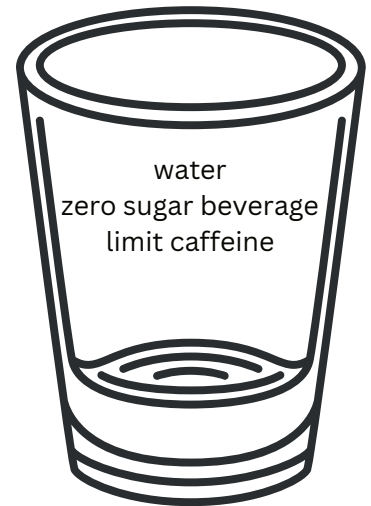
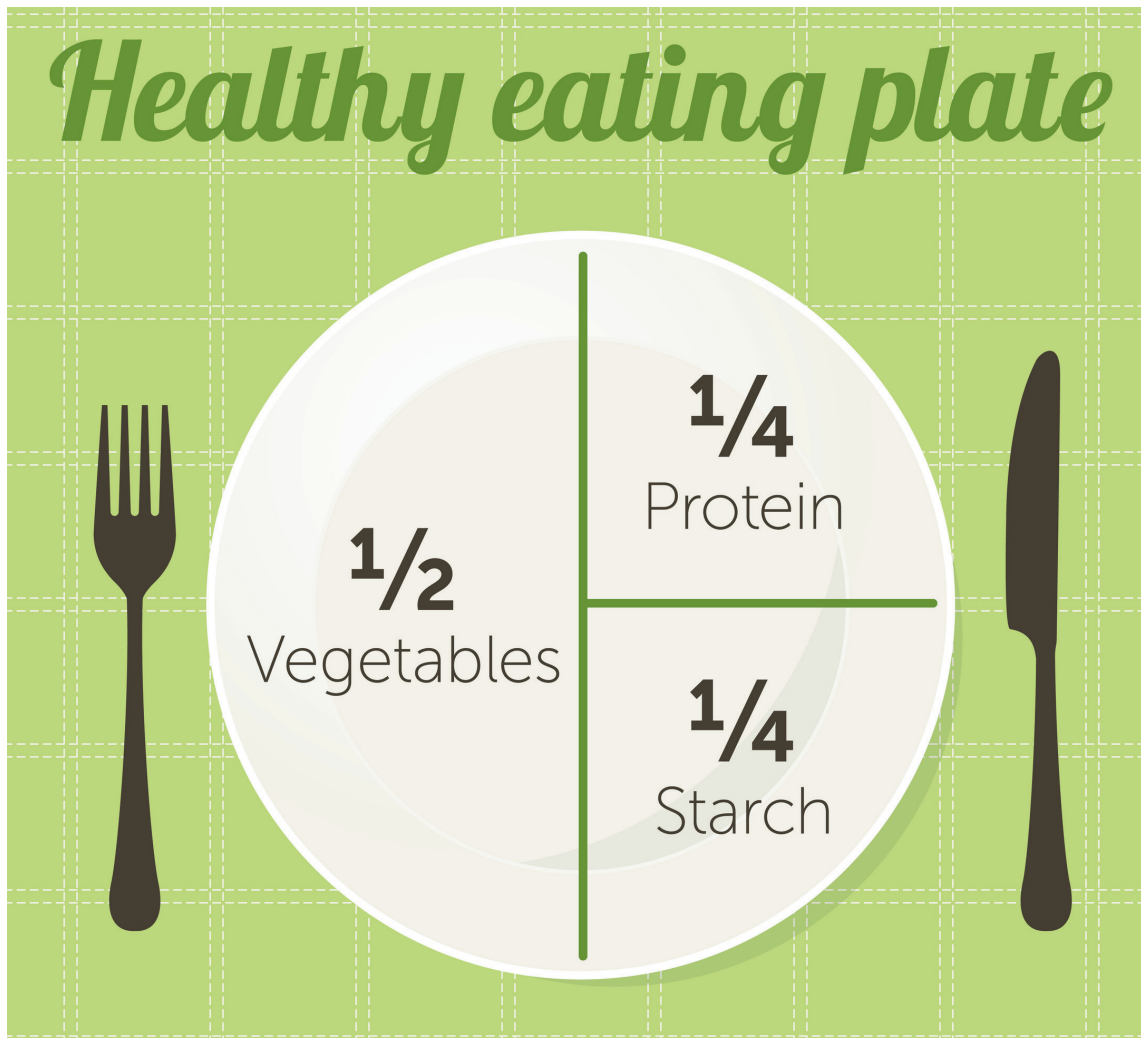


