My Plate Planner
A Healthy Meal Tastes Great

The Plate Method is a simple way to plan meals for you and your family. You don’t have to count anything or read long lists of foods. All you need is a 9-inch plate.

1/4 protein
1/4 starch
1/2 vegetables

9-inch plate
Let’s Plan Your Meal

**Breakfast**

- Whole grain has more fiber and more nutrients.
- Low-fat proteins are better for your heart and waistline.
- Add a small piece of fruit or leave empty.

**Lunch/Dinner**

- Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.
- Fill half your plate with more than one vegetable, so you won’t get tired of your favorites.
- Bake, broil, boil or steam your protein instead of frying.

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**Note:** Only use 1/2 of your plate — 1/4 protein and 1/4 starch

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