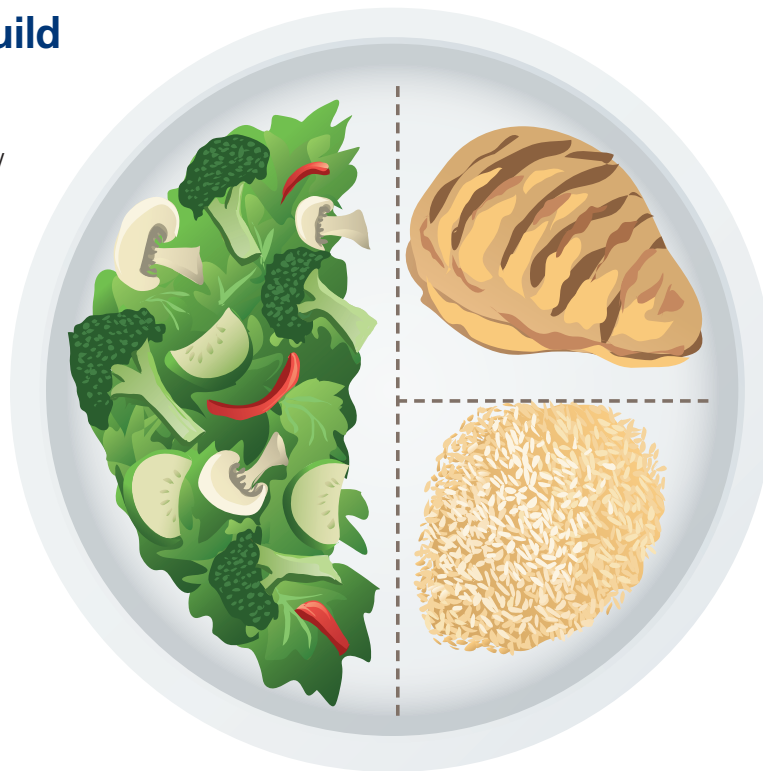


# Building a balanced meal

## A great way to build a healthy meal!

Sometimes it's hard to know where to start when you're trying to plan healthy meals. The American Diabetes Association's *Create Your Plate* guide makes it easy to create a balanced meal.



## Here's how to do it:

### ■ Divide your plate

Draw an imaginary line down the middle of your plate.\* Then divide 1 of the sections in half. You should now have 3 sections on your plate—1 large and 2 small.

### ■ Start with vegetables

Fill the largest section with vegetables that are not starchy. Those could include, for example:

- Asparagus
- Broccoli
- Cauliflower
- Celery
- Green beans
- Kale
- Lettuce
- Mushrooms
- Spinach
- Zucchini

### ■ Next, it's starches and grains

In 1 of the small sections, add some grains and starchy foods. Those could include, for example:

- Beans (black, lima, pinto)
- Bread
- Corn
- Green peas
- Lentils
- Pasta
- Potatoes
- Quinoa
- Rice
- Tortillas

\*Based on a 9-inch plate

### ■ Then, add a protein

In the other small section, add your protein. Maybe you'd like:

- Chicken
- Eggs
- Low-fat cheese
- Salmon
- Tilapia
- Tofu
- Tuna
- Turkey

### ■ Fill in with fruit and dairy

Add a serving of fruit or a serving of dairy, or both, as your meal plan allows.

### ■ Drink up!

To top off your meals, add a low-calorie drink, like water, unsweetened iced tea, or unsweetened coffee.

### ■ Fats may be fine

If you're not sure whether fats are okay on your meal plan, talk with your dietitian or diabetes care team. Then, after consulting with your care team, add in healthy fats, such as avocado or nuts, in small amounts. For cooking, use oils. For salads, try adding nuts, seeds, and vinaigrettes.

**It's time to dig in to a healthy meal!**

# Building a balanced meal

## Breakfast

<b>Non-starchy vegetables</b> _____ _____ _____ Calories: _____ Carbs: _____	<b>Starches and grains</b> _____ _____ Calories: _____ Carbs: _____
	<b>Protein</b> _____ _____ _____ Calories: _____ Carbs: _____

## Lunch

<b>Non-starchy vegetables</b> _____ _____ _____ Calories: _____ Carbs: _____	<b>Starches and grains</b> _____ _____ Calories: _____ Carbs: _____
	<b>Protein</b> _____ _____ _____ Calories: _____ Carbs: _____

<b>Fruit and dairy</b> _____ _____ _____ Calories: _____ Carbs: _____	<b>Low-calorie drink</b> _____ _____ _____ Calories: _____ Carbs: _____
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<b>Fruit and dairy</b> _____ _____ _____ Calories: _____ Carbs: _____	<b>Low-calorie drink</b> _____ _____ _____ Calories: _____ Carbs: _____
--	--

**Healthy fats:** \_\_\_\_\_  
 Calories: \_\_\_\_\_ Carbs: \_\_\_\_\_

**Healthy fats:** \_\_\_\_\_  
 Calories: \_\_\_\_\_ Carbs: \_\_\_\_\_

Use the plates above to create your meals. Ask your diabetes care team for the Novo Nordisk booklet *Meal Planning and Carb Counting*. It will help you find the nutritional value and portion sizes of your favorite foods.



You may want to make copies of this before you begin so that you can plan your whole week.

## Afternoon snack

<b>Snack</b> _____ _____ _____ Calories: _____ Carbs: _____
--

# Dinner

<b>Non-starchy vegetables</b>	_____	<b>Starches and grains</b>	_____
	_____	_____	_____
Calories: _____		Calories: _____	
Carbs: _____		Carbs: _____	
		<b>Protein</b>	_____
		_____	_____
		Calories: _____	
		Carbs: _____	

**Fruit and dairy**

\_\_\_\_\_

\_\_\_\_\_

Calories: \_\_\_\_\_

Carbs: \_\_\_\_\_

**Low-calorie drink**

\_\_\_\_\_

\_\_\_\_\_

Calories: \_\_\_\_\_

Carbs: \_\_\_\_\_

**Healthy fats:** \_\_\_\_\_

Calories: \_\_\_\_\_ Carbs: \_\_\_\_\_

# Evening snack

**Snack**

\_\_\_\_\_

\_\_\_\_\_

Calories: \_\_\_\_\_

Carbs: \_\_\_\_\_

## Your daily meal plan

Use the spaces below to add up your calories and carbs for the day. Make any changes you need to so that your meal plan matches your goals.

Breakfast	Calories	Carbs
Non-starchy vegetables	_____	_____
Starches and grains	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____

### Meal total:

Lunch	Calories	Carbs
Non-starchy vegetables	_____	_____
Starches and grains	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____

### Meal total:

Afternoon snack	Calories	Carbs
_____	_____	_____

**Snack total:**

Dinner	Calories	Carbs
Non-starchy vegetables	_____	_____
Starches and grains	_____	_____
Protein	_____	_____
Fruit and dairy	_____	_____
Low-calorie drink	_____	_____
Healthy fats	_____	_____

### Meal total:

Evening snack	Calories	Carbs
_____	_____	_____

**Snack total:**

<b>Total for day:</b>	<input type="text"/>	<input type="text"/>
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