Plate Planning Goals

Medical Nutrition Therapy for People with Diabetes

Achieve and maintain a healthy body with a
healthy weight, blood glucose, blood pressure, cholesterol and lipid levels.
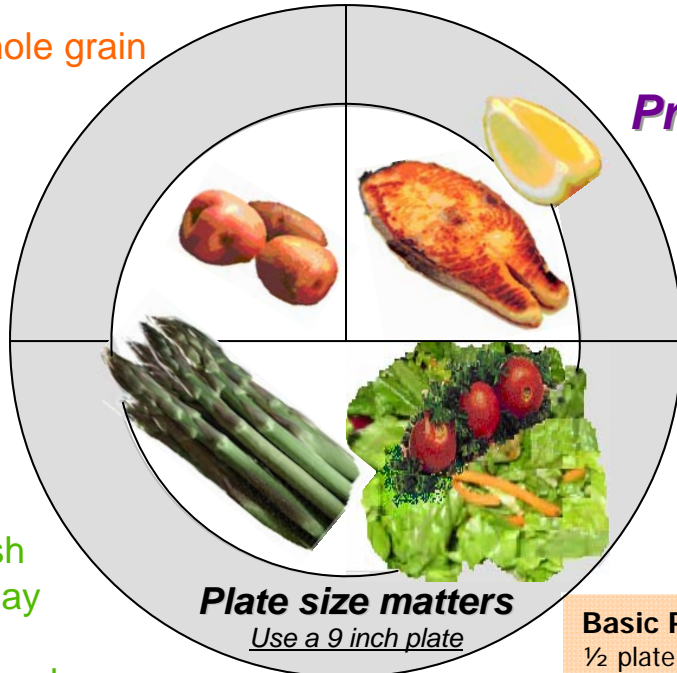
Carbohydrates - count and control

Fruit - fresh
3-4 fruit choices / day
15gm carbohydrates = 1 choice

Dairy – non fat / low fat
2-3 milk / yogurt choices / day
12-15gm carbohydrates = 1 choice

Starch/Bread - whole grain
4-9 bread / starch choices / day
15gm carbohydrate = 1 choice

Proteins - lean meat
1-3 choices (oz) /
(7-21gm) protein / meal
1 oz protein = 7gm protein
7gm protein = 1 choice

Fats – heart-healthy
1-2 fat choices / meal
1 tsp fat = 5gm fat
5gm fat = 1 choice

Vegetables - fresh
2 – 5+ choices / day
non-starchy
to fill up your stomach
½ cup cooked vegetables or
1cup raw vegetables = 5 gm CHO
5gm carbohydrates = 1 choice

Plate size matters
Use a 9 inch plate

Basic Plate Method
½ plate - vegetable (may skip at breakfast)
¼ plate - bread/ starch/ grain
¼ plate - meat/protein (may skip at breakfast)
1 small piece fruit
1 cup milk, yogurt or
     ½ cup pudding or ice cream

What is a Carbohydrate ?

Carbohydrates are starches & sugar that turn into glucose, providing **necessary energy**.
Examples are fruit, milk, bread and vegetables as well as candy, cookies, pastries, pasta, soda, etc. Carbohydrates raise blood glucose the most.

Choose carbohydrates with high fiber & antioxidants (cancer fighters).
Whole grains, fresh (or frozen) fruits & vegetables, and milk supply important vitamins
which are needed for good health.

Limit empty carbohydrates (candy, cookies, pastries, etc.) that just add extra calories, that may cause weight gain, increase blood sugar and make your pancreas work harder to make insulin.

8 ounces milk = 12 grams carbohydrate
1/3-1/2 cup of most starch
       = 15 grams carbohydrate

What is a protein ?

Protein has little effect on blood glucose. Protein provides "**building blocks**" used for muscle growth, tissue repair & maintenance of body cells.

Over consumption of protein can delay digestion as well as contribute to heart disease and weight gain.

People with established kidney disease increase their risk of kidney damage when too much protein is eaten.
Choose fish, lean poultry, or lean meat
1 egg = 7 grams protein
1 ounce meat, poultry, or fish
       = 7 grams protein
4 ounces Tofu = 7 grams protein

What is a fat ?

High fat diets decrease the effects of insulin (insulin resistance). Fat is used to make **cells and hormones** that regulate the body.

Over consumption of fats can contribute to heart disease and weight gain.

Choose heart healthy fats such as olive oil, Canola oil, and fish oils.

Limit or avoid animal fats and trans fats.
High animal fat and trans fat diets contribute to heart disease.

1 tsp butter = 5 grams fat
1 Tbsp oil = 14 grams fat