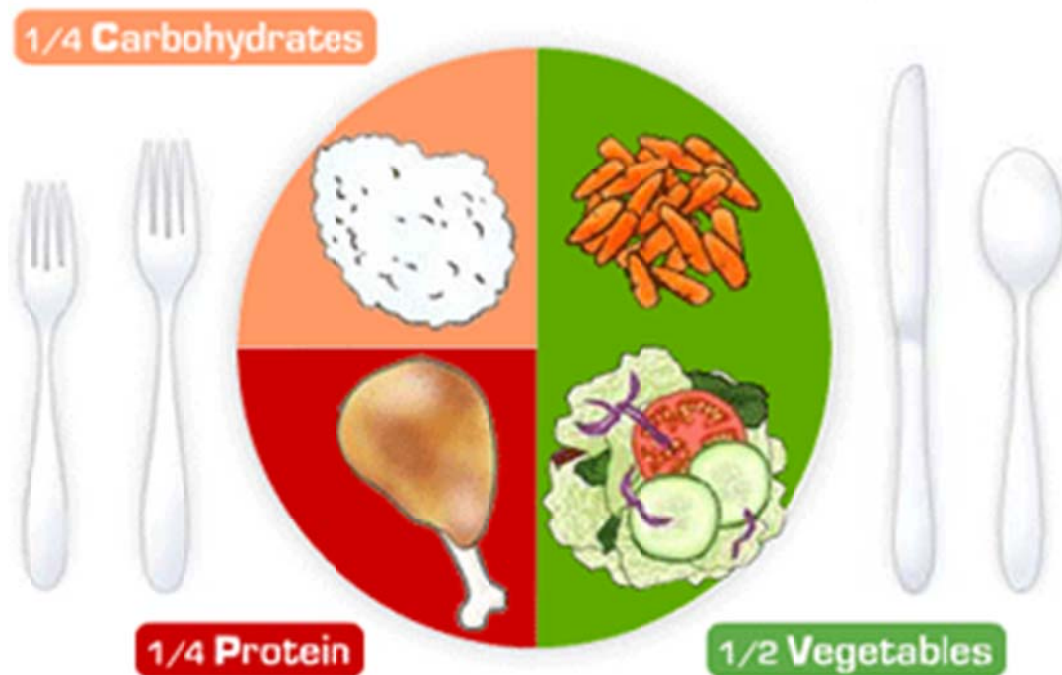


A Healthy Eating Plan for Diabetes

Healthy Meal Plan:

- Eat 3 meals a day and **do not** skip meals
- Eat 1-2 snacks each day between meals
- Be sure to drink 8-10 cups of water each day

This is what your plate should look like at all three meals:



- **1/4 of your plate** should consist of **carbohydrates** including rice, breads, pastas and starchy vegetables like corn, beans, peas and potatoes.
- **1/4 of your plate** should consist of **lean meats** including meat, fish and poultry
- **1/2 of your plate** should consist of **non-starchy vegetables** like carrots, okra, peppers, cabbage, celery and green beans.