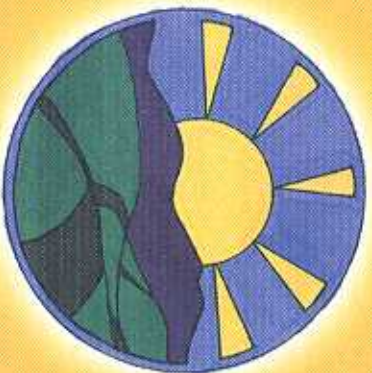




**Are You  
Ready?**

Developed by  
Robert C. Byrd Center for Rural  
Health at Marshall University  
1600 Medical Center Drive  
Suite 1400  
Huntington, WV 25701-3655

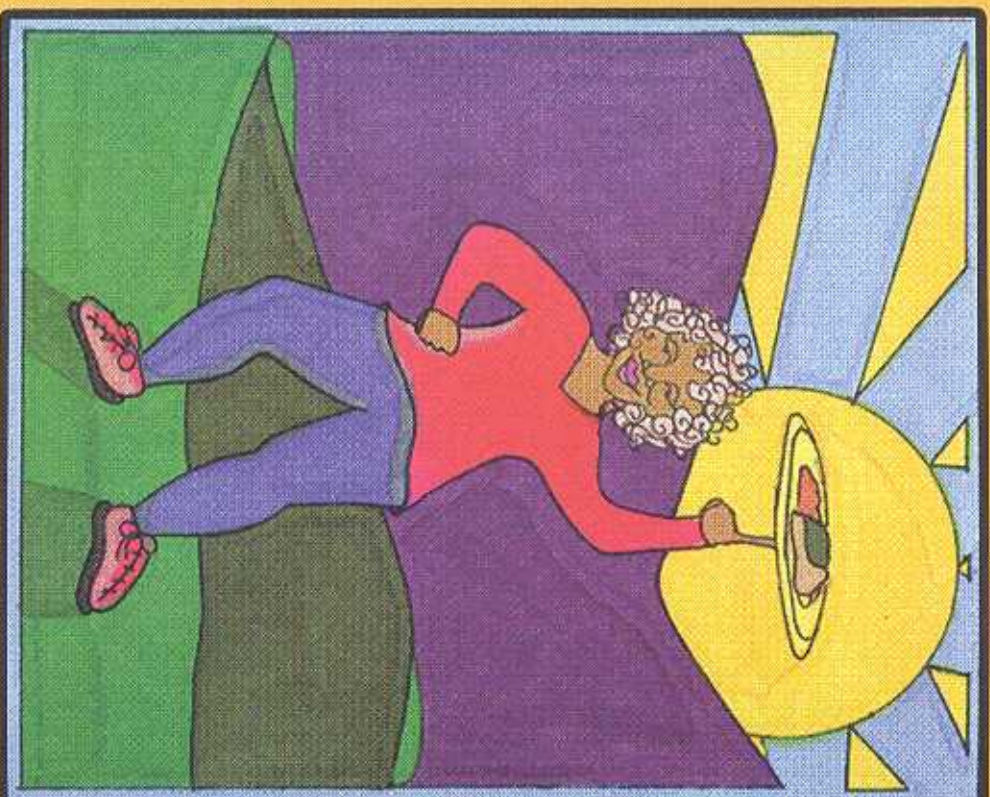


With thanks to the Robert Wood  
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Diabetes Self-Management Grant.

A partnership of rural health centers and churches working to  
promote innovative ways to help people experience the benefit  
of taking control of their diabetes and other chronic diseases.

Art by Mary Hurst

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**Balance  
Your Plate**

This product was developed by the Help Yourself: Chronic Disease Self Management Program at Marshall University School of Medicine in Huntington, WV and the New River Health Association in Scarbro, WV. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

You don't need to diet,  
just balance your plate!

