

Diabetic Plate Guide

A simple way to manage your blood sugar is by planning your meals using the Diabetic Plate Method. This guide helps you balance your meals and control portion sizes.

How to Fill Your Plate:

- 50% Non-starchy Vegetables (e.g., spinach, carrots, beans, cucumber)
- 25% Lean Proteins (e.g., eggs, chicken, paneer, tofu)
- 25% Healthy Carbs (e.g., brown rice, roti, fruits)

Smart Tips:

- Use a 9-inch plate.
- Drink water or unsweetened drinks.
- Avoid sugar-rich or fried foods.
- Check your sugar regularly and adjust portion sizes.