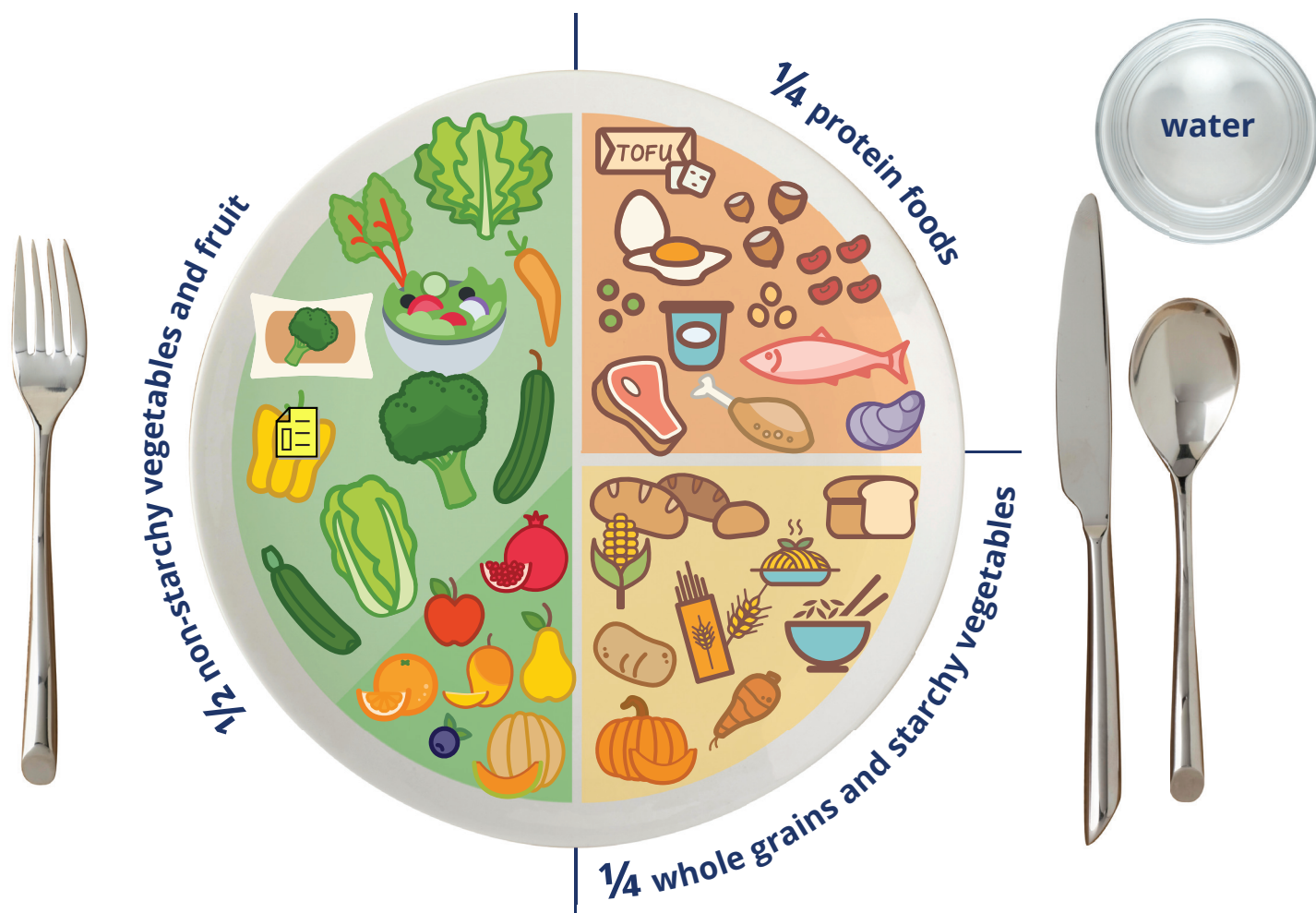


The Balanced Food Plate



Use your plate to build a nutritious meal!

Fill ½ your plate with non-starchy vegetables and fruit. Include a variety of vegetables such as dark leafy greens, broccoli, cucumber, carrot, zucchini, cauliflower, or bell pepper. Include a small portion of fruit such as 1 cup of berries, or a small apple with your meal or as a snack.

Fill ¼ of your plate with protein foods such as kidney beans, split peas, lentils, soy products like tofu or tempeh, eggs, chicken, turkey, lean cuts of beef or pork, nuts and seeds, fish and shellfish, and low-fat dairy products. Choose vegetable proteins more often.

Fill ¼ of your plate with whole grains and starchy vegetables such as pasta, oats, brown rice, quinoa, barley, bulgur, potato, sweet potato or corn.

It's natural to have questions about what food to eat. A registered dietitian can help you learn about food and how to include your favourite foods in a healthy way.

Visit www.diabetes.ca
for more healthy eating tips and recipes!

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