

# DIABETES AND DIET:

## *THE DIABETES PLATE METHOD*

### DIABETES PLATE METHOD

- » There is no dietary recommendation that is right for everyone, but following the Diabetes Plate Method can teach you how to build healthy meals that can help you manage your blood sugar. With this method, you can create meals that are the right size for you, with a healthy balance of vegetables, protein, and carbohydrates.
- » People with Diabetes should eat three (3) meals and up to three (3) snacks each day.
- » All healthy eating plans generally recommend a variety of colorful fruits and vegetables, lean meats, and plant-based sources of protein, along with less sugar, and less processed foods. Eat good to feel good. Keep it simple. Aim for consistency.

