



Diabetes Education

A way to improve your health and trim your waistline for better diabetes management is to change the proportions of food on your plate. This visual dietary control is referred to as the **PLATE METHOD**. With the Plate Method, you will reshape your meals, making them higher in fiber and lower in saturated fat, cholesterol, and carbohydrates.

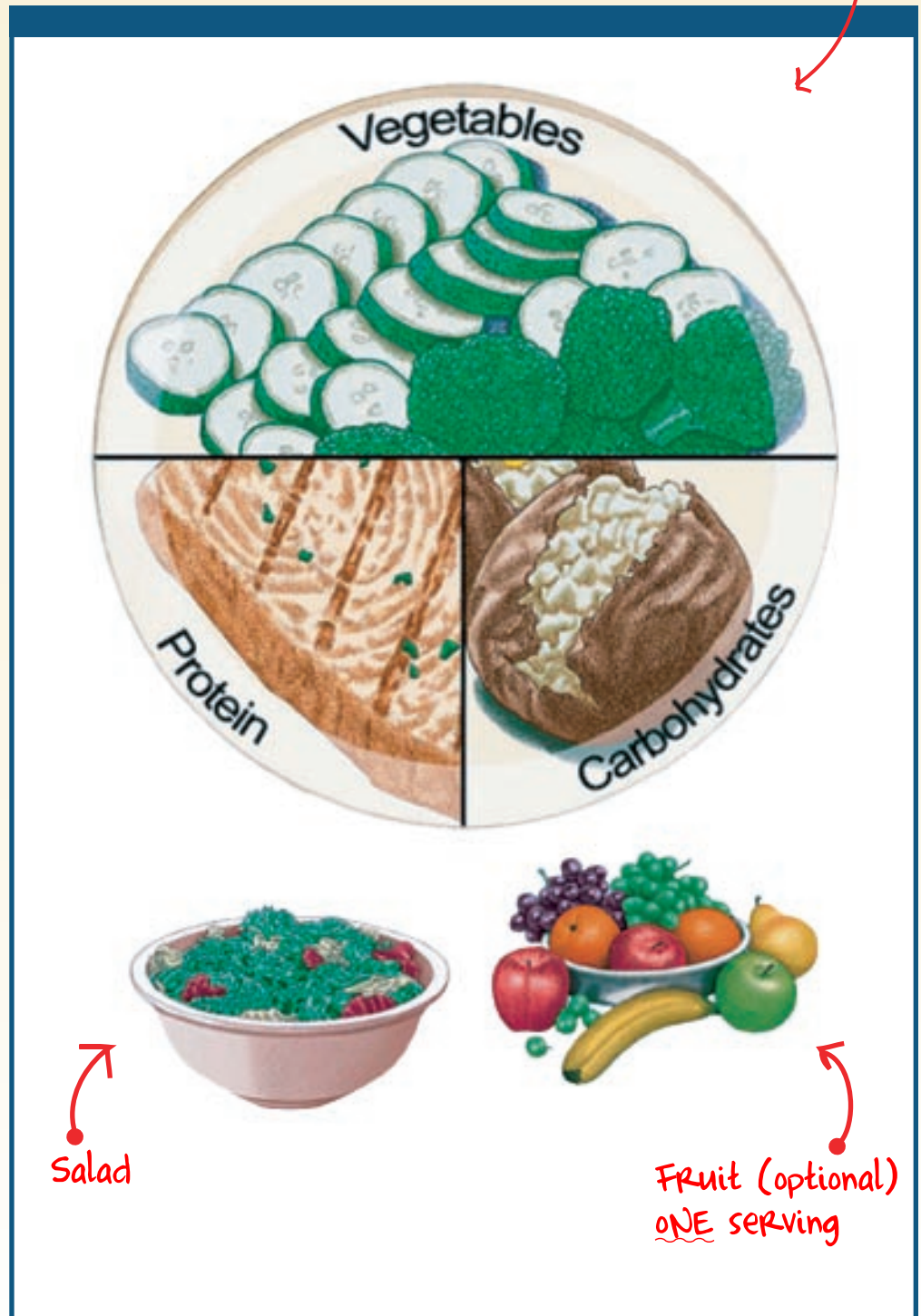


What is the Plate Method?

One method for planning meals is the *Plate Method* which requires no measuring.

Use this visual plate to **IMPROVE** understanding and encourage portion control when eating your meals.

The Plate Method



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Reminder:

When filling your plate, be sure to **PAY ATTENTION** to your serving sizes.

Know Your ABC's of Diabetes:

(Reach Your GOALS)

A ✓ EVERY 3-6 MONTHS

- **A1c:** Below 7%

B ✓ EVERY VISIT

- **Blood Pressure:**
Below 130/80mmHg

C ✓ ONCE A YEAR

- **Cholesterol:**
LDL: Below 100mg/dL
HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

Ⓞ Blood Glucose Targets:

- Fasting, 90-130mg/dL
- 2 Hours after eating, Less Than 180mg/dL

The Plate Method

Controlling Your Food Portions:

When filling your plate, be sure to pay attention to serving sizes. Keep in mind that these servings are **ONLY** a guide. You should test your blood sugars 2 hours *AFTER* your first bite of food.

If your blood sugar level is at or below 180mg/dL, then you are eating the appropriate amount of food. However, if your blood sugar is above 180mg/dL, you should *DECREASE* the amount of carbohydrates on your plate.

- **Vegetables:** Fill half your plate with approximately 1 cup or more non-starchy vegetables such as lettuce, cabbage, cucumbers, peppers, mushrooms, onions, garlic, beets, green beans, broccoli, celery, carrots, cauliflower and tomatoes. An easy way to meet this requirement is to eat a small salad along with your side vegetable.
- **Carbohydrates:** When done appropriately, your plate should provide approximately 30 to 60 grams of carbohydrates, equivalent to 2 to 4 carbohydrate choices (*1 carbohydrate choice equals 15 grams of carbohydrates*).

Carbohydrates are all types of grains, legumes, fruits, starchy vegetables, and dairy. Choose whole grains over processed, refined grains.

- **Lean Protein:** The protein section should provide about 3 ounces of meat, poultry, fish, nuts/seeds, or meat replacements. The serving should be the same dimensions as a deck of cards. Other high protein foods which are the equivalent to 3 ounces cooked lean meat include: 1 to 2 eggs, 2 tablespoons peanut butter, 1/3 cup nuts, and 2 ounces cheese.

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