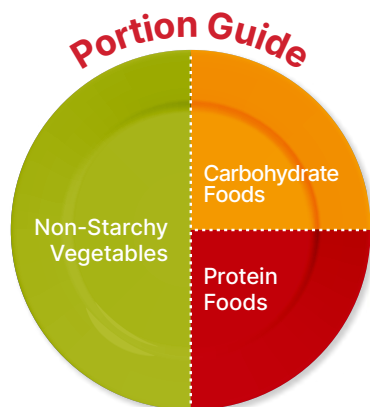


Plan Your Portions



Water or 0-Calorie Drinks

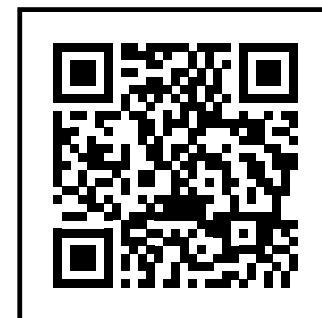
In this plate the protein is mixed with the non-starchy vegetables and it features a broccoli, pepper, onion, and tofu stir-fry, and a farro and quinoa salad.



Use a 9-inch plate to help you dish up smart portions.

This placemat has been reformatted from its original design. Funding for this redesign has been made possible through a restricted educational grant from Abbott Diabetes Care. For more placemats, visit ShopDiabetes.org.

Scan for more meal planning resources.



diabetesfoodhub.org