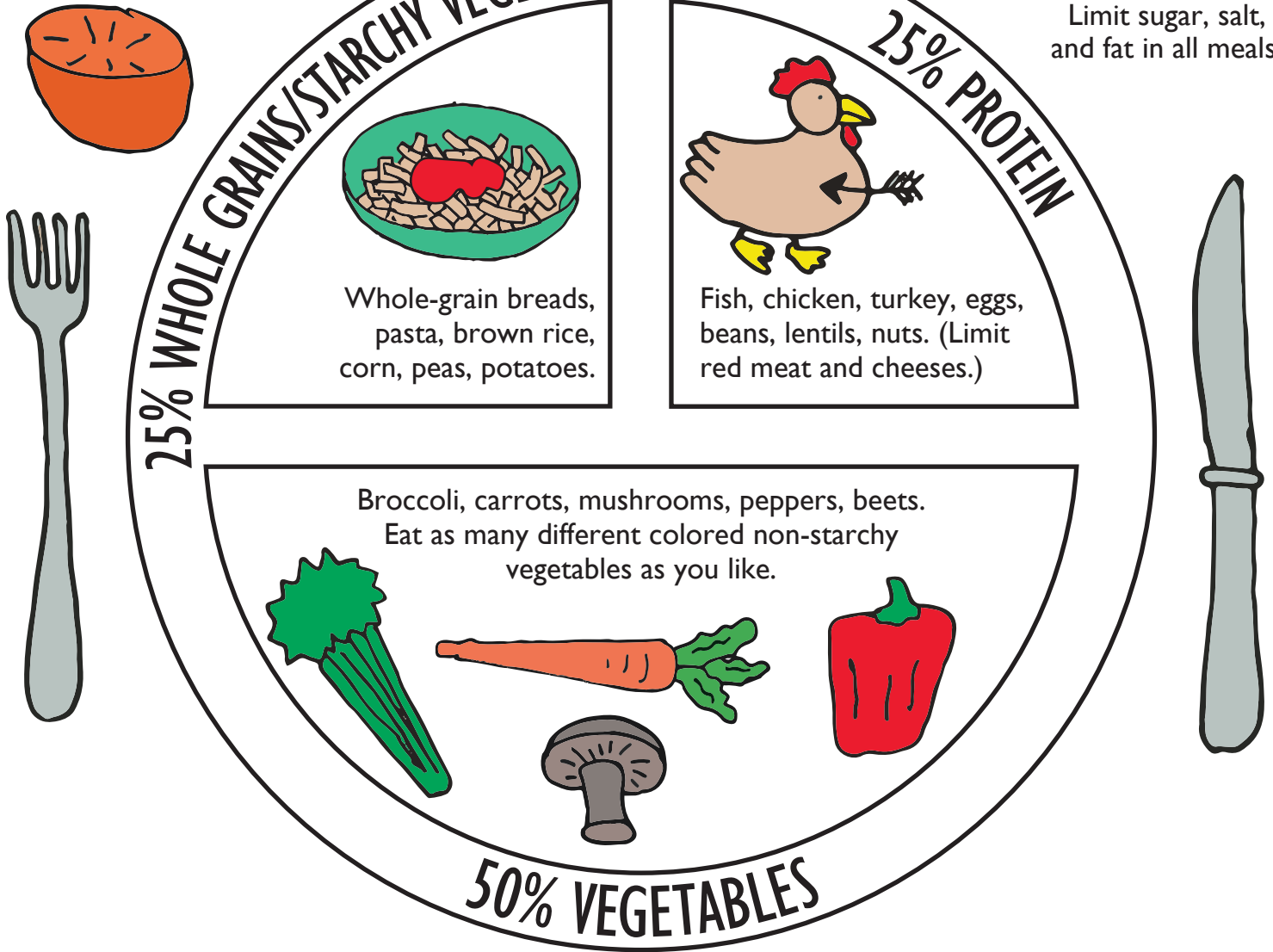


HEALTHY EATING PLATE

Eat a small amount of fruit
3 to 4 times a day.

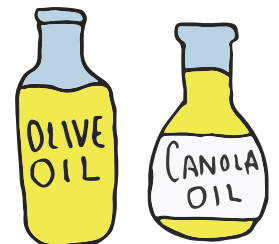


Limit sugar, salt,
and fat in all meals.



