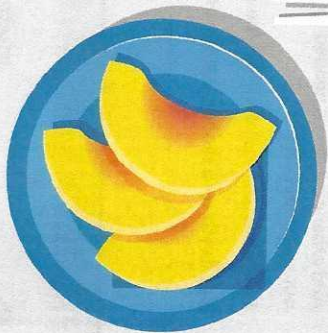
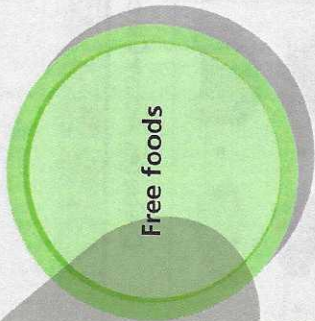


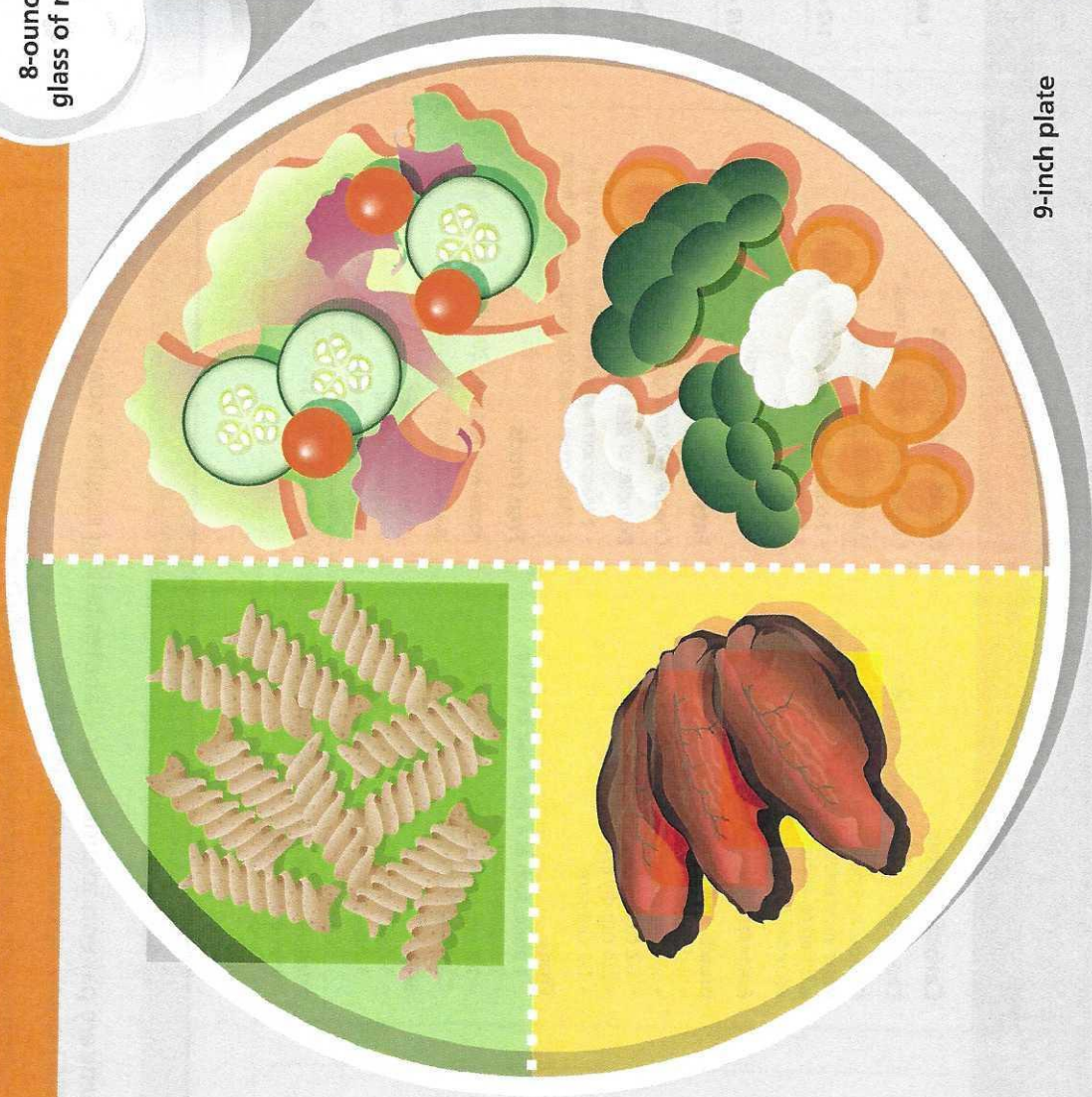
# My Plate Planner



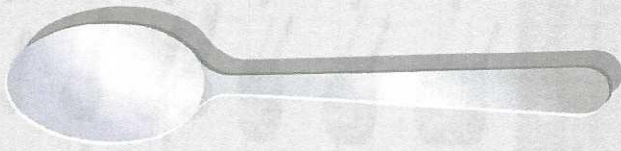
8-ounce  
glass of milk



Free foods



9-inch plate

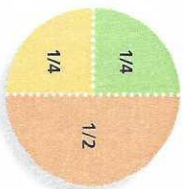


## Healthcare Professional,

We hope you will find this visual aid useful in teaching your patients the basics of meal planning for managing their diabetes. You can use the information below to individualize the plate method concept for your patients.

—OptumRx™ Diabetes ActiveCare Clinical Team

### My Plate Planner Methods of Use



- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad
  - Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
  - Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes
  - Add 1 serving of fruit
  - Choose 1 serving of milk
  - Add margarine or oil for preparation or addition at the table
- Add other portions as needed to round out your meal plan.
- For breakfast,** use only half the plate.
- For lunch and dinner,** use the whole plate.

### Meal Planning Guidelines

#### Carbohydrates

Choose any 3 servings at each meal.\*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

#### Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

#### Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

#### Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

\*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

#### Meats and proteins

Choose 1–3 servings per meal.\*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

#### Fats

Choose 1–2 servings per meal.\*

Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

#### Free foods

Foods with less than 20 calories per serving.

Use as desired.\*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

### Visual Tips for Portion Sizes

1 cup =	=	=
1/2 cup =	=	=
1/3 cup =	=	=
2 Tablespoons =	=	=
1 Tablespoon =	=	=
1 teaspoon =	=	=
1 ounce (oz) =	=	=
3 ounces =	=	=

### Diabetes ActiveCare



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