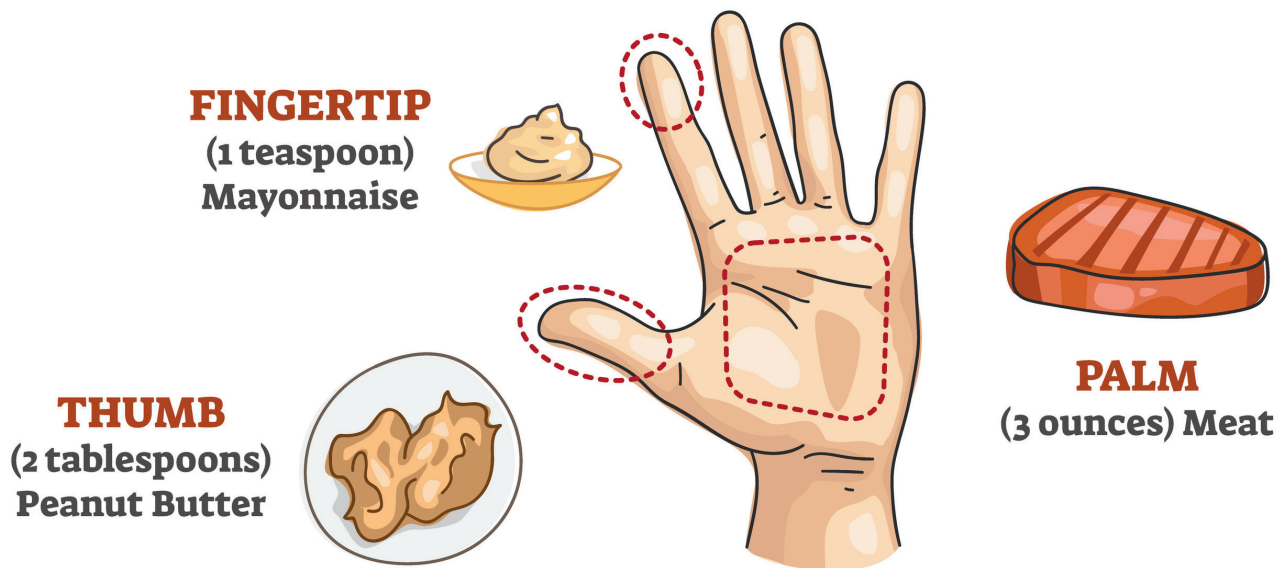
## HEALTHY EATING PLATE

*Healthy eating plate*

1-2 Tbsp  
Healthy Fat

- This Plate is based off the diabetes plate method which is lower in starch/carbs but not no-carb.
- Based your meal on this 4-step principle:
  - **First:** Pick a protein
  - **Second:** Choose your nonstarchy vegetables (salad, raw or cooked veggies)
  - **Third:** Choose a carbohydrate (fruit with salad or breakfast, starch with your lunch or dinner, bread for a sandwich)
  - **Fourth:** If your meal is lower calories i.e. a chicken salad, add some healthy fat such 2 Tbsps nutbutter, 1/4 c. nuts/seeds OR a 1/2 Avocado

## PORTION SIZES MADE SIMPLE



Tips on portion sizes:

- **Protein:** palm size portion (3-4 ounces or 30-40 grams)
- **Nonstarchy Vegetables:** 1-2 cups per meal at least 5 servings a day \*Bonus if you add some to your breakfast
- **Carbohydrates:** general guideline 30 grams per meal (2 servings). Use the carbohydrate chart for closer guidances. \*Be mindful if you are on glucose lower medications and change the amount you eat drastically, you may experience lower or higher blood sugars.
- **Healthy Fats:** This is a good way to add a little extra calories especially to a lower calorie meal like salads. You should have enough calories at each meals to keep you fairly stable until your next meal.