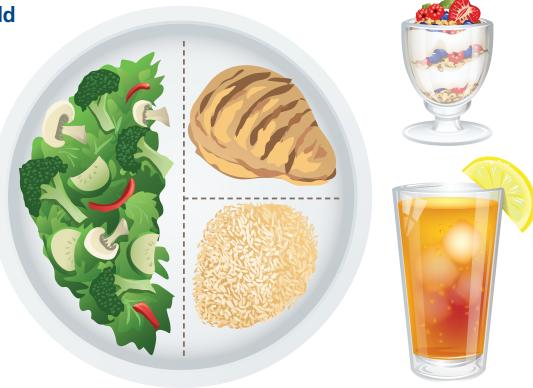
Building a balanced meal

Cornerstones4Care

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
- Green beans
- Spinach

- Broccoli
- Kale
- Zucchini

- Cauliflower
- Lettuce
- Celerv
- Mushrooms

■ 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
- Lentils
- Quinoa

- Corn
- Pasta
- Rice

- Green peas
- Potatoes
- Tortillas

■ Then, put in the protein

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

- Catfish
- Low-fat cheese
- Tuna

- Chicken
- Salmon
- Turkey

- Eggs
- Tofu

■ 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, 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

V fast		N		
eakfast	Starches and grains	Linch	Starches and grains	
Non-starchy vegetables		Non-starchy vegetables		
	Calories: Carbs:	——————————————————————————————————————	Calories:	
Calories:	Protein	 Calories:	Protein	
Carbs:		 Carbs:		
	Calories:		Calories:	
	Carbs:		Carbs:	
Fruit and dairy	Low-calorie drink	Fruit and dairy	Low-calorie drink	
Calories:		Calories: Carbs:		
Carbs.	Carbs.	Carbs.	Carus.	
Healthy fats:		•		
Calories:	Carbs:		Carbs:	
the plates above to cr ls. Ask your diabetes o Novo Nordisk booklet <i>Meal Planning</i> . It will nutritional value and p favorite foods.	care team for Carb Counting help you find	xxetnoon Snac	snack	
may want to make copies of this before you in so that you can plan your whole week.			Calories: Carbs:	

Starches		Your daily meal plan		
Non-starchy vegetables	and grains	Use the spaces below to add up your calories and carbs the day. Make any changes you need to so that your matches your goals.		
	Calories:			
	! Carbs:	Breakfast	Calories	Carb
		Non-starchy vegetables		
C-l:	 	Starches and grains		
Carbs:	Protein	Protein		
Carbs:		Fruit and dairy		
	Calories:	Low-calorie drink		
	Carbs:	Healthy fats		
		Meal total:		
		Lunch		
		Non-starchy vegetables		
Fruit and dairy	Low-calorie drink Calories: Carbs:	Starches and grains		
		Protein		
		Fruit and dairy		
		Low-calorie drink		
		Healthy fats		
Carbs:		Meal total:		
		Afternoon snack		
Healthy fats:		Snack total:		
Calories:	Carbs:	Dinner		
		Non-starchy vegetables		
		Starches and grains		
Snack Snack		Protein		
		Fruit and dairy		
		Low-calorie drink		
		Healthy fats		
		Meal total:		
		Evening snack		
Calories: Carbs:		Snack total:		
		Total for day:		

Building a balanced meal

Shopping list

When you have planned your meals, use the shopping list below to write down everything you need so that you are ready to go. You can make copies of this list so that you have it every time you go shopping.

Non-starchy vegetables	Starches and grains	Fruit
		Dairy
	Protein	
		Low-calorie drinks
		Healthy fats



Take a look at the Carb Counting and Meal Planning booklet to get ideas for other foods to include in your meal plans.

For more information, visit Cornerstones4Care.com

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