage diabetes.



### 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 Diabetes Plate Method 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 carbohydrates

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

- Beans (black, kidney, pinto)
- Bread
- Brown rice
- Green peas
- Pasta
- Potatoes
- Quinoa
- Squash
- Sweet potatoes/Yams
- Tortillas

#### Then, add a protein

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

- Chicken
- Eggs
- Low-fat cheese
- Salmon
- Tilapia
- Tofu
- Tuna
- Turkey

#### Fill in with fruit and/or dairy

Add a serving of fruit or a serving of a dairy product like milk or yogurt, 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!**

\*Based on a 9-inch plate



# BUILDING A BALANCED MEAL

Breakfast

Non-starchy vegetables	Carbohydrates
	Calories: _____ Carbs: _____
Calories: _____ Carbs: _____	Protein
	Calories: _____ Carbs: _____

Lunch

Non-starchy vegetables	Carbohydrates
	Calories: _____ Carbs: _____
Calories: _____ Carbs: _____	Protein
	Calories: _____ Carbs: _____

Fruit and dairy

Low-calorie drink

Calories: _____ Carbs: _____
---------------------------------

Calories: _____ Carbs: _____
---------------------------------

Fruit and dairy

Low-calorie drink

Calories: _____ Carbs: _____
---------------------------------

Calories: _____ Carbs: _____
---------------------------------

Healthy fats: \_\_\_\_\_

Calories: \_\_\_\_\_ Carbs: \_\_\_\_\_

Healthy fats: \_\_\_\_\_

Calories: \_\_\_\_\_ Carbs: \_\_\_\_\_

Use the plates above to create your meals. Ask your diabetes care team for the **Cornerstones4Care®** 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: _____



## Dinner

### Non-starchy vegetables

\_\_\_\_\_

\_\_\_\_\_

Calories: \_\_\_\_\_

Carbs: \_\_\_\_\_

### Carbohydrates

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

Carbohydrates

\_\_\_\_\_

Protein

\_\_\_\_\_

Fruit and dairy

\_\_\_\_\_

Low-calorie drink

\_\_\_\_\_

Healthy fats

\_\_\_\_\_

**Meal total:**

### Lunch

Non-starchy vegetables

\_\_\_\_\_

Carbohydrates

\_\_\_\_\_

Protein

\_\_\_\_\_

Fruit and dairy

\_\_\_\_\_

Low-calorie drink

\_\_\_\_\_

Healthy fats

\_\_\_\_\_

**Meal total:**

### Afternoon snack

**Snack total:**

### Dinner

Non-starchy vegetables

\_\_\_\_\_

Carbohydrates

\_\_\_\_\_

Protein

\_\_\_\_\_

Fruit and dairy

\_\_\_\_\_

Low-calorie drink

\_\_\_\_\_

Healthy fats

\_\_\_\_\_

**Meal total:**

### Evening snack

**Snack total:**

**Total for day:**

\_\_\_\_\_

\_\_\_\_\_



# BUILDING A BALANCED MEAL

Take a look at the **Meal planning and carb counting** booklet to get ideas for other foods to include in your meal plans.



## 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.

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Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.



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