

What is the *Diabetes Plate?*

The Diabetes Plate is the easiest way to create healthy meals that can help you manage blood glucose (blood sugar) levels. A great starting point, this method helps you create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. The Diabetes Plate is a visual guide for a low-carbohydrate meal pattern.

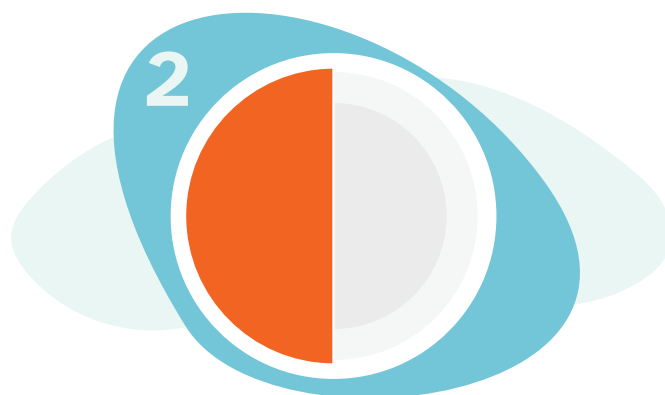
How to use the diabetes plate method.

■ Nonstarchy vegetables ■ High Protein ■ Quality carbohydrates



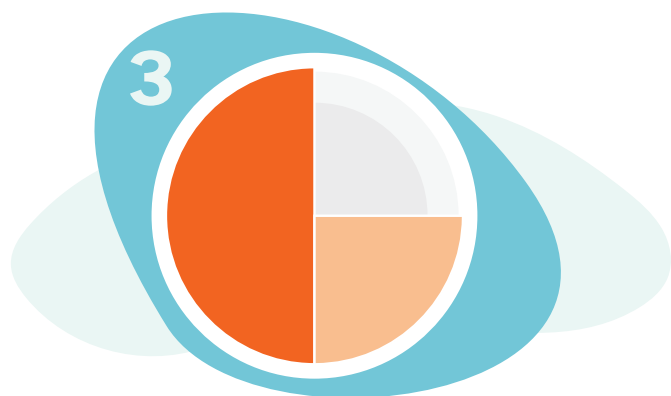
Pick the right plate.

The size of the plate plays a **big part in determining the size of a portion**, so start with one that is about nine inches across. This may mean using a salad or dessert plate for your meals.



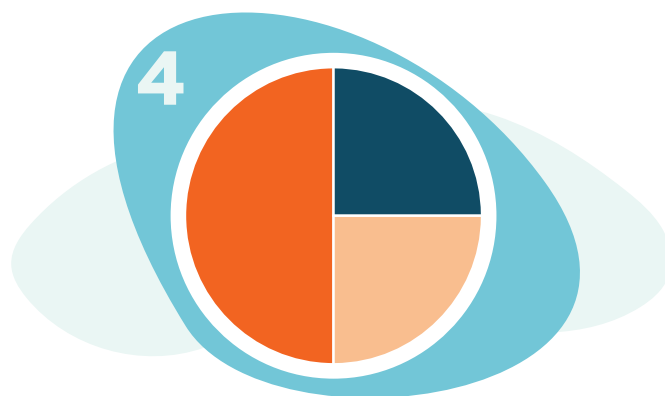
Fill ½ your plate with non-starchy veggies.

Non starchy vegetables are low in carbohydrates and won't raise blood glucose levels as much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Non-starchy veggies include **broccoli, bell peppers, carrots, green beans, zucchini, onions and many more!**



Fill ¼ of your plate with lean protein.

Foods high in protein such as **fish, chicken, seafood, soy foods, and low-fat cheese** are all considered protein foods. Keep in mind that some plant-based protein foods (like beans and legumes) also have carbohydrates and should be taken into account as you manage your total carbohydrate count.



Fill ¼ of your plate with quality carbohydrate foods.

Foods that are higher in carbohydrate include starchy vegetables (like potatoes, peas, and corn), beans and legumes, grains, fruit, and milk. These foods have the greatest effect on your blood glucose. Choose whole grains such as **whole wheat bread, brown rice, or quinoa** which are rich in vitamins, minerals, and fiber, and whole fruits instead of juice.

Plan your plate with **Diabetes Food Hub**[®]

Diabetes Food Hub is your one-stop-shop for making easy diabetes-friendly recipes and reading up on healthy eating topics across hundreds of articles. With thousands of free recipes, there are a wide variety of cuisines, flavors, and meals to choose from. And you can sort them based on dietary needs like low-carb, low-sodium, and chronic kidney disease. Save your favorite recipes, access the meal planner, and edit your own grocery list when you make a free account.



Greek Cottage Cheese Bowl

This simple Greek cottage cheese bowl blends creamy, protein-packed cottage cheese with a crisp, zesty salad of tomatoes, cucumber, and olives. For those managing diabetes.



Sheet Pan Cheesy Mini Meatloaves

Elevate your weeknight dinners with these sheet pan cheesy mini meatloaves made with a colorful medley of bell peppers and onions.



Spicy Korean Chicken with Crisp Cucumber Salad

This is a low carb and low fat recipe that features spicy Korean-inspired chicken dish and brings bold heat from gochujang—a fermented red chili paste that's rich, savory, and slightly sweet—and balances it with a cool, crunchy cucumber salad.



Shakshuka-Inspired Stuffed Peppers

These shakshuka-inspired stuffed peppers combine smoky spices, rich tomato sauce, and baked eggs for a comforting, Mediterranean-style meal.

Visit DiabetesFoodHub.org for the full recipes and many more recipes that have been approved as diabetes-friendly by the American Diabetes Association[®].