

Simple Tips for Mindful Meal Planning Using the Diabetes Plate

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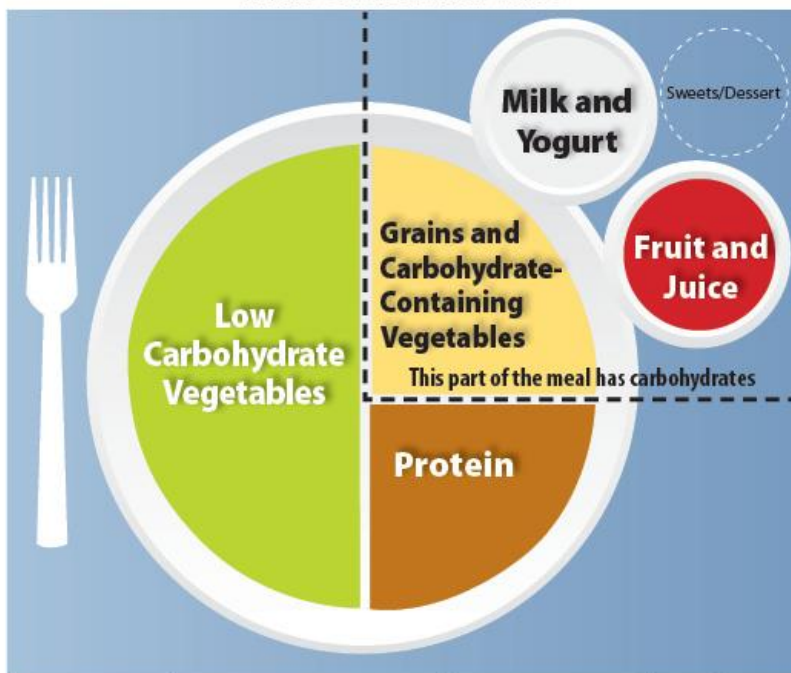
You may be familiar with the meal-planning tool “My Plate”:
<http://www.choosemyplate.gov/>.

Our version below applies this simple concept to mindful meal planning when you have diabetes.

The following simple instructions will help you plan your meal.

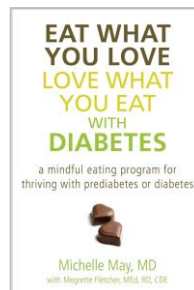
- Start by picturing your meal and filling half your plate with salad and other low carbohydrate vegetables.
- Divide the other half of your plate in half again for lean protein.
- Your carbohydrate choices—grains, carbohydrate-containing vegetables, fruit, dairy, and sweets go at the top right.
- A carbohydrate choice contains approximately 15 grams of carbohydrate. Adjust the number of servings for your carbohydrate goal. My goal is: _____
- Add healthy fats in moderation for flavor, satiety, and more stable blood glucose levels.
- If you are having dessert, replace one or more of your carbohydrate choices with the desired sweet.
- Remember, *what* you eat is only one of the important decisions in your Mindful Eating Cycle!
- All foods can fit into a healthy diet by focusing on balance, variety, and moderation.
- Use your Fearless Blood Glucose Log to see how your choices affect your glucose levels.

Eat What You Love, Love What You Eat with Diabetes Plate



From *Eat What You Love, Love What You Eat with Diabetes*
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Love What You Eat
with Diabetes:
A Mindful Eating
Program for
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