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# DIABETES-FRIENDLY MEAL PLANNING

What you eat is essential in a type 2 diabetes diet, but how much you eat is just as important. The Plate Method is an easy way to help you portion out your meals—it shows you how much of each food group you should eat at each meal.

Download this card and keep it in your kitchen. Use it as a reference to help you eat a variety of the right foods and manage your portions based on a 9-inch dinner plate.

This is a recommendation. Talk to your doctor about what nutrition plan is right for you.



## FRESH VEGETABLES

Half your plate should be filled with non-starchy vegetables such as lettuce, broccoli, asparagus, peppers, or yellow squash



## NUTRITIOUS CARBOHYDRATE

Fill one-quarter with foods like brown rice, lavash, peas, or corn



## FRESH FRUIT

You should also try to eat a piece of fruit with each meal and a few teaspoons of a healthy fat



## HEALTHY FATS



## PROTEIN

One-quarter should be filled with protein, such as chicken, fish, lean meat, or eggs

Get a shopping list full of type 2 diabetes-friendly foods at [MyType2Transformation.com](https://www.MyType2Transformation.com).

Drink water, tea, or coffee (with little or no sugar).  
Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Want more tips? [MyType2Transformation.com](https://www.MyType2Transformation.com) has videos, tools, and resources that help you make eating type 2 diabetes-friendly.