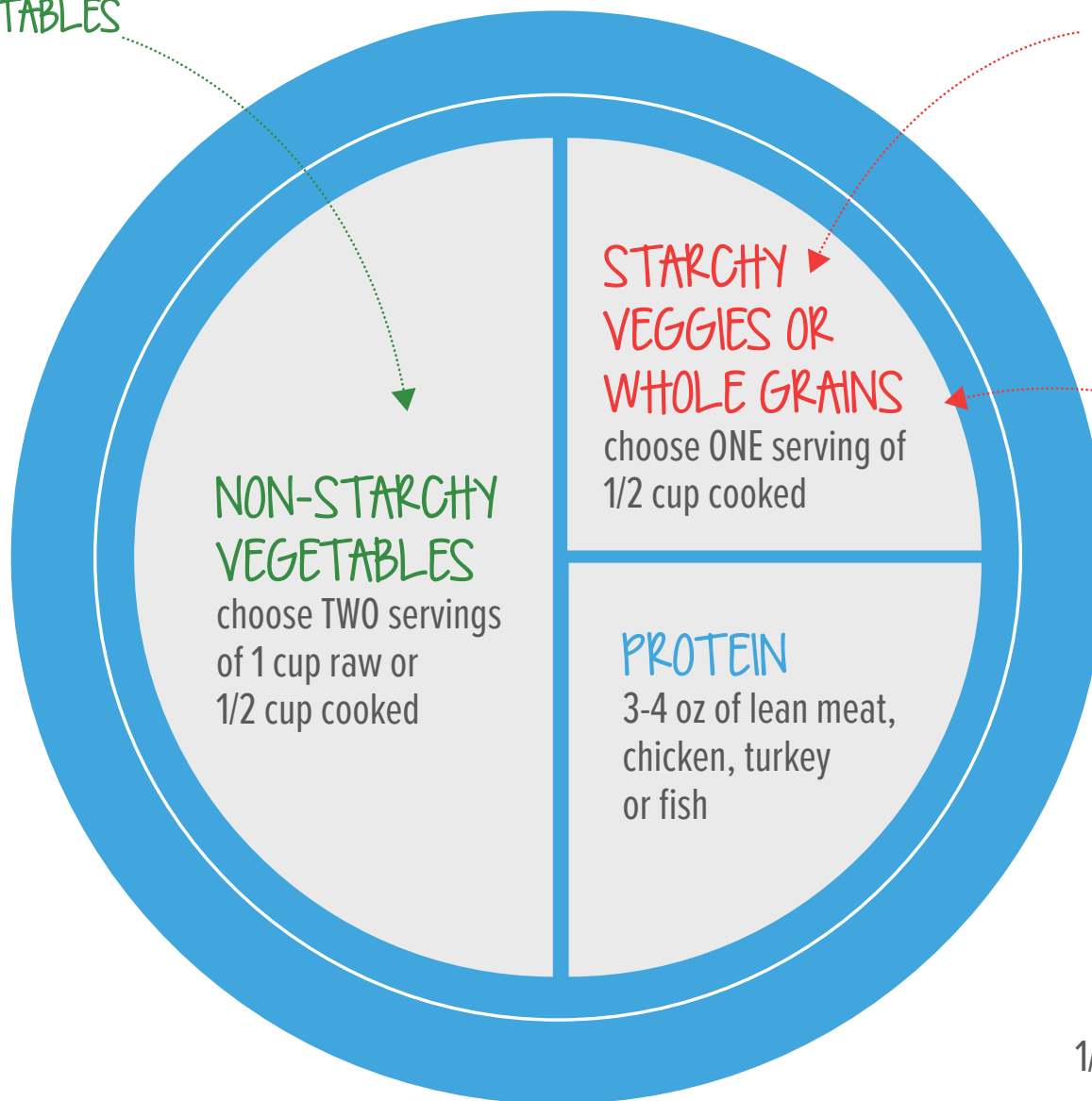


# DIABETES MEAL PLANNING QUICK START GUIDE

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



## 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