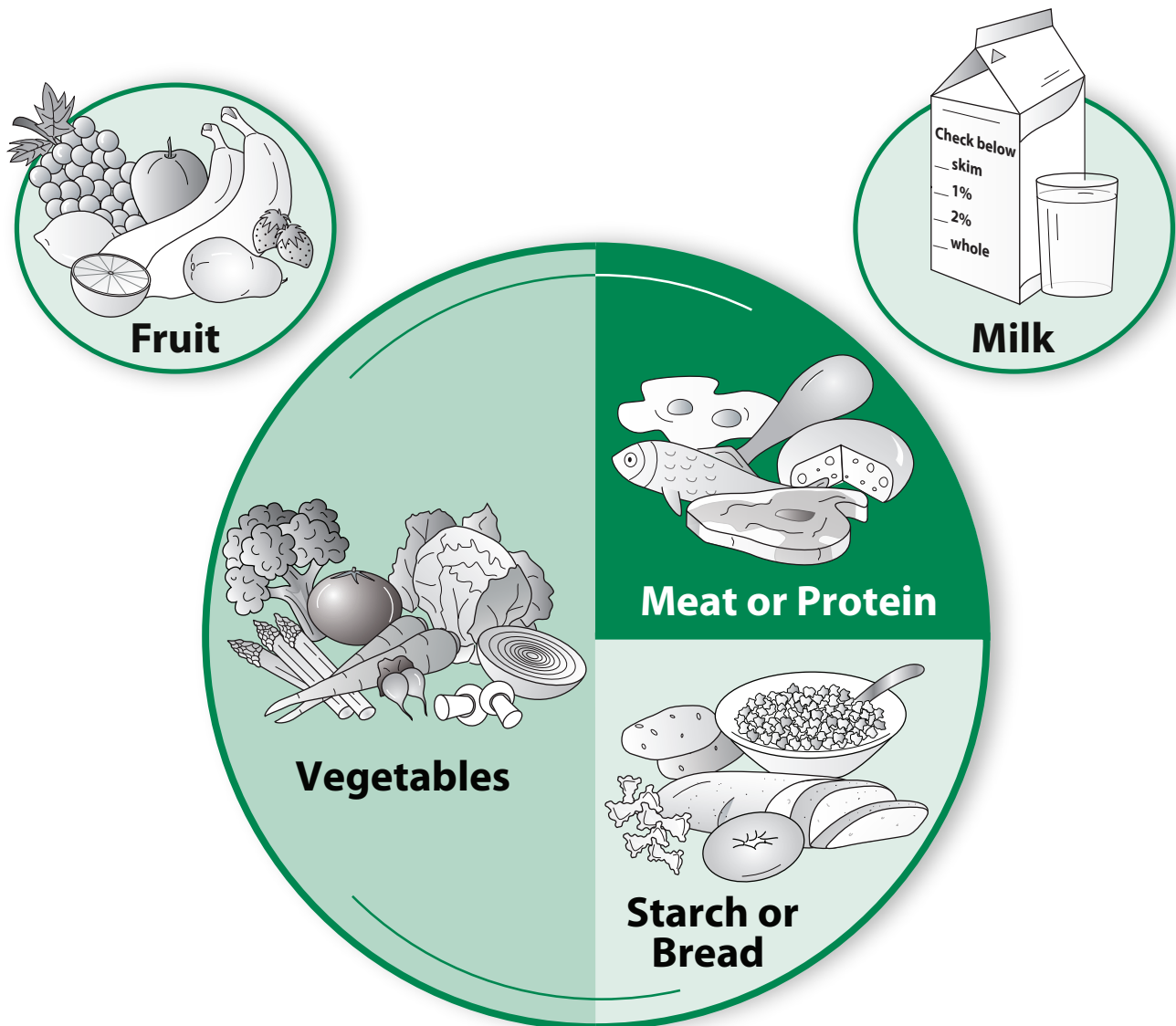


MEAL PLANNING WITH THE PLATE METHOD: LUNCH/DINNER

The Plate Method is a method of meal planning that provides an even distribution of carbohydrates, a lower fat intake, and a greater amount of fruits and vegetables. Plan your meals by dividing up your plate in this way:



Starch or Bread, Fruit, and Milk food groups raise blood sugar.

Low carbohydrate vegetables raise blood sugar in tiny amounts.

Meat/Protein foods raise blood sugar in tiny amounts.

1. Myplate <http://teamnutrition.usda.gov/myplate.html>
2. Other Plate Method Resources: Idaho Plate Method: <http://www.platemethod.com>
3. Prescription Solutions: https://www.prescriptionsolutions.com/vgnlive/HCP/Assets/PDF/PlatePlannerEnglish_LetterSize_UPDATED.pdf