

STARCHES:

Choose whole grains

- 1 sl bread or ~ ½ c:
- potatoes
- peas
- corn
- pasta
- rice or cereal
- (½ c dried beans or peas = ½ c starch and 1 oz protein)

VEGETABLES:

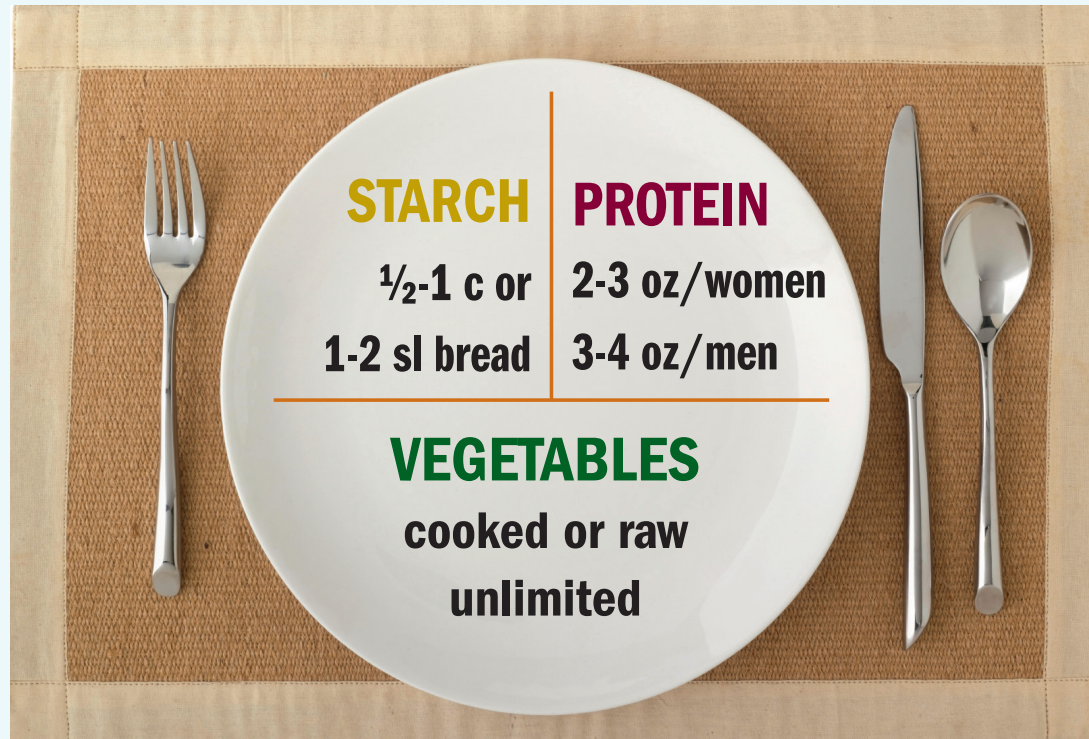
- broccoli, cauliflower, cabbage, collards, spinach, tomatoes, lettuce, cucumbers

FAT:

- 1-2 tsp olive oil, butter, margarine or mayonnaise (1-2 tbsp diet) or
- 1-2 tbsp salad dressing (2-4 tbsp diet dressing)

Best: 1-2 tbsp plant stanols/sterols (Benecol/Promise Activ Light)

A RECOMMENDED MEAL INTAKE “Plate of Health”



Breakfast should include at least ½ cup starch or 1 slice bread and 1 oz protein. More food overall may be needed if pregnant, breast feeding, a teen, male or very active.

CARBOHYDRATE = starch, fruit, milk, sweets: a serving is ~15g carbs (if sweets, less starch, fruit or milk)

Low Fat
Milk or
Yogurt
1 cup

Fruit
~ ½ cup

PROTEIN:

- meat
- fish
- poultry
- low fat cheese
- egg (1 small/medium on a given day)
- dried beans/peas (½ c = 1 oz)
- peanut butter (1 tbsp = 1 oz)
- nuts (¼ c = 1 oz)

EVMS

STRELITZ
DIABETES CENTER