

"Meals Made Easy" with the Diabetes Plate

- Week 1: What You Eat Makes a Difference
- Week 2: Planning Healthy Meals
- Week 3: Shopping Smart
- Week 4: In the Kitchen



Diabetes



- Blood Glucose (sugar) is too high
- Sometimes there are symptoms
- Often there are no symptoms

Diabetes Complications

- Heart & Blood Vessel Damage
- Nerve Damage
- Kidney Failure
- Blindness
- Dental Disease

Good News!

- ♥ There are fewer complications when blood sugar is kept as close to normal as possible
 - . Healthy Eating
 - . Regular Physical Activity
 - . Medication, when necessary

Sugar is in everyone's blood.



Blood Sugar provides energy for
everything we do!

Carbohydrate in the foods we eat & drink affects our blood sugar the most.



Two Types of Carbohydrate

-SUGAR

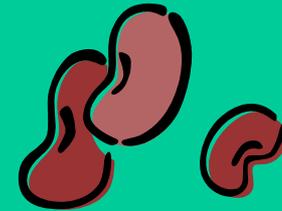
-STARCH

Total carbohydrate eaten
determines how much sugar
reaches your blood



Food Groups *with* Carbohydrate:

- Grains, Beans & Starchy Vegetables
- Fruit
- Milk & Yogurt
- Sweets



Food Groups *without* Carbohydrate

- Vegetables (non-starchy)
- Meat & meat alternates
- Fats/Oils

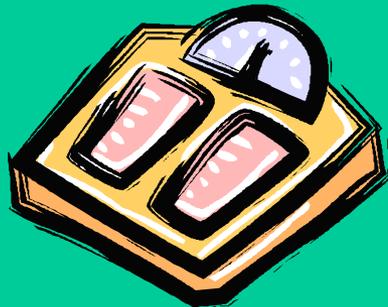


A note about Calories

- **Calories** are a measure of the energy a food provides.
- A person's need for calories depends on many factors, such as age, size, sex, and activity level.
- Extra calories eaten are stored as body fat.

A Healthier Weight Helps

- Modest weight loss improves the way insulin works. (For most people this means 10 - 20 lb.)
- The Plate Method can help you focus on eating fewer calories so that you lose weight.



Physical Activity Helps

- Regular physical activity lowers blood sugar AND improves the way insulin works.
- For most people, this means finding ways to move around for at least 30 minutes more nearly every day.



Food Groups

- Grains, Beans, Starchy Vegetables
- Fruits
- Milk/Yogurt
- Vegetables (non-starchy)
- Meat & Meat Alternates
- Fats & Oils

