Simple Tips for Mindful Meal Planning Using the Diabetes Plate

By Michelle May M. and Megrette Fletcher MEd RD CDE

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 by Michelle May MD and Megrette Fletcher MEd, RD, CDE

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Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes

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