

# Start Simple With My Plate



Dairy

1/4 starch



1/2 Vegetables



Fruit



Water



1/4 protein



- Everything you eat & drink matters.
- The right mix can help you to be healthy.
- Focus on a variety & a healthy portion of each food group.
- Choose foods & beverages with less saturated fat, sodium & added sugar.
- Start with small changes to build healthier habits.

## Start simple with my plate:

Fill half of the plate with non-starchy veggies (greens, cabbage, tomato).  
Fill quarter of the plate with grains & starchy foods (roti -6", brown rice, oatmeal).

Fill another quarter of the plate with protein rich food (beans, lentils, tofu).

## For side dish

Small amount of dairy (1 cup skim milk, 1/2 cup yogurt).

Small fruit (1 apple, 1/2 cup berries, 1/2 banana).

Beverages that has zero to low calories (water, coffee or tea without sugar).

9- inch plate



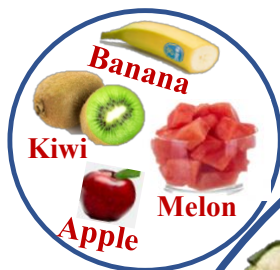
# My Plate: Indian Diabetic

# Meal Planning- Portion Sizes

**Fruits Have ½-1 serving per meal or as snack**

**One serving =**

- 1 small fruit
- 1 cup cubed melon or raspberries
- 1 large kiwi
- ½ banana



**Non-Starchy Veggies Have 1-2 serving per meal**

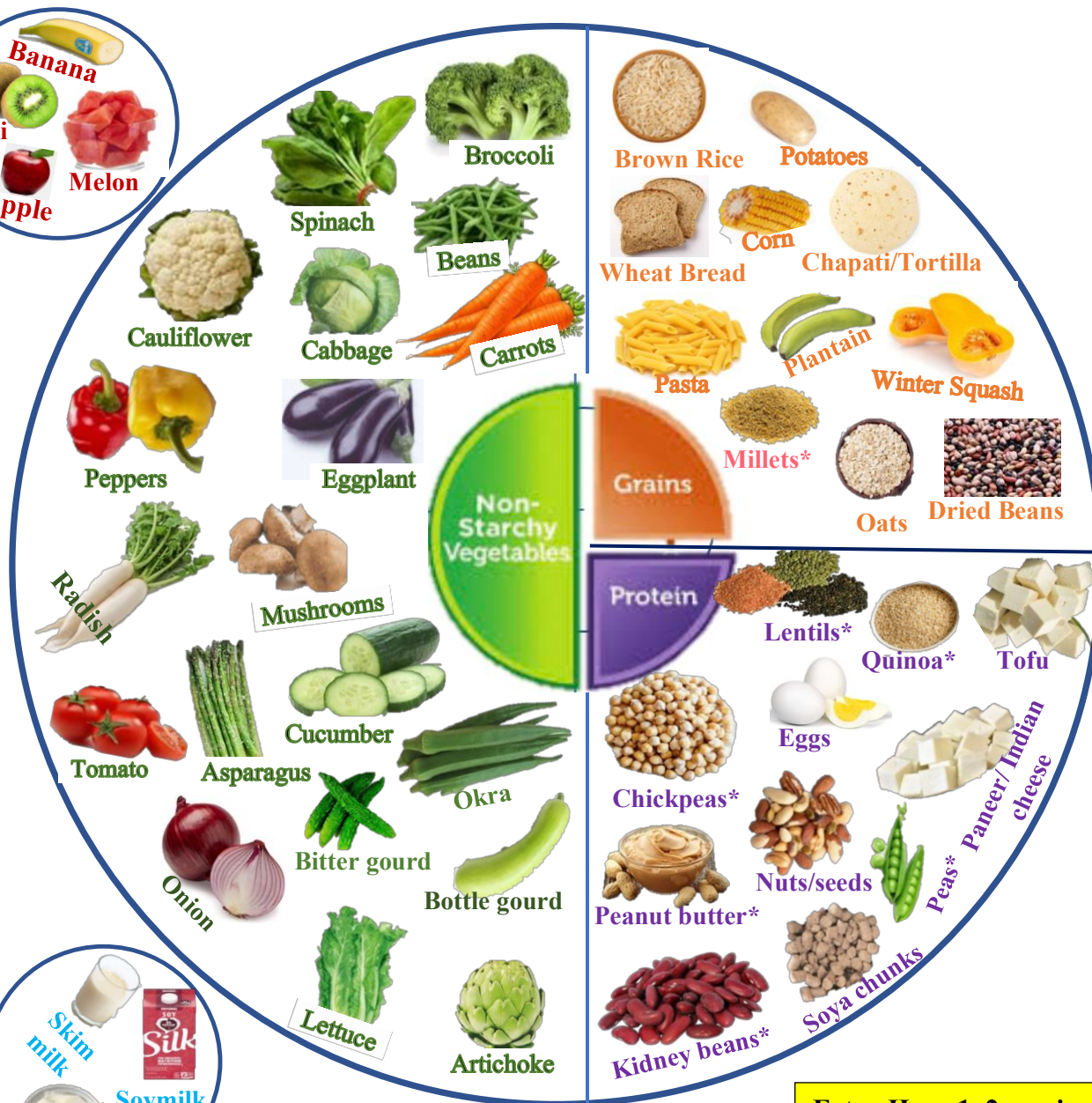
**One serving =**

- 1 cup raw veggies
- 2 cups of raw leafy greens
- ½ cup cooked veggies

**Dairy and dairy alternatives Have ½ -1 serving per meal**

**One serving =**

- 8-ounce cup fat-free or low-fat milk or fortified unsweetened plain soymilk\*
- 2/3 cup plain fat-free or low-fat yogurt



**Whole grains & Starchy Vegetables Have 1-2 serving per**

**One serving =**

- 1 slice whole-grain bread or 6" chapati
- ½ to ¾ cup dry, unsweetened cereal
- ½ corn on cob
- ½ cup cooked pasta or noodles
- 1/3 cup brown rice
- ¼ cup millet
- ½ cup plantains

**Protein Have 1-2 serving per meal**

**One serving =**

- **Low fat options:** 1 ounce reduced-fat cheese
- **Medium fat options:** ½ cup tofu or 1 egg
- **High fat options:** 1 tablespoon peanut butter or 1/4 cup regular paneer
- **Low fat, High fiber options:** ½ cup cooked lentils / kidney beans / peas/ chickpeas /quinoa

**Fats - Have 1–2 servings per meal**

One serving = 1 teaspoon oil, ¼ avocado, 6 almonds, 10 peanuts. Canola and olive oil are good choices.

\*Not all milk alternatives are the same, please consult with your dietitian on which one you are considering to use.

\*Beans, peas, quinoa and lentils are also a good source of complex carbohydrates. Millets are a great source of protein too. Nuts & peanuts are also a source of healthy fat.