

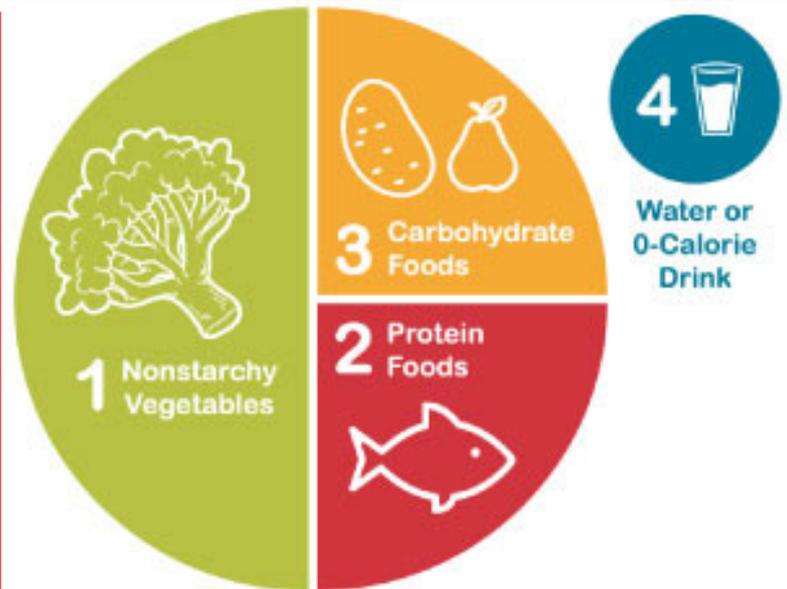
Livingston County Office for the Aging  
**The Diabetes Plate Method**

Nov 2022 Newsletter by Lucille Tang, RDN

**HAPPY DIABETES AWARENESS MONTH!**

Do you have Diabetes or Pre-Diabetes?  
BUT you're tired of counting carbs, weighing portions, and doing *math*?!

Then try the **Diabetes Plate Method** (shown right) - a simple, visual, and 5 step way to balance meals.



**STEP 1 : PICK YOUR PLATE**

Start with a **9 inch** plate.

The size of your plate determines the size of your portions!

A typical sheet of paper is 8.5in x 11in.

Therefore, 9in is just a bit wider than this sheet of paper.

**8.5 INCHES ACROSS**

**STEP 2: FILL HALF WITH NON-STARCHY VEGGIES**

Non-starchy vegetables are high in vitamins, minerals, and fiber and low in carbohydrates - meaning they have minimal effect on your blood sugar.

Examples of nonstarchy vegetables:

- Asparagus
- Broccoli or Cauliflower
- Brussels Sprouts
- Cabbage - green, red, napa, and bok choy
- Carrots
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Okra
- Green beans, pea pods, snow peas, and sugar snap peas
- Peppers - bell peppers and hot peppers
- Salad or Leafy Greens - kale, collards, spinach, arugula, lettuce, swiss chard
- Squash - zucchini, yellow squash, chayote, spaghetti squash
- Tomatoes



## STEP 3: FILL 1/4 WITH LEAN PROTEIN

Protein foods can be animal or plant based.

If from an animal, choose lean proteins which are lower in saturated fats. Some plant based-proteins - such as beans and legumes - can also be high in carbohydrates.

Examples of each include:

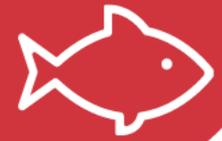
### Animal-Based:

- Chicken, turkey, and eggs
- Fish - salmon, tuna & cod,
- Shellfish - shrimp, scallops, clams, or mussels
- Lean beef & pork

### Plant-based:

- Beans, lentils, hummus, and falafel
- Nuts and nut butters
- Edamame
- Tofu and tempeh
- Plant-based meat substitutes

2 Protein Foods



## STEP 4: FILL 1/4 WITH CARBS

Carbohydrate foods have the greatest effect on blood sugar. Whenever possible, choose whole grains or carbohydrate foods with fiber. Fiber and limiting portions to 1/4 of a meal can help keep blood sugars from rising too high after meals.

Examples of carbohydrate foods:

- Whole grains - brown rice, bulgur, oats/oatmeal, polenta, popcorn, quinoa, and whole grain products (bread, pasta, tortillas)
- Starchy vegetables - acorn squash, butternut squash, green peas, parsnips, plantain, potato, pumpkin, and sweet potato/yam
- Beans and legumes - black, kidney, pinto, and garbanzo beans
- Fruits and dried fruit
- Dairy products - milk, yogurt, and milk substitutes (i.e. soy milk)

3 Carbohydrate Foods



## STEP 5: CHOOSE WATER OR ANY UNSWEETENED DRINKS

Water is the best choice. Water contains no calories or carbohydrates and therefore has no effect on blood sugar. Other zero- or low-calorie drink options include:

- Unsweetened tea
- Sparkling water/club soda
- Unsweetened coffee
- Flavored or sparkling water w/o sugar

4



Water or 0-Calorie Drink

Seeking help for Diabetes and your blood sugar? Reach out for Nutrition Education and Counseling by OFA Nutritionist Lucille Tang, (585)-991-5462