

# PLATE METHOD

The plate method promotes healthy, balanced eating. It divides your plate to show what portion should be filled with what kinds of food. Plan your plate like this to help control your blood sugars, manage weight and support long-term health.



## VEGETABLES ½ plate

- Asparagus
  - Broccoli
  - Cauliflower
  - Celery
  - Cucumber
  - Eggplant
  - Green beans
  - Peppers
  - Snow peas
  - Salad greens (lettuce, cabbage, spinach, etc)
  - Tomatoes
  - Zucchini
- ... and many more!
- Beets, carrots, peas, rutabaga, turnip\* *Limit to ¼ plate due to higher starch content. Fill rest of section with other veg.*



### ADDED FAT:

*Limit the amount to the tip of your thumb*

- Oils (e.g. canola or olive)
- Salad dressing
- Nuts and seeds (limit to ¼ cup)
- Butter or margarine (non-hydrogenated)
- Avocado (limit to ¼ of avocado)



## GRAINS AND STARCHES ¼ plate

*Choose whole grain products; Aim for 3-5g fiber and less than 8g of sugar per serving*

### Bread, Cereal & Crackers

- Bread (whole grain, rye, etc)
- Pita bread, tortilla
- English muffin
- Ryvita crisp bread
- Cereal (e.g. oatmeal, Shredded Wheat, All-Bran, Bran Buds, etc)



### Grains & Pasta

- Pasta
- Barley, bulgur, couscous, kamut, etc
- Quinoa
- Rice (brown, wild, long-grain)
- Noodles

### Starchy Vegetables

- Corn
- Potatoes, all types (*choose sweet potatoes more often than white*)
- Squash (acorn, butternut)
- Parsnips
- Plantain

### Other

- Crouton
- Pizza crust
- Soup, thick-type (e.g. split pea)

### Fruit

*(Not a grain/starch, but still a source of carbohydrates that should be portioned)*

## PROTEIN ¼ plate

### Meat

- Fish (fresh, frozen, canned)
- Chicken (skinless)
- Meat/poultry-ground (lean)
- Lean cuts of red meat, pork or veal



### Legumes (*Contain some carbohydrate*)

- Beans (black, kidney, lima, navy), chickpeas, lentils

### Meat Alternatives

- Peanut butter or almond butter (limit to 2 Tbsp)
- Soy products (e.g. soy nuts, tofu, edamame)
- Eggs

### Milk Products (*Contain some carbohydrate*)

- Cheese (20% MF or less)
- Cottage cheese (0-1% MF)
- Greek Yogurt (0-1% MF, less than 8g of sugar)