

## The Plate Method for Diabetes

The **Plate Method for Diabetes** guide provides consistent carbohydrate, balanced meals, greater fiber intake, 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 3-4 servings (45-60 grams) of carbohydrate foods each meal.**

### Fat/Oil:

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

### 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

### Starch/Grain:

#### (15 grams carb each)

Bread, 1 slice  
Oatmeal, ½ cup cooked  
Dry cereal, ¾ cup  
Bagel, ⅓-½  
Pasta, ⅓ cup cooked  
Rice, ⅓ cup cooked  
Quinoa, ⅓ cup cooked  
Baked potato, ½ medium  
Tortilla, 1 small (6-inch)  
Corn, ½ cup  
Lentils/beans, ½ cup cooked  
Peas, 1 cup

### Milk or Yogurt:

#### (15 grams carb each)

Milk (skim or 1%), 1 cup  
Low fat yogurt, 1 cup  
(plain, light, or Greek)

### Non-Starchy Vegetables:

#### 1-2 cup portion

|           |          |               |
|-----------|----------|---------------|
| Asparagus | Onion    | Cauliflower   |
| Cabbage   | Peppers  | Tomatoes      |
| Lettuce   | Cucumber | Chard or Kale |
| Carrots   | Celery   | Green Beans   |
| Broccoli  | Spinach  | Mushroom      |

### Fruit:

#### (15 grams carb each)

Apple/orange, 1 small  
Berries, 1 cup  
Banana, 1/2  
Melon, 1 cup  
Fruit juice, ½ cup  
Dried fruit, 2 Tbsp.  
Grapes or cherries, 15

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 ©12/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#596