

Northeast Community Clinic

HOW TO DIVIDE YOUR 9" PLATE

- **1/4 PROTEIN**
(such as chicken, fish, or lean cuts of beef)
- **1/4 CARBOHYDRATES**
(such as breads, pasta, rice, or potatoes)
- **1/2 NONSTARCHY VEGETABLES**
(such as green beans, salad, or spinach)

ADD DAIRY AND FRUIT
(such as 6 oz of light yogurt and a piece of fruit)

USE FAT SPARINGLY
(such as butter)



Source: American Diabetes Association

Notes

GET SMART ABOUT CARBS

Carbohydrates, or carbs, are the fiber, sugar, and starch in the foods you eat. How much different foods raise your blood sugar depends on how many carbs and the types of carbs they contain.

Low (0-15 g)



- Nonstarchy vegetables
(eg, 1 cup broccoli, 8 g)
- Grilled chicken
(5 oz, 0 g)
- Most fruits
(eg, 1 medium orange, 15 g)

High (30 g or more)



- Pretzels
(1 cup, 40 g)
- Cooked pasta
(1 cup, 39 g)
- Fat-free frozen yogurt
(1 cup, 39 g)

Source: American Diabetes Association, MyFoodAdvisor™ Tool

CONVENIENT WAYS TO KEEP ACTIVE

Make sure you get daily physical activity.

- Take the stairs instead of the elevator
- Park your car at the far end of the parking lot
- Take regular walks
- Work in the yard or garden
- Take an exercise class

Remember to check with your healthcare team before beginning an exercise routine.



Source: American Diabetes Association