

Make Your Meal

Divide your plate

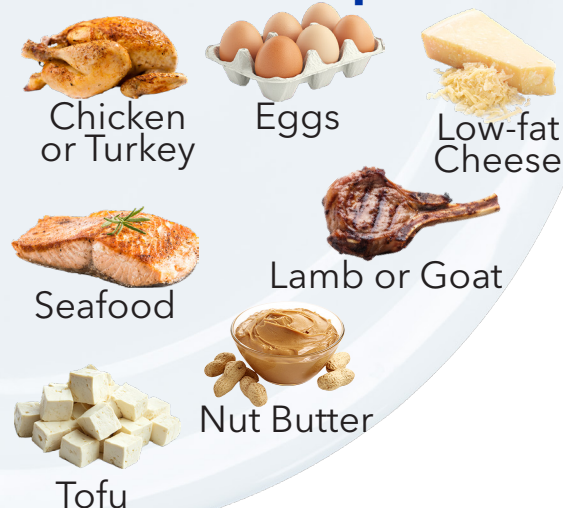
Draw an imaginary line down the middle of your plate. Then divide 1 of the sections in half. You should now have 3 sections on your plate—1 large and 2 small.

Start with Vegetables (not starchy)

Next, Carbohydrates



Then, add the protein!



Fill in with dairy

Add a serving
of dairy
(Dairy is milk
or yogurt)



Drink up!

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

Healthy Fats in Moderation

Some fats are better than others. You can add in small amounts of healthy fats like avocado, cook with olive or avocado oils, and try to add nuts, seeds, or vinaigrettes to salads. Work with your care team to know what fats are best for you.



Use the plates to create your meal plans.
This will help you find the nutritional value and portion sizes.

Breakfast

Non-Starchy Vegetables	Carbs

Protein

Total Meal Carbs: _____

Lunch

Non-Starchy Vegetables	Carbs

Protein

Total Meal Carbs: _____

Dinner

Non-Starchy Vegetables	Carbs

Protein

Total Meal Carbs: _____

Total Carbs:

Breakfast: _____

+

Lunch: _____

+

Dinner: _____

=

Daily Total: _____