“Meals Made Easy”
with the Diabetes Plate

- Week 1: What You Eat Makes a Difference
- Week 2: Planning Healthy Meals
- Week 3: Shopping Smart
- Week 4: In the Kitchen
Diabetes

• Blood Glucose (sugar) is too high

• Sometimes there are symptoms

• Often there are no symptoms
Diabetes Complications

• Heart & Blood Vessel Damage
• Nerve Damage
• Kidney Failure
• Blindness
• Dental Disease
Good News!

♥ There are fewer complications when blood sugar is kept as close to normal as possible

. Healthy Eating
. Regular Physical Activity
. Medication, when necessary
Sugar is in everyone’s blood.

Blood Sugar provides energy for everything we do!
Carbohydrate in the foods we eat & drink affects our blood sugar the most.
Two Types of Carbohydrate

- SUGAR

- STARCH
Total carbohydrate eaten determines how much sugar reaches your blood
Food Groups *with* Carbohydrate:

- Grains, Beans & Starchy Vegetables
- Fruit
- Milk & Yogurt
- Sweets
Food Groups *without* Carbohydrate

- Vegetables (non-starchy)
- Meat & meat alternates
- Fats/Oils
A note about Calories

- **Calories** are a measure of the energy a food provides.
- A person’s need for calories depends on many factors, such as age, size, sex, and activity level.
- Extra calories eaten are stored as body fat.
A Healthier Weight Helps

• Modest weight loss improves the way insulin works. (For most people this means 10 – 20 lb.)
• The Plate Method can help you focus on eating fewer calories so that you lose weight.
Physical Activity Helps

• Regular physical activity lowers blood sugar AND improves the way insulin works.

• For most people, this means finding ways to move around for at least 30 minutes more nearly every day.
Food Groups

- Grains, Beans, Starchy Vegetables
- Fruits
- Milk/Yogurt
- Vegetables (non-starchy)
- Meat & Meat Alternates
- Fats & Oils
Food Groups

Carbohydrate food groups  Not Carbohydrate
Food Groups

**Carbohydrate food groups**

- Cup of coffee
- Beads
- Cake
- Fruits

**Not Carbohydrate**

- Grilled chicken
- Vegetables
Plate Method Explained

- Fruit
- Vegetables (non-starchy)
- Meat & Alternates
- Grains, Beans, Starchy Vegetables
- Milk
The Plate Method
Serving Size Makes a Difference

Which apple will have the greatest effect on blood sugar?
Plate Method Portions

Grains (one ounce-equivalent)
• 1 slice of bread
• 1/2 English muffin or pita bread
• 1/2 cup of cooked rice or pasta
• 1/2 cup of cooked cereal
• 3/4 cup dry (unsweetened) cereal
• 1 6-inch tortilla
• 4 - 6 crackers

Beans & Starchy Vegetables (1/2 cup)
• 1/2 cup cooked beans, peas, lentils or corn
• 1/2 cup mashed potatoes
• 1/2 cup sweet potatoes or yams
• 1 small (3 oz.) potato
Plate Method Portions

Fruit (1/2 cup)
- 1 small fresh fruit (4 pieces per pound)
- 1/2 cup canned fruit (light or juice syrup)
- 1/2 cup fruit juice
- 1/4 cup dried fruit
Plate Method Portions

Milk & Yogurt (1 cup)
- 8 oz. milk (cow's, soy or rice)
- 8 oz. plain yogurt
- 6 - 8 oz. yogurt with low-calorie sweetener
Plate Method Portions

Vegetables (1/2 cup)
- 1 cup raw
- 1/2 cup cooked
- 1/2 cup juice
Plate Method Portions

Meat, fish, poultry
• 2-3 oz. cooked lean meat, fish, or poultry

Meat Alternates**
• 1/4 cup cottage cheese or tuna
• 1-1/2 oz. cheese
• 1 egg
• 1/4 c. egg substitute
• 1 Tablespoons peanut butter
• 4 oz. tofu

** equivalent to 1 oz. meat, fish, poultry
Plate Method Portions

Fats & Oils (1 tsp.)
- 1 tsp. margarine or oil
- 10 peanuts
- 1 Tablespoon salad dressing
- 2 Tablespoons reduced fat salad dressing
- 1/8th medium avocado
- 2 tsp. peanut butter
- 1 Tablespoon cream cheese
- 2 Tablespoons reduced fat cream cheese
- 8 small olives
- 1 Tablespoon sour cream
- 1 strip bacon
Tools for Measuring Plate Method Portions
Tips for Estimating Food Portions
The Plate Method

Will help you...

- Eat similar amounts of carbohydrate at meals & snacks
- Plan simple & tasty meals