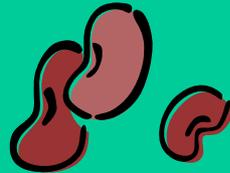
Food Groups

Carbohydrate food groups

Not Carbohydrate

Food Groups

Carbohydrate food groups



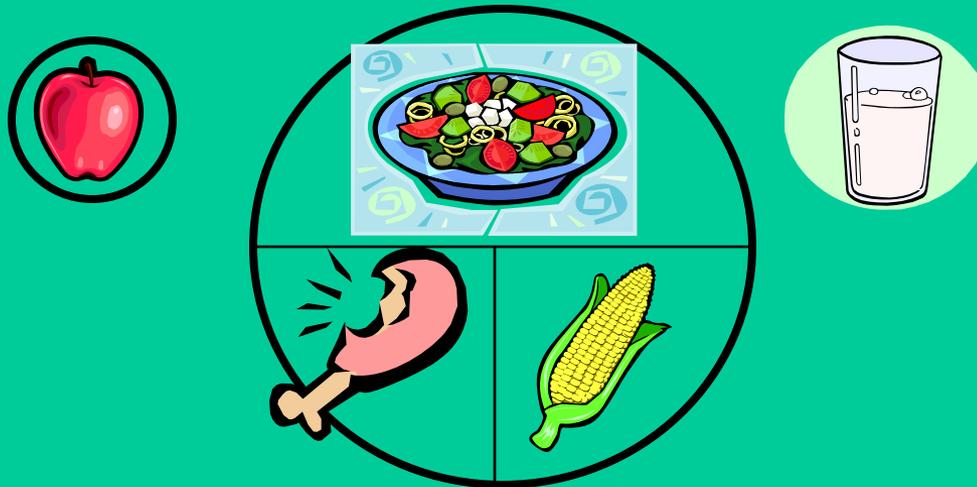
Not Carbohydrate



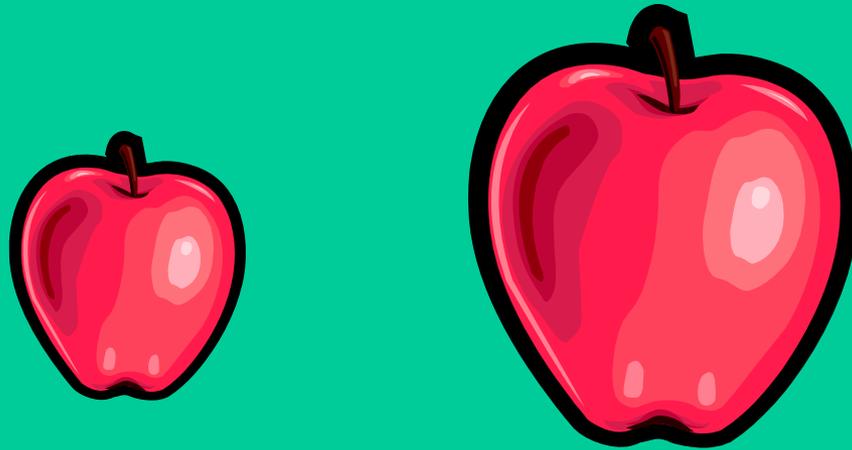
Plate Method Explained



The Plate Method



Serving Size Makes a Difference



Which apple will have the
greatest effect on blood sugar?

Plate Method Portions

Grains (one ounce-equivalent)

- 1 slice of bread
- 1/2 English muffin or pita bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 3/4 cup dry (unsweetened) cereal
- 1 6-inch tortilla
- 4 - 6 crackers

Beans & Starchy Vegetables (1/2 cup)

- 1/2 cup cooked beans, peas, lentils or corn
- 1/2 cup mashed potatoes
- 1/2 cup sweet potatoes or yams
- 1 small (3 oz.) potato

Plate Method Portions

Fruit (1/2 cup)

- 1 small fresh fruit (4 pieces per pound)
- 1/2 cup canned fruit (light or juice syrup)
- 1/2 cup fruit juice
- 1/4 cup dried fruit

Plate Method Portions

Milk & Yogurt (1 cup)

- 8 oz. milk (cow's, soy or rice)
- 8 oz. plain yogurt
- 6 - 8 oz. yogurt with low-calorie sweetener

Plate Method Portions

Vegetables (1/2 cup)

- 1 cup raw
- 1/2 cup cooked
- 1/2 cup juice

Plate Method Portions

Meat, fish, poultry

- 2-3 oz. cooked lean meat, fish, or poultry

Meat Alternates**

- 1/4 cup cottage cheese or tuna
- 1-1/2 oz. cheese
- 1 egg
- 1/4 c. egg substitute
- 1 Tablespoons peanut butter
- 4 oz. tofu

** equivalent to 1 oz. meat, fish, poultry

Plate Method Portions

Fats & Oils (1 tsp.)

- 1 tsp. margarine or oil
- 10 peanuts
- 1 Tablespoon salad dressing
- 2 Tablespoons reduced fat salad dressing
- 1/8th medium avocado
- 2 tsp. peanut butter
- 1 Tablespoon cream cheese
- 2 Tablespoons reduced fat cream cheese
- 8 small olives
- 1 Tablespoon sour cream
- 1 strip bacon

Tools for Measuring Plate Method Portions



Tips for Estimating Food Portions



The Plate Method

Will help you...

- Eat similar amounts of carbohydrate at meals & snacks
- Plan simple & tasty meals

