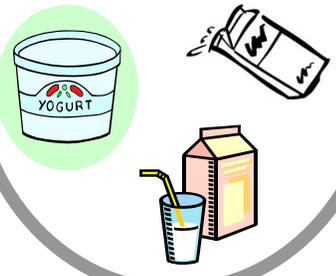


The Plate Method – Balanced Meals for Diabetes

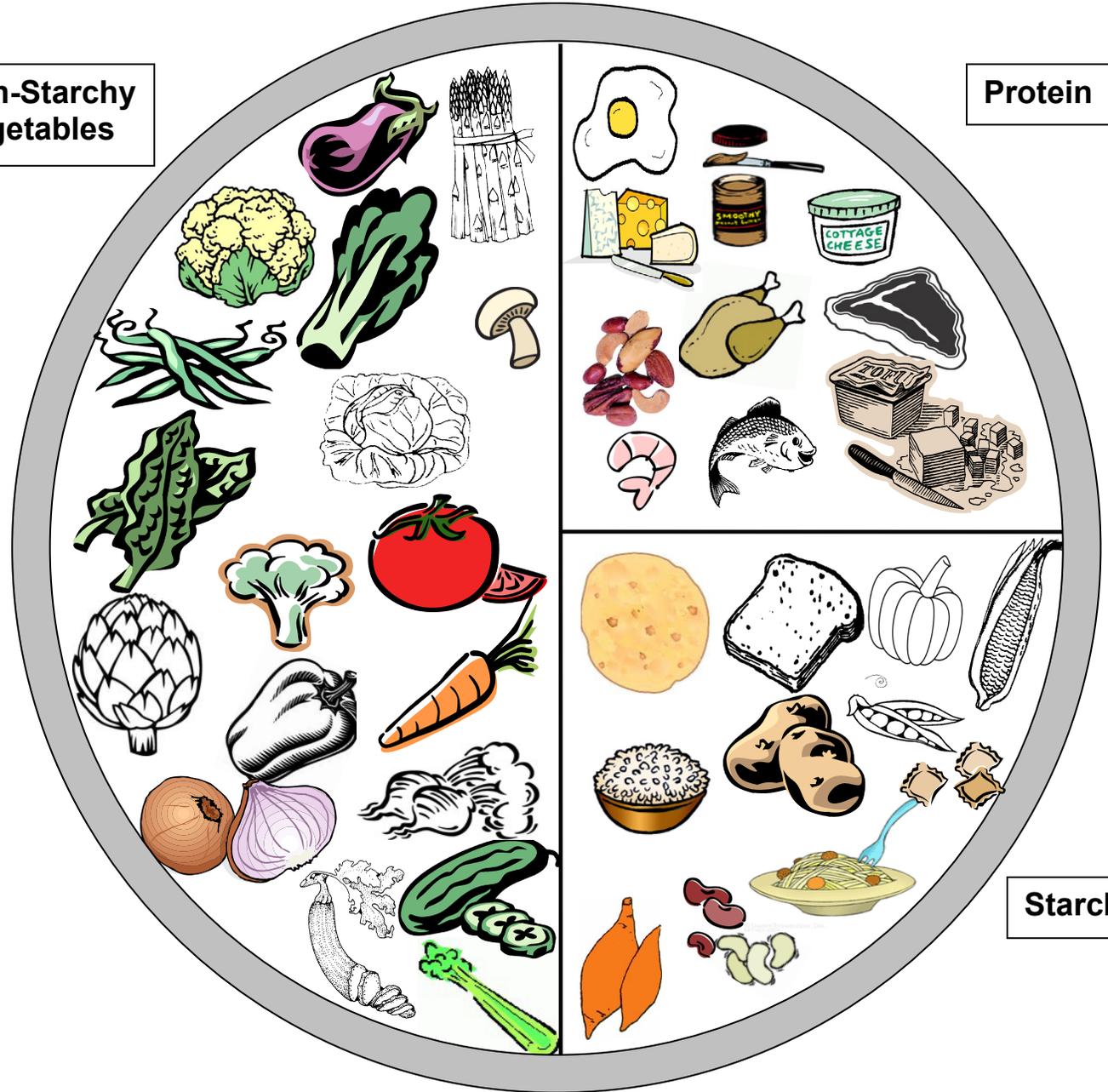
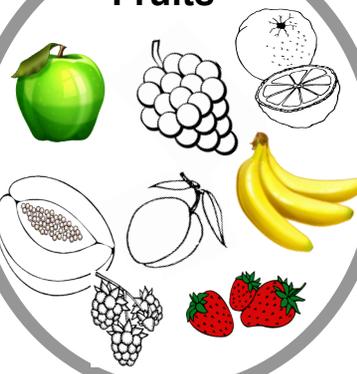
Non-Starchy Vegetables

Protein

Milk + Yogurt



Fruits



Starch



More Often



Less Often



Pepper and other Herbs and Spices



Salt



Plant Oils



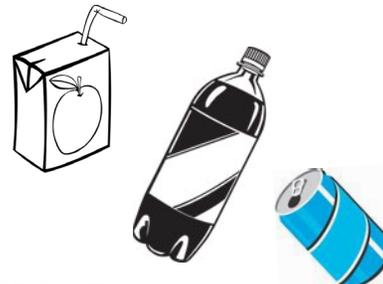
Butter and Margarine



Steaming, Boiling, Baking, Slow-cooking and Crock Pots, Microwave, Grilling and Barbecuing



Frying and Deep Frying



Juices and Sodas