Low-Glycemic Plate

Non-starchy Veggies

2 cups+ of veggies with some fat like butter or olive oil

Proteins and Fats

3-4 oz protein with naturally occurring fat like skin on chicken

Carbohydrates

1/2-1 cup starchy or carb rich whole foods

Preferably low-GI Carbs

Fluids

~13 cups/day or until urine is a light color



Healthy Plate Tips

- **Balance your macronutrients (Fat, Protein, Carbohydrates)**

- **Always consume carbs with a source of protein and/or fat**
  - **This will help to stabilize your blood sugar levels and avoid high spikes & drops in your blood sugar**

- **Start with your protein and non-starchy veggies; then add your carbs**

- **Limit refined carbs & sugar**
  - **If your body is tasting sweet foods it will crave sweet foods**

Healthy Plate Tips

Choosing low glycemic foods can curb blood sugar spikes and lower risk of diabetes

High Glycemic Index Carbs	Low Glycemic Index Carbs
White bread, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, most packaged breakfast cereals.	Most fruits and vegetables, beans, minimally processed grains, pasta, low-fat dairy foods, and nuts.

Simple Carbs	Complex Carbs
Lower in fiber & nutrients	*higher in fiber which helps you feel fuller longer*
sugar	vegetables
white bread	sweet potato
fruit juice	nuts/seeds
white rice	beans
candy	whole grain bread
cookies	brown rice
sugary cereals	oatmeal