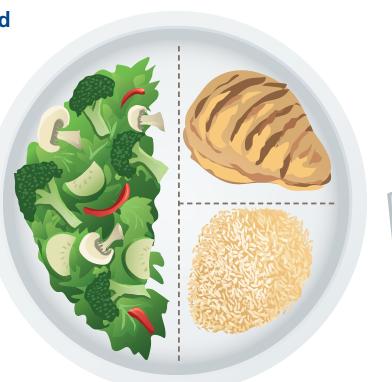
Building a balanced meal

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
- Broccoli
- Kale
- Cauliflower
- Celerv
- Lettuce

Lentils

Pasta

Potatoes

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
- Corn
- Green peas

- Quinoa
 - Rice
 - Tortillas

• Spinach

• 7ucchini

Then, put in the protein

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

• Tofu

- Catfish
- Low-fat cheese • Tuna
 - Turkey

• Eggs

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!

- Chicken
- Salmon

Building a balanced meal

zaktast	Starches and grains	Lunch	Starches and grains
Non-starchy vegetables	 Calories: Carbs:	Non-starchy vegetables	 Calories: Carbs:
Calories: Carbs:	Protein	Calories: Carbs:	
	Calories: Carbs:		Calories: Carbs:
Fruit and dairy	Low-calorie drink	Fruit and dairy	Low-calorie drink
Calories:	Calories:	Calories:	Calories:
Carbs:	Carbs:	Carbs:	_ Carbs:
Healthy fats: Calories:	Carbs:	Healthy fats: Calories:	Carbs:
the plates above to c	care team for	thermoon Sn	snack
Novo Nordisk booklet Meal Planning. It will nutritional value and favorite foods.	help you find		

ner	1	
Dinner	Starches and grains	
Non-starchy vegetables	 Calories: Carbs:	
Calories: Carbs:	Protein	
	Calories: Carbs:	
Fruit and dairy	Low-calorie drink	
Calories: Carbs:	Calories: Carbs:	
Healthy fats: Calories:	Carbs:	
	k	

Your daily meal plan

Use the spaces below to add up your calories and carbs for the day. Make any changes you need to so that your meal plan matches your goals.

Breakfast	Calories	Carbs
Non-starchy vegetables		
Starches and grains		
Protein		
Fruit and dairy		
Low-calorie drink		
Healthy fats		
Meal total:		
Lunch		
Non-starchy vegetables		
Starches and grains		
Protein		
Fruit and dairy		
Low-calorie drink		
Healthy fats		
Meal total:		
Afternoon snack		
Snack total:		
Dinner		
Non-starchy vegetables		
Starches and grains		
Protein		
Fruit and dairy		
Low-calorie drink		
Healthy fats		
Meal total:		
Evening snack		
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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