

Follow the Plate Method

There are many ways to manage your glucose, but it takes time to work out exactly what sort of system works best for you. Instead of trying to redo your entire menu or throw out everything in your kitchen, start with the plate method!

Make sure to use foods you actually enjoy in this activity, not just foods you find “healthy” or “okay” to eat. The point is to learn to incorporate all foods into a well-balanced diet without feelings of restriction or fear.

Describe your favorite foods in each category:

Non-Starchy Vegetables

Proteins

Carbohydrate Foods
(Starchy Vegetables, Fruits, Legumes, Milk, or Grains)

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From the list you made, what foods do you feel are “off-limits” or “restricted”?
What about the food makes you feel that way?

From the previous question, fill in the table below. Research what counts as a serving size for each food. Knowing the serving size will help you include these foods in moderation.

Food Item	Serving Size

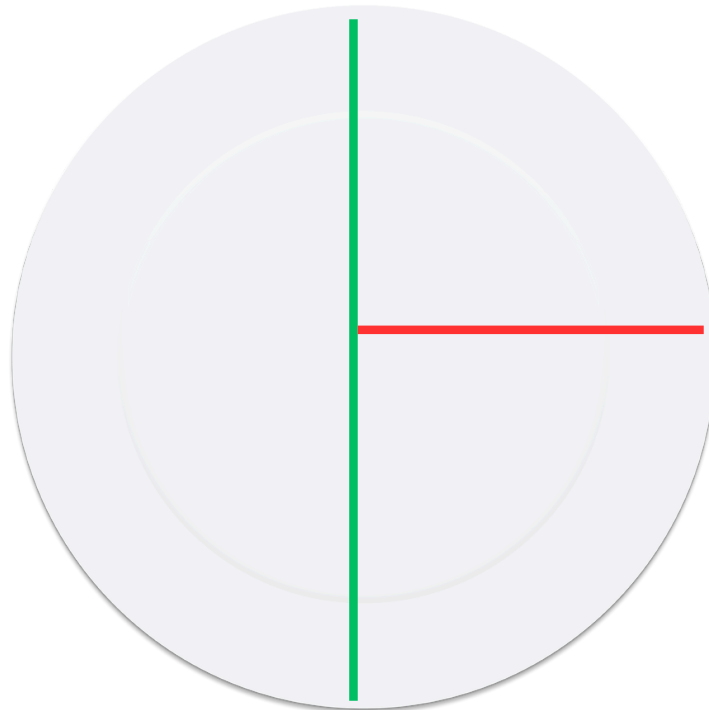
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Considering the breakdown of a meal following the plate method, fill in the blank “plates” below. Use at least some of the foods you discussed in the previous questions in meals, using other foods you enjoy for the rest of each plate.

(Reminder: 50% of the plate made up of non-starchy vegetables, 25% protein, and 25% carbohydrate foods such as a grain, starchy vegetable, fruit, legume, or milk).

Meal 1:

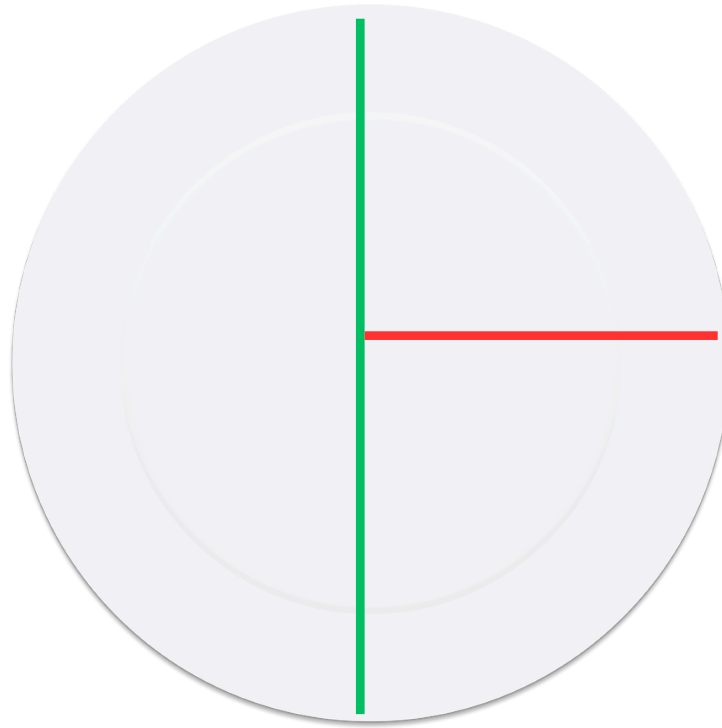
Write the foods you’ll include in each section of the plate. Write any notes below.



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Meal 2:

