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Healthy Plate - English

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Healthy Plate - English

Description

Healthy eating tips for diabetics using the Healthy Plate.

Keywords

Diabetes, Food and Nutrition, Healthy Plate, Eating, Patient Education

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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You can use your plate to help you eat better

- Fill half the plate with vegetables.
- One of the plate's remaining quarters should be protein like fish, chicken or lean meat.
- The plate's last quarter could be whole grains like brown rice or whole wheat bread.
- Children, and women who are pregnant or breastfeeding, should add a glass of milk to their meals.
- Eat fruit for a healthy snack.

