

curative*

Eat your plate (and lower glucose too).

There's no one-size-fits-all diet for diabetes. But by following a few simple guidelines, you can figure out what works best for you to keep your blood sugar under control.

Eating well with the Diabetes Plate Method.

This method allows you to create well-balanced meals with the right portions of vegetables, protein, and carbs. You won't have to worry about any counting, calculating, weighing, or measuring.



How does the Diabetes Plate Method work?



Fill half your plate with nonstarchy vegetables, these superfoods minimally raise blood sugar and are high in vitamins, minerals, and fiber.

Examples: asparagus, broccoli, cauliflower, brussels sprouts, cabbage, carrots, celery, cucumber, eggplant, leafy greens, mushrooms



Fill one-quarter of your plate with carbohydrates, which are nutrients that break down into sugar (or glucose), that your body uses for energy. Carbs should be limited to one-quarter of the plate to help avoid spiking blood sugar levels.

Examples: whole grains (brown rice, oatmeal), starchy vegetables (acorn squash, butternut squash, green peas), beans and legumes, fruits, and dried fruit



Fill one-quarter of your plate with lean protein foods, which are lower in fat and saturated fat making them an ideal choice of protein that your body needs to make and repair cells.

Examples: chicken, turkey, eggs, salmon, tuna, shrimp, lean beef, lean pork, beans, lentils, hummus, nuts, edamame, tofu



Choose water or a low-calorie drink, with water being the best option, with no calories or carbohydrates.

Examples: unsweetened tea, unsweetened coffee, sparkling water/club soda, flavored water

50%



Nonstarchy
vegetables

25%



Carbohydrate
Foods

25%



Protein
Foods