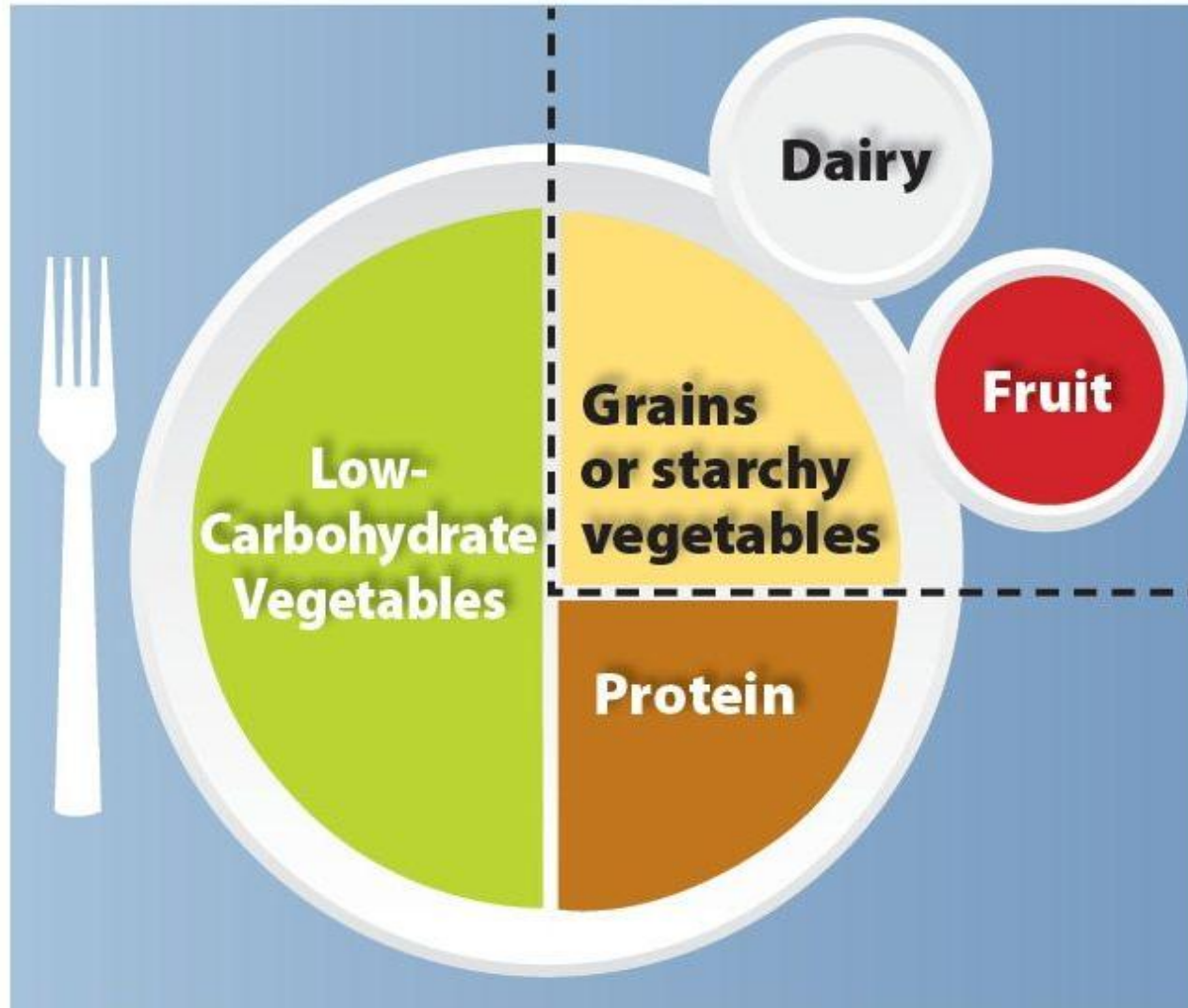


# Eat What You Love, Love What You Eat with Diabetes Plate



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## Simple Tips for Mindful Meal Planning\*

- Remember, *what* you eat is only one of the important decisions in your Mindful Eating Cycle!
- All foods can fit into a healthy diet by focusing on balance, variety, and moderation.
- Start by picturing your meal and filling half your plate with salad and other low-carbohydrate vegetables.
- Divide the other half of your plate in half again for lean protein.
- Your carbohydrate choices—grains, starchy vegetables, fruit, dairy—go at the top right.
- A carbohydrate choice contains approximately 15 grams of carbohydrate. Adjust the number of servings for your carbohydrate goal. My goal: \_\_\_\_\_
- Add healthy fats in moderation for flavor, satiety, and more stable blood glucose levels.
- If you are having dessert, replace one or more of your carbohydrate choices with the desired sweet.
- Use your Fearless Blood Glucose Log to see how your choices affected your glucose levels.

\* This is an excerpt from chapter 7 of *Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes*.

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