

Eating a Balanced Meal

Eating a balanced meal is the best way to balance your blood sugar and put you on your way towards a healthy way of life and well-being.

Focus on a balanced plate. The goal is to fill $\frac{1}{2}$ of your plate with non-starchy vegetables, and the other $\frac{1}{2}$ with lean protein and carbohydrate sources.

Nutrient-Dense




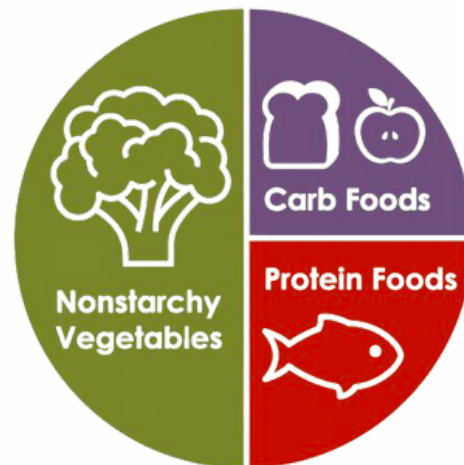
Each food is made up of two categories:

Nutrients include the amount of vitamins, minerals, cancer-fighting and immune-building benefits.

Calories include the amount of energy your body is given when you eat food.

When a food has **more** nutrients than it does calories, this is called *nutrient-dense*. Focus on adding nutrient-dense foods to all of the categories on your plate. A list of nutrient-dense foods are shown on the right.

 Start with the foods you love! Make small changes by adjusting ingredients and portion sizes. With the right balance and foods, you can lower your blood sugar and be on your way toward a healthy way of life and well-being.



Vegetables

Broccoli, peppers, tomatoes, asparagus, and leafy greens

Carbohydrates

Breads, tortillas, beans, lentils, potatoes, and fruits

Proteins

Lean meat, fish, seafood, tofu, beans and lentils*

*Some protein foods like beans and lentils are also types of carbohydrates