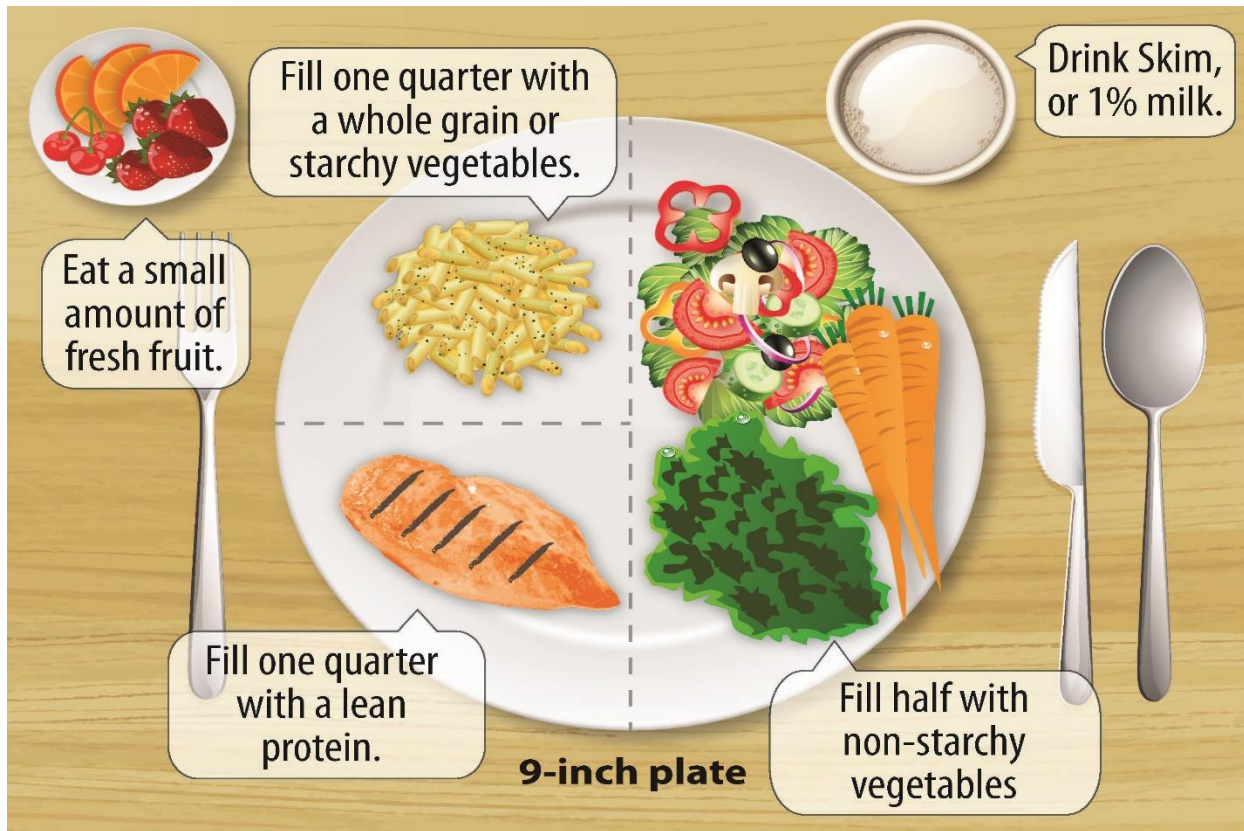


The Plate Method

The plate method helps to guide portion sizes and healthy choices. It helps you think about how to plan balanced meals with consistent carbohydrates, more fiber, healthy amounts of fat, protein, fruits and vegetables.

Choose at least 3-4 food groups at meals and 1-2 food groups at snacks. Use a 9-inch plate. Carbohydrate foods give energy and raise blood sugar. Choose 2-4 servings (30-60 grams) of carbohydrate foods each meal. See the next page for examples of foods in these food groups.



Source: Centers for Disease Control and Prevention: https://www.cdc.gov/diabetes/pdfs/library/features/Diabetes_Food_Plate.pdf

Foods I Like

| | |
|---|--|
| Carbohydrates | |
| <ul style="list-style-type: none"> • Starch/grain • Milk/yogurt • Fruits | |
| Protein | |
| Non-starchy vegetables | |
| Fats/oils | |

| Carbohydrate Foods | | |
|--|---|---|
| <p>Starch/Grain (15-30 grams carbs) Bread, 1-2 slices Oatmeal, ½-1 cup cooked Dry cereal, ¾-1.5 cup Bagel, ⅓-½ Pasta, ⅓-2/3 cup cooked Rice, ⅓-2/3 cup cooked Quinoa, ⅓-2/3 cup cooked Baked potato, ½-1 medium Tortilla, 1-2 small (6-inch) Corn, ½-1 cup Lentils/beans, ½-1 cup cooked Peas, 1-2 cups ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita</p> | <p>Milk and Yogurt (15 grams carb each) Milk (skim or 1%), 1 cup Low fat yogurt, 1 cup (plain, light, or Greek)</p> <p>Fruits (15 grams carb each) Apple/orange, 1 small Berries, 1 cup Banana, ½ Melon, 1 cup Fruit juice, ½ cup Dried fruit, 2 Tbsp. Grapes or cherries, 15</p> | |
| Other Foods | | |
| <p>Meat/Protein Skinless chicken or turkey, 3 oz. Fish (tuna, salmon, etc.), 3 oz. Nuts, ¼ cup Eggs, 1-2 Peanut butter, 2 Tbsp. Low fat cheese, 1 oz. Low fat turkey sausage, 1-2 oz. Lean beef or pork, 3 oz. Cottage cheese, ½ cup</p> | <p>Non-starchy Vegetables (1-2 cup portion) Asparagus Onion Cauliflower Cabbage Peppers Tomatoes Lettuce Cucumber Chard or Kale Carrots Celery Green Beans Broccoli</p> | <p>Fats and Oils Olive oil, 2 tsp. Butter, 2 tsp. Salad dressing, 2 Tbsp. Cream cheese, 2 Tbsp. Tub margarine, 2 tsp. Avocado, ¼ cup Nuts, 12-20</p> |

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#596