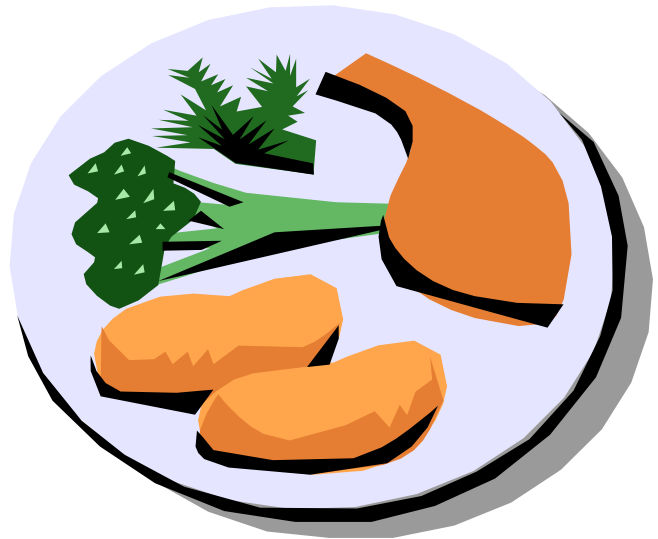


# Rate Your Plate

Planning meals when you have diabetes does not need to be difficult. Which of the plates below looks like your dinner plate?



Does your plate look like the one on the right? If not, consider a few of the following changes:

- **Plan around plants.** Your meals should be mostly plant-based. Grains, vegetables, beans, and fruits should make up at least 2/3 of your plate, leaving 1/3 or less for meat or low-fat dairy.
- **Cut out extra fat.** Trimming visible fat off meat and removing skin from poultry before cooking can cut the fat content of the meat in half. Use sauces, gravies and dressings in moderation – they're often loaded with fat and calories.
- **Pay attention to portions.** Most Americans eat much more than their bodies actually need. Do you know how much a serving is?

| Food Group | Example of a Serving  | Approximate Size                    |
|------------|---|-------------------------------------|
| Starches   | 1 slice of bread<br>½ cup pasta or cooked cereal<br>1 cup ready to eat cereal | A CD case<br>A small fist           |
| Vegetables | 1 cup raw, leafy vegetables<br>½ cup cooked vegetables                        | 4 leaves of lettuce<br>a light bulb |
| Fruit      | 1 medium piece<br>½ cup fruit salad or canned fruit                           | A tennis ball                       |
| Meat       | 2 – 3 ounces cooked meat<br>½ cup cooked dried beans                          | A deck of playing cards             |
| Milk       | 1 cup milk or yogurt  |                                     |
| Fats       | 1 teaspoon margarine or oil   | The tip of your thumb               |
| Sweets     | 1 small cookie  | About 2 inches across               |

- **Think about your drink.** Water is always a great choice, but if you want variety choose sparkling water, diet soda or unsweetened iced tea. If you drink fruit juice limit your daily intake to ½ cup of 100% juice. Avoid soda pop, fruit drinks, punch and powdered drink mixes that are sweetened with sugar.



### Where to learn more?

Visit our website: [www.dagc.org](http://www.dagc.org) and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.

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|  <p><b>DIABETES ASSOCIATION<br/>OF GREATER CLEVELAND</b><br/><i>Fighting the diabetes epidemic right here at home</i></p> | <p>3601 S. Green Road, #100<br/>Cleveland, Ohio 44122</p> <p>Phone: (216) 591-0800<br/>Fax: (216) 591-0320</p> <p>Email: <a href="mailto:information@dagc.org">information@dagc.org</a></p> |
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