The Plate Method is a simple way to plan meals for you and your family. You don’t have to count anything or read long lists of foods. All you need is a 9-inch plate.
Let’s Plan Your Meal

**Breakfast**

- Whole grain has more fiber and more nutrients.
- Low-fat proteins are better for your heart and waistline.
- Add a small piece of fruit or leave empty.

**Lunch/Dinner**

- Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.
- Fill half your plate with more than one vegetable, so you won’t get tired of your favorites.
- Bake, broil, boil or steam your protein instead of frying.

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**Starch**
- Whole grain
- Cold cereal
- Bread
- 1% Milk
- Low-fat Yogurt
- Corn
- Peas
- Yams
- Brown Rice

**Protein**
- Oatmeal
- 1% Milk
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt
- Egg
- Oatmeal
- 1% Milk
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt
- Cold Cereal
- 1% Milk
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt
- Egg
- Oatmeal
- 1% Milk
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt
- Cold Cereal
- 1% Milk
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt
- Egg
- Oatmeal
- 1% Milk
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt
- Egg

**Vegetables**
- Broccoli
- Lettuce
- Okra
- Carrots
- Green Beans

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**Note:** Only use 1/2 of your plate — 1/4 protein and 1/4 starch

Adapted with permission from Learning About Diabetes Inc., Bedminster, NJ.