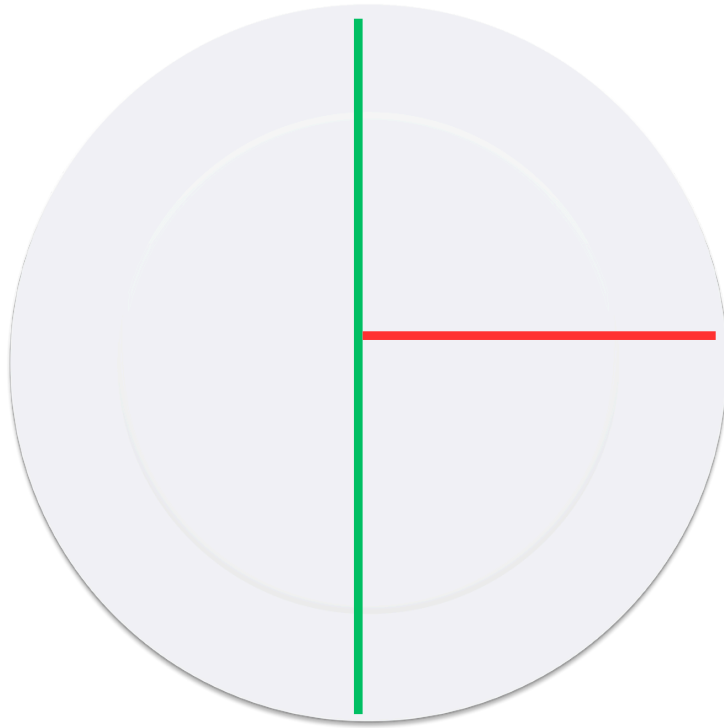
Write the foods you'll include in each section of the plate. Write any notes below.



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Meal 3:

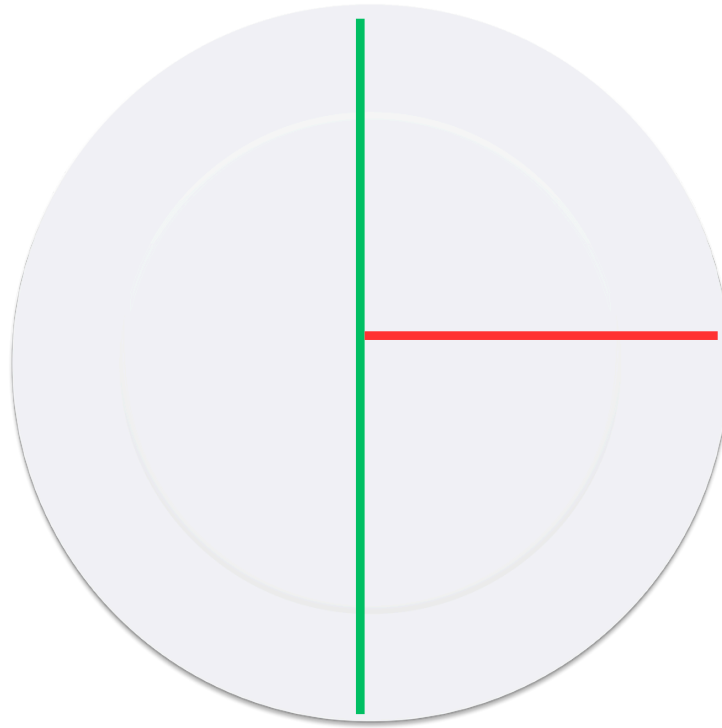
Write the foods you'll include in each section of the plate. Write any notes below.



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Meal 4:

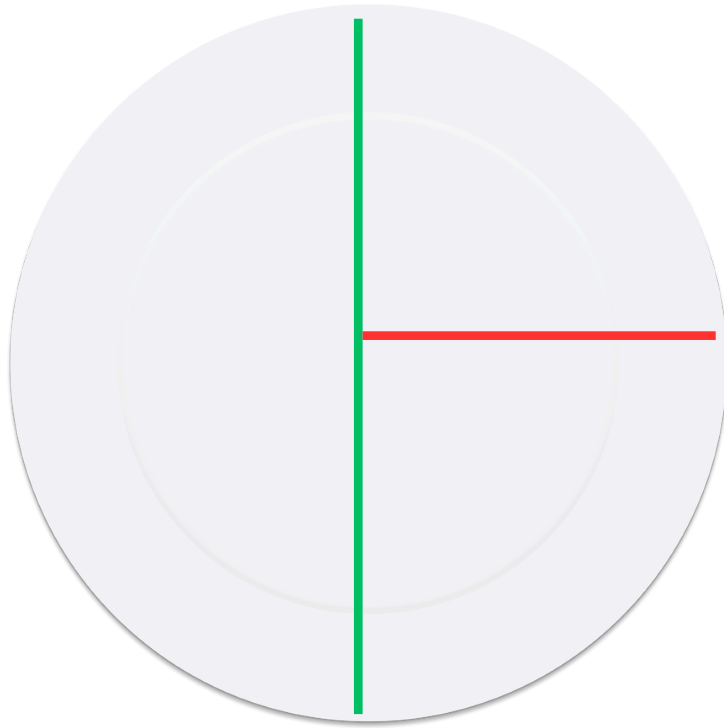
Write the foods you'll include in each section of the plate. Write any notes below.



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Meal 5:

Write the foods you'll include in each section of the plate. Write any notes below.



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List other ideas for each section of the plate below. Take time to write in your family favorites as well as research new ideas to keep your meals interesting and something to look forward to.

Non-Starchy Vegetable	Protein	Carbohydrate

Action: For the next week, do your best to follow the plate method for each meal that you can. Either as you go through the week or at the end of the week, return to this worksheet and answer the following questions.

One quick note: Just do your best! Perfection is not expected at all. You’re here to learn and grow!

Tip: If you plan to come back at the end of the week, put a reminder with an alert in your phone now (or add the reminder to your planner, calendar, etc.) so you remember to return and complete this!

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Follow- Up: After your week of following the plate method to the best of your ability, answer the following questions:

- How did the experience go?
- Were you satisfied after each meal? Did you enjoy what you included?
- What changes will you make next time for any meals that weren't satisfying or feel "complete" to you?
- Did you feel that there is anything that could make this easier or more exciting? Don't say "hire a full time cook" if that isn't a realistic option for you!
- Looking back, what do you wish would have gone differently?
- What are you proud of?
