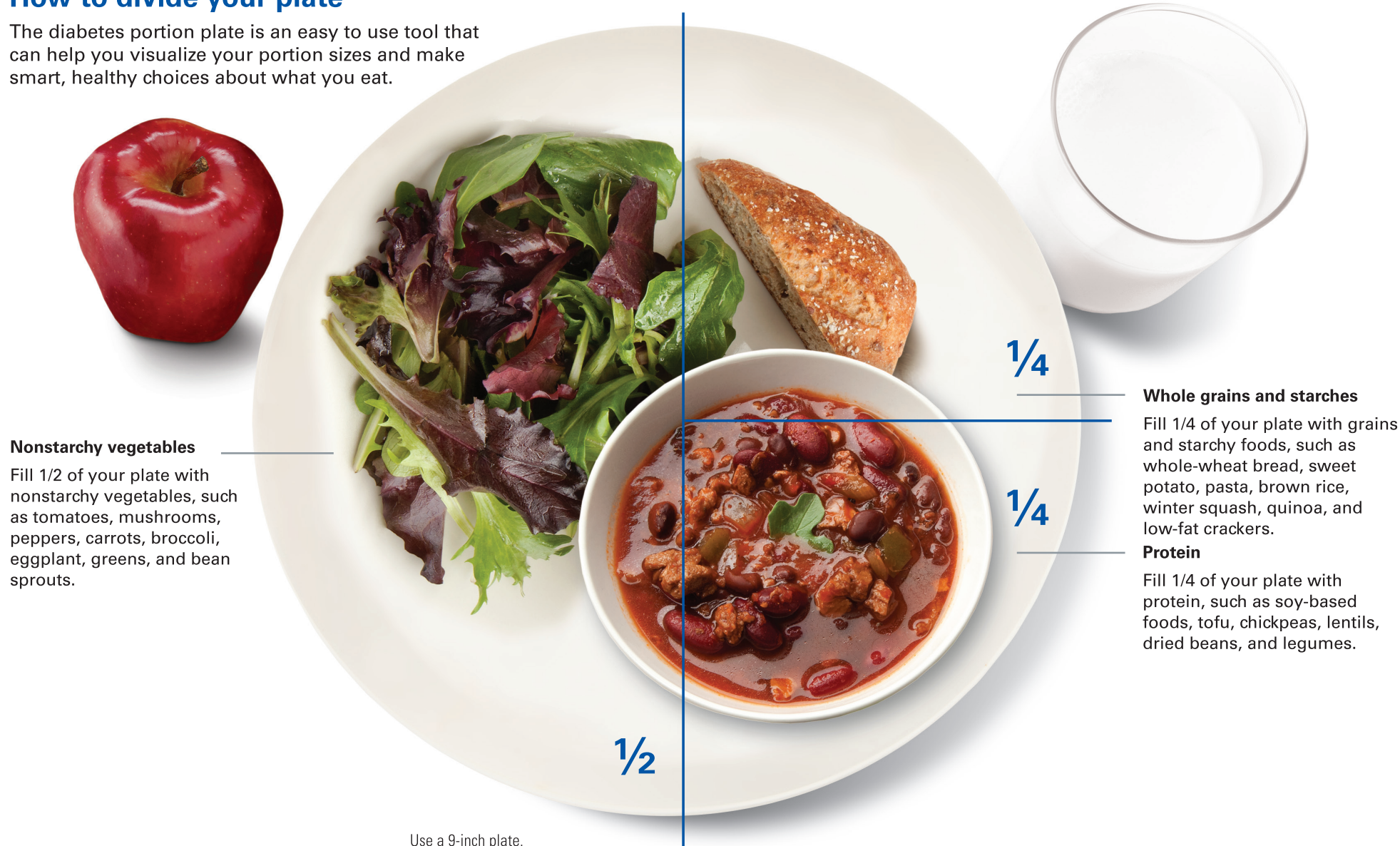


The diabetes portion plate for a Vegan meal



How to divide your plate

The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.



Use a 9-inch plate.

Nonstarchy vegetables

Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, mushrooms, peppers, carrots, broccoli, eggplant, greens, and bean sprouts.

1/4

Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-wheat bread, sweet potato, pasta, brown rice, winter squash, quinoa, and low-fat crackers.

1/4

Protein

Fill 1/4 of your plate with protein, such as soy-based foods, tofu, chickpeas, lentils, dried beans, and legumes.

Recommended servings to fill each section of your plate

Below are some examples of food servings representing the sections of a portion plate as well as the number of servings* recommended for each meal.

*Talk with your health care team about your personal meal plan. The number of servings you should choose may vary from this general guideline.

Nonstarchy Vegetables Have 1–2 servings per meal



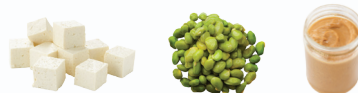
- One serving =
1 cup raw or 1/2 cup cooked vegetables such as:
- tomatoes
 - carrots
 - mushrooms
 - bean sprouts
 - greens
 - zucchini
 - eggplant
 - broccoli
 - peppers

Whole Grains and Starches Have 1 serving per meal



- One serving =
- 1/2 to 3/4 cup dry, unsweetened cereal
 - 1 slice of whole-wheat bread
 - 1/3 cup brown or white rice
 - 1 cup acorn or butternut squash
 - 1/2 cup sweet potatoes
 - 1/3 cup cooked quinoa

Protein Have 1–3 servings per meal



- One serving =
- 1/2 cup cooked beans or lentils†
 - 1 tablespoon nut spreads (almond butter, cashew butter, peanut butter, or soy nut butter)
 - 1 soy-based hot dog (1 1/2 ounce)†
 - 1/2 cup edamame†
 - 1/3 cup hummus†
 - 3 soy bacon strips
 - 1/2 cup tofu



Fruits Have 1 serving per meal

- One serving =
- 1 small fresh fruit
 - 1 cup melon
 - 2 tablespoons dried fruit
 - 1/2 cup unsweetened canned fruit



Dairy Substitutes Have 1 serving per meal

- One serving =
- 8-ounce cup fortified unsweetened plain soy milk
 - 6-ounce of plain soy yogurt
 - 8-ounce cup plain fat-free enriched rice drink

Fats Have 1–2 servings per meal

- One serving =
- 1 teaspoon oil or margarine. Use oils that are low in saturated fat. Good choices are canola, peanut, vegetable, and olive oil.
 - 1 tablespoon regular salad dressing
 - 10 small peanuts or 6 whole almonds
 - 1 tablespoon pine nuts
 - 2 tablespoons avocado



Condiments

- One serving = 1 teaspoon
- Use low-sodium soy sauce.

Measurement Guide

Liquid measure

- 1 cup = 250 mL
- 1/2 cup = 125 mL
- 1 ounce = 30 mL
- 1 teaspoon = 5 mL

Dry measure

- 1 cup = 225 grams
- 1/2 cup = 113 grams
- 1 ounce = 28 grams

Use a 9-inch plate.

†Carbohydrate amounts vary among plant-based proteins; check food labels and choose a serving size that fits your meal plan.

