

Six Easy Steps to Create Your Plate

<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>

It's simple and effective for both managing diabetes (or preventing it) and losing weight. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

Try these six simple steps to get started:

Using your dinner plate, put a line down the middle of the plate.

1. Then on one side, cut it again so you will have 3 sections on your plate.

2. Fill the largest section with non-starchy vegetables (The best choices are fresh, frozen and canned vegetables and vegetable juices without added sodium, fat or sugar) such as:
 1. spinach, carrots, lettuce, greens, cabbage, bok choy
 2. green beans, broccoli, cauliflower, tomatoes,
 3. vegetable juice, salsa, onion, cucumber, beets, okra,
 4. mushrooms, peppers, turnip

3. Now in one of the small sections, put starchy foods such as:
 1. whole grain breads, such as whole wheat or rye
 2. whole grain, high-fiber cereal
 3. cooked cereal such as oatmeal, grits, hominy, or cream of wheat
 4. rice, pasta, dal, tortillas
 5. cooked beans and peas, such as pinto beans or black-eyed peas
 6. potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
 7. low-fat crackers and snack chips, pretzels, and fat-free popcorn

4. And then on the other small section, put your meat or meat substitutes such as:
 1. chicken or turkey without the skin
 2. fish such as tuna, salmon, cod, or catfish
 3. other seafood such as shrimp, clams, oysters, crab, or mussels
 4. lean cuts of beef and pork such as sirloin or pork loin
 5. tofu, eggs, low-fat cheese

5. Add an 8 oz glass of non-fat or low-fat milk. If you don't drink milk, you can add another small serving of carb such as a 6 oz. container of light yogurt or a small roll.
 1. And a piece of fruit or a 1/2 cup fruit salad and you have your meal planned.
Examples are fresh, frozen, or canned in juice or frozen in light syrup or fresh fruit.

6. Breakfast

Your plate will look different at breakfast but the idea is the same. If you use a plate or bowl for breakfast, keep your portions small. Use half your plate for starchy foods. You can add fruit in the small part and a meat or meat substitute in the other. See below for quick healthy breakfasts.

One Minute Solutions

Try to keep quick-to-fix foods on hand. Stock items like fresh fruit, cottage cheese, eggs, whole grain breads and cereals. Go an extra step and spend perhaps 5 minutes preparing for breakfast the night before. Even setting out a bowl, a spoon and a glass can ease the morning crunch. If all else fails, yes, get up a few minutes earlier!

Even if you don't like traditional breakfast food, it does not matter. You can get creative by having soup, a sandwich, or even a slice of pizza. Or even try changing your usual fruit choice to something more exotic. Or change your yogurt flavor.

All these breakfasts can be brought to your office or school if you find sitting down at your own breakfast table difficult.

Here are some creative ideas:

- **Breakfast Shake:** 1 cup fat free milk or plain non fat yogurt, blended with 1/2 cup fruit, 1 tsp. wheat germ and add 1 tsp. nuts or nut butter, ice and whirl!
- **Berries and muffin:** Split open a small bran muffin and place on a plate. Top with fresh berries and a dollop of fresh yogurt.
- **Bagel and chutney:** Spread mango chutney on a small bagel, and pair it with a side of cottage cheese sprinkled with cinnamon.
- **Baked Potato and Cheese:** A little unconventional for breakfast, but delicious. Top one half of a medium leftover baked potato (or microwave a raw one for 10-15 minutes) with low fat cheddar cheese and a spoonful of salsa. Return to the heat until the cheese melts.
- **Breakfast Sandwich:** Top a whole wheat English muffin, whole wheat pita bread or even a whole wheat chapati (Indian bread found in specialty shops) with 1 ounce lean ham and a flavored mustard. Pair it with fresh fruit and a small wedge of low fat cheese.

With these "make, freeze and forget about it" muffin recipes, there is never an excuse not to start your day off right!

Banana Ginger Muffins

Makes 1 dozen/ serving size: 1 muffin Preparation time: 20 minutes Cook time: 20 minutes

Ingredients

2 cups all purpose flour (use some whole wheat if desired)	
2 tsp. baking powder	2 Tbsp. canola oil
1 tsp. cinnamon	2 Tbsp. brown sugar
1 egg	2 bananas, mashed
1 egg white	2 tsp. finely grated fresh ginger (or use 1 tsp. ground)
1/4 cup unsweetened applesauce	

1. Preheat the oven to 350 degrees. Combine the flour, baking powder and cinnamon in a medium bowl. In a large bowl, combine the remaining ingredients.
2. Slowly add the dry ingredients to the egg mixture. Mix well, but gently. Do not overbeat.
3. Pour the batter into 12 sprayed non-stick muffin cups. Bake the muffins for 20-25 minutes until center comes out clean and the muffins are lightly brown. Remove the muffins from the oven and cool 10 minutes in the pan. Remove the muffins from the pan and cool them completely.

Exchanges: 2 starch

Calories: 156

Calories from fat: 29

Total fat: 3 g

Saturated fat: 0 g

Cholesterol: 18 mg

Sodium: 83 mg

Carbohydrate: 28 g

Dietary fiber: 2 g

Sugars: 7 g

Protein: 5 g