Diabetes DIABETES MEAL PLANNING QUICK START GUIDE

What To Know

Here's a quick and easy way to put together a healthy and well-balanced meal. Two servings from the non-starchy vegetable category, one serving from the whole grains or starchy vegetable category, and 3-4 oz. protein. That's all there is to it!

NON-STARCHY VEGETABLES

Asparagus Green Beans Beets **Bok Choy** Broccoli **Brussel Sprouts** Cabbage Carrots Cauliflower Celery Collard Greens Cucumber Eggplant Garlic lettuce Mushrooms Onions Sugar Snap Peas **Green/Red Peppers** Pickle Radish Rutabagas Yellow Squash Tomato **Turnips** Zucchini Spinach

NON-STARCHY VEGETABLES

choose TWO servings of 1 cup raw or 1/2 cup cooked STARCHY VEGGIES OR WHOLE GRAINS choose ONE serving of 1/2 cup cooked

PROTEIN

3-4 oz of lean meat, chicken, turkey or fish

STARCHY VEGETABLES

Potatoes Corn Sweet Potatoes Beans Lentils Peas Parsnips

WHOLE GRAINS

Barley Quinoa Farro Millet Oats Brown Rice Whole Wheat Bread Whole Grain Pasta

FRUITS

Talk to your dietitian about what's right for you.

General guideline: 1/2 cup, two servings per day

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