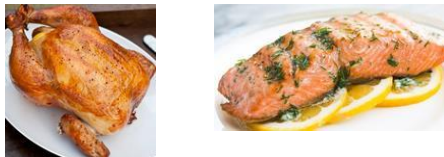
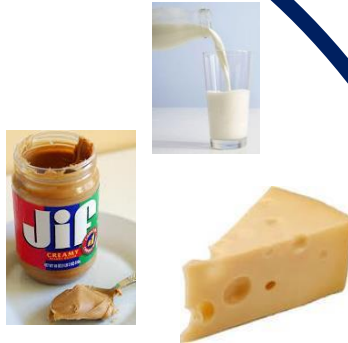


# Diabetic MyPlate

## Non-starchy Vegetables



## Proteins



## Carbohydrates/Starchy Vegetables

Beans do have protein, BUT beans also are high in carbs, so they raise your blood sugar levels. That is why they are in the carbohydrates category.

If you eat beans, only eat 1 other small portion of carbs, like 1 small tortilla or 1/3 cup of rice.

Most foods and beverages have carbohydrates and raise your blood sugar levels. Some foods can raise your sugar levels more than others. People who have diabetes should be very careful with carbs.

Starchy foods are high in carbs. Sweets and desserts are also high in carbs and sugar. This is why it is important to note at starchy foods or sweets in excess.



Portion on Carbs



Portion of Vegetables



Portion of meats or other proteins

## Carbs: How much is $\frac{1}{4}$ plate?

### No more than:

- $\frac{3}{4}$  cup of cooked rice
- $\frac{3}{4}$  cups of cooked pasta
- $\frac{3}{4}$  cup of beans
- 1 medium sized potato
- 2 - 6 inch tortillas
- 1 slice of bread
- $\frac{1}{2}$  cup of oatmeal or whole grain cereal
- Any combination of the above foods

\*Aprox: size of 1 CLOSED FIST

## Meats, Nuts, Beans, Eggs = Proteins:

How much is  $\frac{1}{4}$  plate?

(All of these should be 2-3 ounces)

### No more than:

- 1 fish fillet
- 1 piece of turkey
- 1 piece of chicken
- 2 eggs
- 1 small chicken leg
- $\frac{1}{2}$  chicken breast
- 1 piece of beef like steak
- 1 slice of cheese
- 3 tablespoons of peanut butter
- Any combination of the above foods

\*Aprox: Size of the palm of your hand