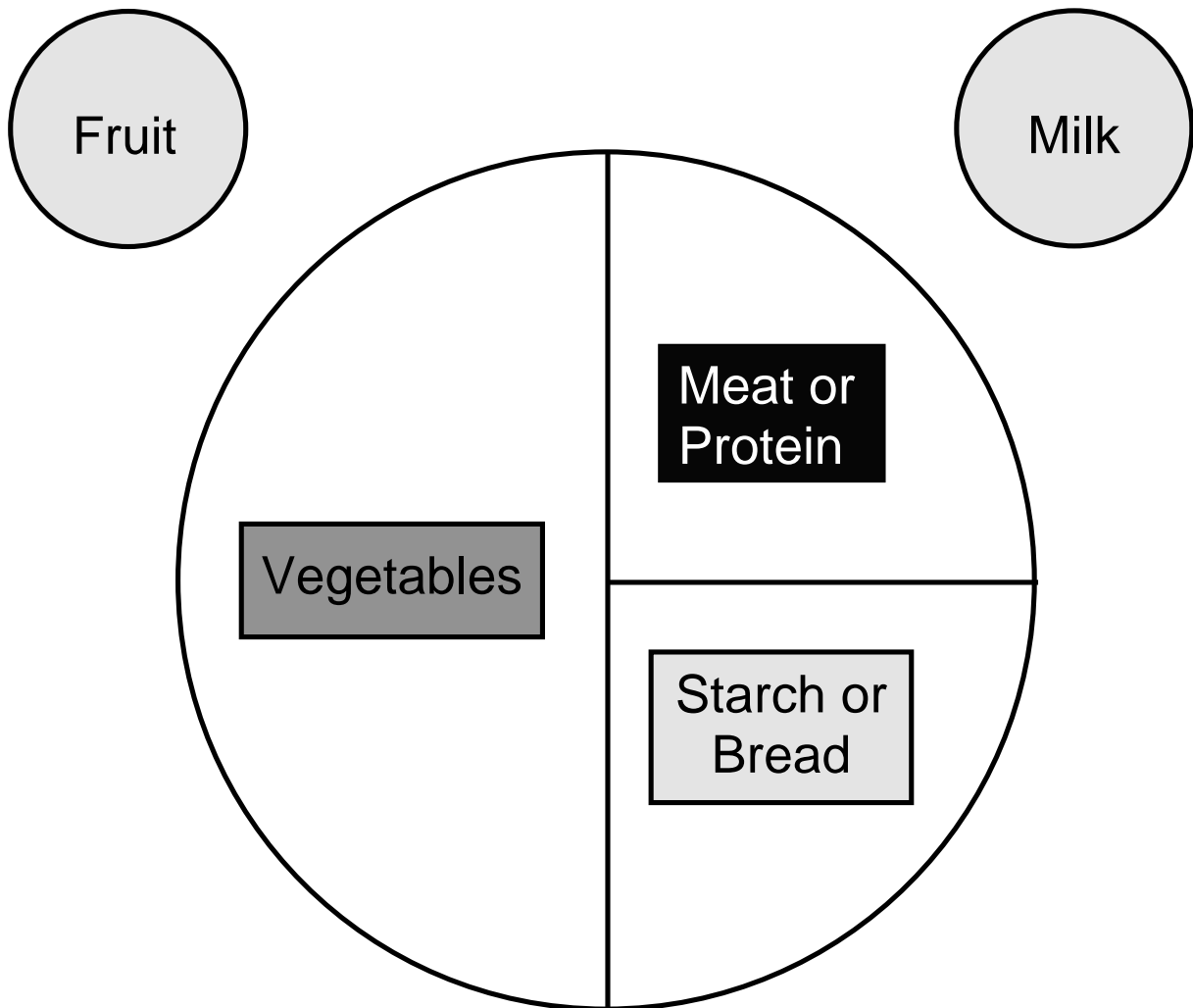


MEAL PLANNING WITH THE PLATE METHOD: LUNCH/DINNER – ENGLISH

The Plate Method is a method of meal planning that provides an even distribution of carbohydrates, a lower fat intake, and a greater amount of fruits and vegetables. Plan your meals by dividing up your plate in this way:



Starch & Bread, Fruit, and Milk food groups raise blood sugar.

Low carbohydrate vegetables such as eggplant, watercress, asparagus, and radishes raise blood sugar in tiny amounts.

Meat/Protein foods raise blood sugar in tiny amounts.