

Plate Power: Eat Smart - A Nutritious Way to Prevent Diabetes

Healthy Meal Planning Suggestions

| | | Calories/kcal | Protein/grams | Fiber/grams |
|-----------|--|---------------|---------------|-------------|
| BREAKFAST | 1/2 medium avocado and 1 fried egg on one slice of whole wheat toast | 326 | 11 | 12 |
| | 2 hard-boiled eggs, a banana and a handful of walnut halves (10-15) [or nuts of your choice] | 454 | 18 | 4 |
| | 2 scrambled eggs w/1 c. spinach (cooked) and 1/2 c. 2% cottage cheese | 260 | 27 | 2 |
| | 2/3 c. 2% low-fat Greek yogurt w/ 1/2 c. granola and 1 c. (5-7) strawberries | 225 | 19 | 5 |
| | 1 c. of oatmeal (add 1 tbsp. of chia seeds) w/ 1/2 c. blueberries | 584 | 11 | 16 |
| LUNCH | 2 c. romaine lettuce w/4 oz. cooked chicken breast, 1 oz. parmesan cheese, 2 tbsp. low-fat Caesar dressing | 482 | 48 | 2 |
| | 1/2 c. Roma tomato, 1/2 c. cucumber, 1 c. cooked chickpea orzo pasta, 2 tbsp. low-fat Italian dressing | 240 | 13 | 6 |
| | 2 slices wheat bread, w/2 oz. deli turkey, one slice cheese, 1/2 avocado, romaine lettuce and tomato | 531 | 27 | 9 |
| | 4 oz. of tuna salad, w/10 crackers (Ritz or saltine), 3-4 celery sticks, w/low-fat ranch dressing | 376 | 35 | 1 |
| | 1/2 c. brown rice, 1 scrambled egg, 1/2 c. of frozen spinach (cooked) add 1/2 tbsp. low sodium soy sauce | 387 | 17 | 7 |
| DINNER | 4 oz. roasted chicken breast, 1 medium baked sweet potato, and 1 c. steamed broccoli | 356 | 41 | 6 |
| | 4 oz. (11-12 medium) grilled shrimp, 1/2 c. brown rice and 1 c. green beans and 1/2 medium avocado | 553 | 34 | 14 |
| | 1/2 c. low-fat alfredo sauce, 3/4 c. fettucine pasta w/4 oz. cooked chicken breast and 1 c. steamed broccoli | 471 | 46 | 4 |
| | 4 oz. turkey burger w/ a slice of cheddar cheese, on a whole wheat bun topped w/ your favorite veggies | *356 | *32 | *3 |
| | 4 oz. grilled salmon w/ 1/2 c. cooked asparagus and 1/2 c. jasmine rice | 353 | 29 | 2 |
| SNACKS | 1 c. raw baby carrots w/ 2 tbsp. hummus | 120 | 3 | 4 |
| | 1/2 c. of 2% cottage cheese and 1 c. of peaches (in light syrup or water) | 194 | 13 | 3 |
| | 2 c. of lightly buttered popcorn, w/ 1/4 c of craisins | 304 | 2 | 5 |
| | 1 oz. (23) almonds and an orange | 231 | 7 | 6 |
| | 1 sliced apple w/ 2 tbsp. of peanut butter | 274 | 8 | 6 |

*These values exclude veggie toppings for the burger.

www.nutritionix.com • <https://fdc.nal.usda.gov/food-details/169247/nutrients>

Make your Meals Balanced

A balanced meal provides energy, maximizes nutrient intake, and keeps you full, which helps w/ weight management. Attempt to add one choice from each of these categories: **carbohydrates, protein, fat, and fiber**. Add more from each category as needed! For balanced snacking, try combining two categories to help you feel full longer and to prevent blood sugar spikes.

Why we need each:

- **Carbohydrates** provide energy for all our body's functions.
- **Protein** builds muscles, repairs tissues, and supports immune health.
- **Healthy fats** protect our organs and give us energy.
- **Fiber** supports digestive health, steadies blood sugar, and improves cholesterol levels.

Carbs

- Rice
- Bread
- Pasta
- Oatmeal
- Cereal
- Legumes
- Fruit
- Dairy
- Sweets

Protein

- Beef
- Chicken
- Pork
- Fish
- Seafood
- Tofu
- Beans
- Dairy
- Eggs

Healthy Fats

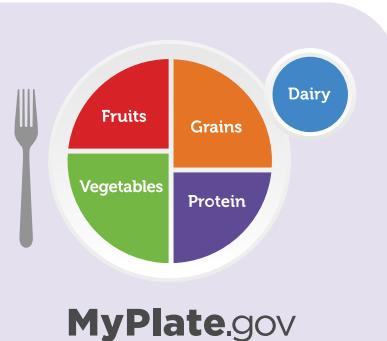
- Avocados
- Nuts
- Seeds
- Salmon
- Tuna
- Chocolate
- Eggs
- Dairy
- Oils

***Fiber**

- Apples
- Oranges
- Berries
- Oatmeal
- Grains
- Legumes
- Nuts
- Veggies
- Seeds

* Fiber is a carbohydrate that cannot be digested. Fiber options are found in all categories, which is why they are repeated here.

Carbs + Protein + Fat + Fiber = Balance



Hack Your Meal(s): Add the following to your meals for a nutrient boost!

- **1/2 Medium avocado:** Contains 6.5g of fiber and is a good source of potassium, vitamins C, E, and K, and folate.
- **1 tbsp. Chia seeds:** Contains 10g of fiber and is a good source of magnesium, iron, phosphorus, and calcium.
- **1 tbsp. Ground flax/flax seed:** Contains 2 grams of fiber and is a good source of omega 3 fatty acids.
- **1 oz Pumpkin seeds:** Contains 5g of fiber and is a good source of omega 3 fatty acids, magnesium, and iron.
- **1/4 c. Sunflower kernels:** Contains 3g of fiber and is a good source of vitamin E, manganese, and selenium.
- **1 Egg:** Contains 6g of protein and is a good source of vitamin D, choline and iron.
- **1/2 c. Lentils:** Contains 9g of fiber and is a good source of folate, magnesium, and iron.
- **1 c. Raspberries:** Contains 8g of fiber and is a good source of vitamin C, manganese, and vitamin K.
- **1 c. Spinach:** is a good source of vitamin K, vitamin A, iron, and potassium.
- **1 oz. Dark chocolate (we can't forget a sweet treat!)** Contains 5g of fiber and is a good source of magnesium, iron, and potassium.



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