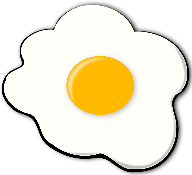
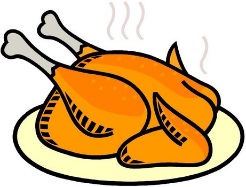
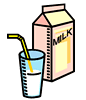
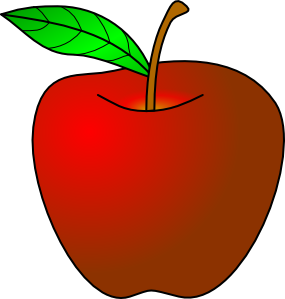
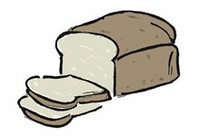
***Balanced Plate for Diabetes***

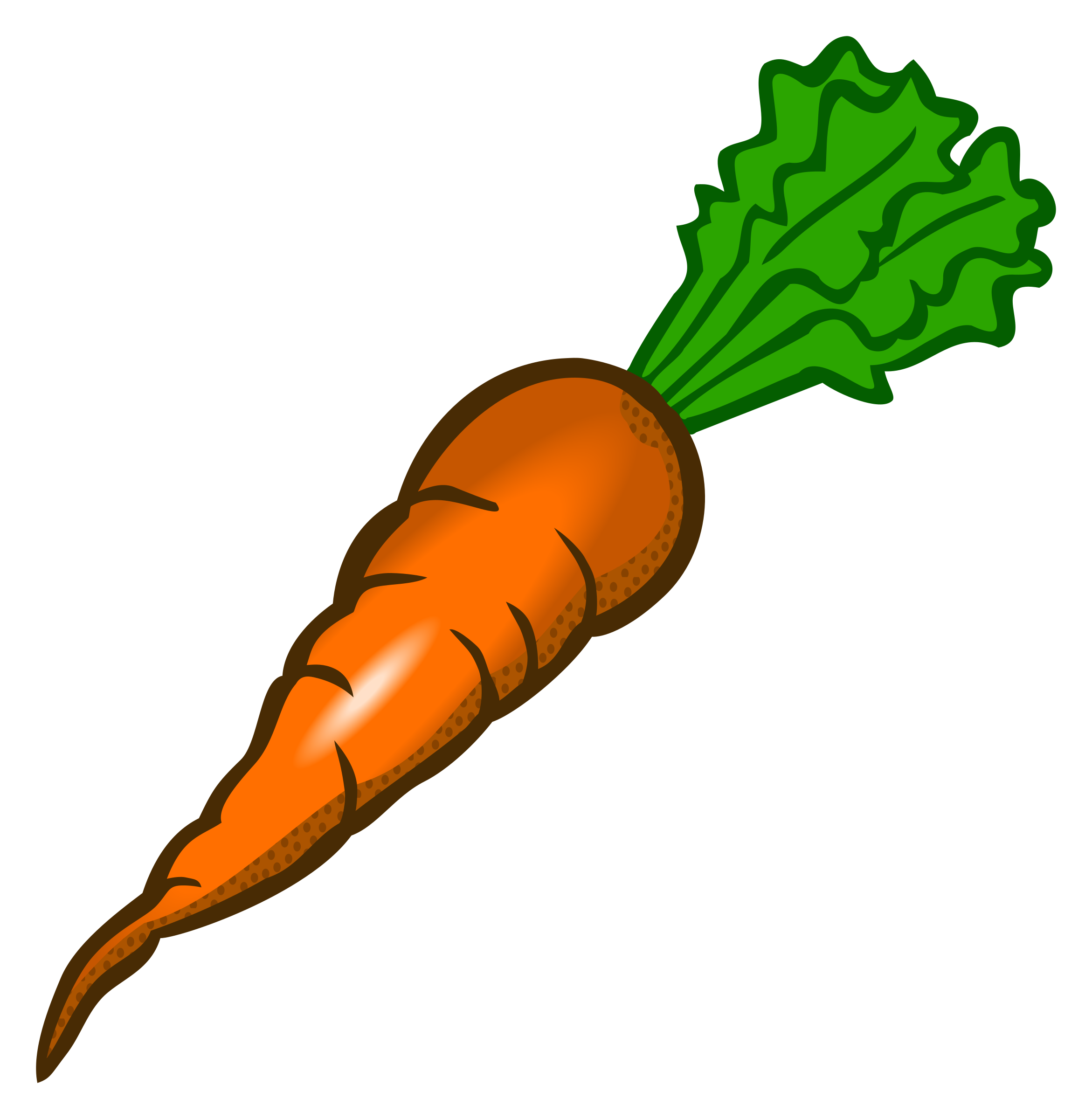
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**Dairy:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_







**Vegetables**

**2 or more fists**

Asparagus, Artichoke, Broccoli,   
 Brussels Sprouts, Cabbage, Carrots,  
 Cauliflower, Celery, Cucumber,   
 Eggplant, Greens, Green Beans, Leeks,  
 Mushrooms, Onions, Pepper, Salad,   
 Spinach, Squash, Tomatoes, Turnips, Zucchini

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**Protein   
 1 palm**

Chicken, Turkey, Pork Loin, Beef   
(93% lean, loin), Fish, Shellfish, Tofu,   
Soy Products (Soy Sausage, Soy Cheese,   
etc.), Nuts, Nut Butters, Egg, Low Fat   
Cheese, Low Fat Cottage Cheese, Low Fat Ricotta Cheese

Developed by the Nutrition subgroup of MGH Diabetes Care (12/2011)

**Fruit:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Starch  
 1 fist**

***Choose   
 Whole Wheat  
 Whole Grain***

Bread, Roll, Pizza Crust, English Muffin,  
Pita, Tortilla, Brown Rice, Pasta,   
Oatmeal, Hummus, Couscous, Bagel,  
Cereal, Waffle, Baked Tortilla Chips,  
Crackers, Shredded Wheat,  
Potatoes, Sweet Potatoes,  
Corn, Peas, Winter Squash,  
Beans, Plantains