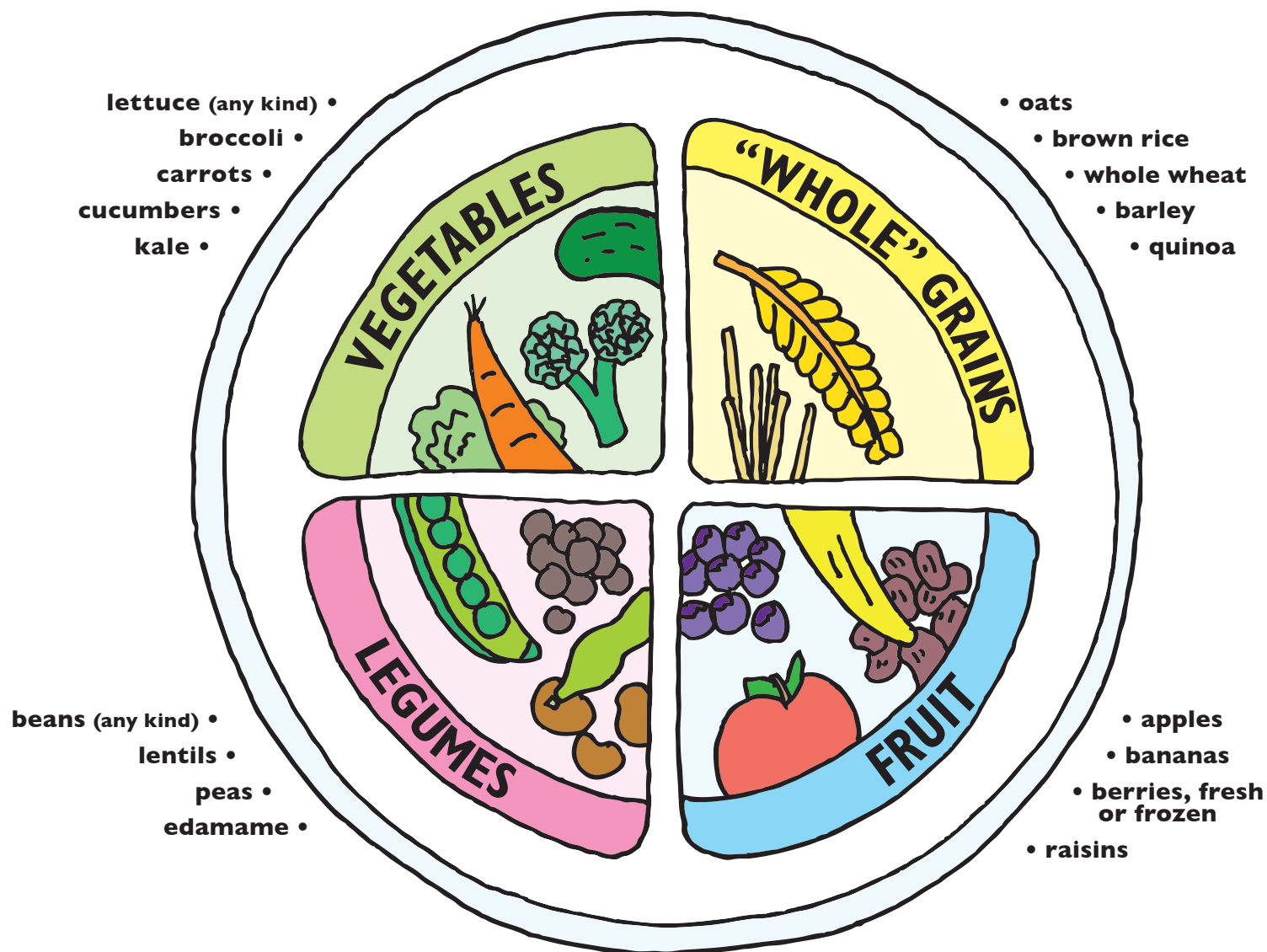
← Nine-inch Plate →

Be active
every day!



Use healthy oils
(Limit Butter.)

The Plant-Foods Plate



Many whole grains are “processed” or changed in some way before you eat them. Processed foods are often high in sugar, sodium (salt), and/or chemicals you don’t need. Examples of processed foods to avoid (not eat) include white bread, snack foods, chips, and packaged cakes and cookies.

Changing to a plant-based meal plan may cause changes in your blood sugar levels or the amount of diabetes medicine you need to take. Always talk to your doctor before you make any changes in your diabetes-care meal plan.