**Eat nearly the same amount  
of food each day.**

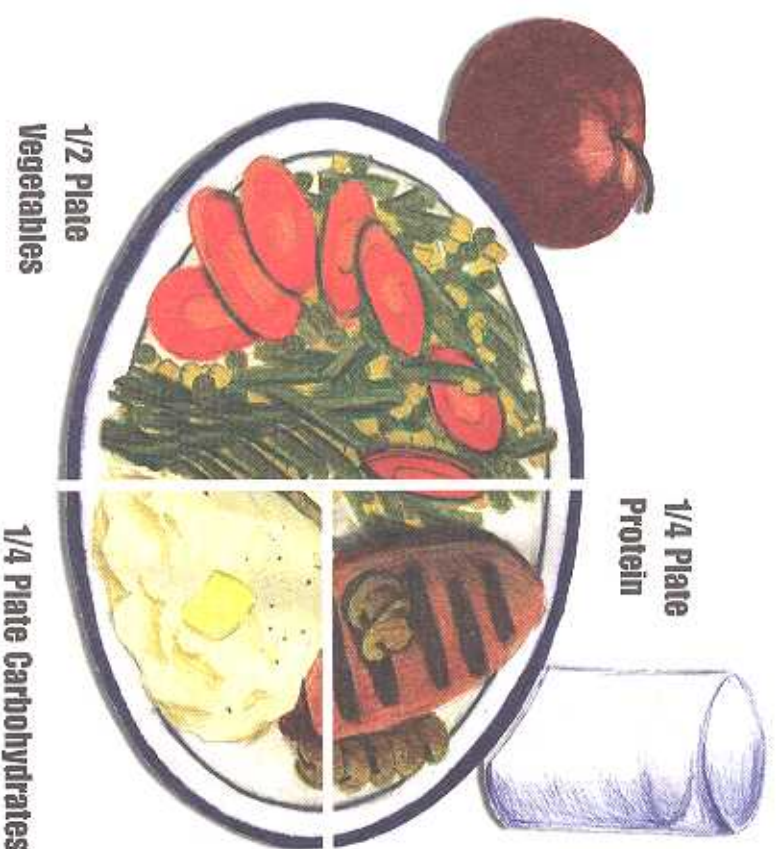
- Eat fruits and lots of veggies
- Increase fiber
- Lower fat



**Eat 3 meals every day at  
regular times.**

- Breakfast
- Lunch
- Dinner
- 2 snacks (optional)

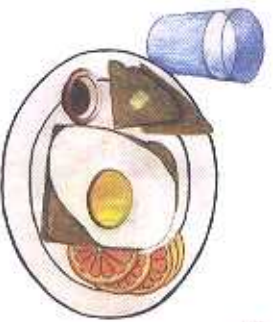
## Balance Your Plate



**Balance  
your plate  
at each meal**

# Balance Your Plate

## Examples of Balanced Plates



### Breakfast

- 1-2 eggs (cooked without fat)
- 1 slice of whole wheat toast
- 1 Tsp. jelly and 1 Tbs. of butter
- Orange slices - 1/2 of a 3 inch orange
- 1/2 cup skim or 1% milk
- Coffee/Tea (optional)



### Lunch

- 1 Sandwich - 2 slices of wheat bread
- 2 ounces of low-fat lunch meat
- 1 slice of cheese
- Tomato/lettuce
- 2 Tsp. mayonnaise
- 1 1/2 cups vegetable soup
- 3/4 cup grapes
- Water



### Dinner

- 5 ounces of steak or chicken
- 1/2 cup mushrooms
- 1 cup mashed potatoes with 1 Tsp. butter
- 1-1 1/2 cups vegetables
- 1 piece of fruit
- Water

## Ideas for reducing fat on your plate

- Choose leaner cuts of meat, trim off the outside fat and remove the skin from poultry
- Bake, broil or grill instead of fry
- Use low-fat or nonfat milk and milk products
- For a low-fat protein eat beans — add beans to salads or soup

## Ideas for increasing fiber

- Build meals around fruits, vegetables and grains
- Choose cereals that are high in fiber
- Eat low-fat grain products such as whole-wheat breads, brown rice and corn tortillas
- Drink plenty of water to help move fiber through your system

## Veggie ideas

- Use veggies to add color
- Potatoes, squash, peas and corn count as a starch
  - not vegetables
- Increase use of fresh veggies

## Balance Your Portion Size

There are no bad foods,  
just bad portion sizes.

1 portion of PROTEINS  
1-2 portions of VEGETABLES  
1 portion of FRUIT  
+ 2 portions of STARCH

= A BALANCED PLATE

- If you are eating large portions, take steps to make smaller portions
- Balance smaller portions of high-fat foods with extra servings of fruits and vegetables
- Don't supersize!
- Small steps = Big rewards

## How much protein?

- Size of the palm of your hand
- For women: 3-5 ounces
- For men: 4-7 ounces



## How much starch?

- Size of your fist for your main meal
- If you're eating large portions, take steps to eat smaller portions.
- Have starch food with every meal

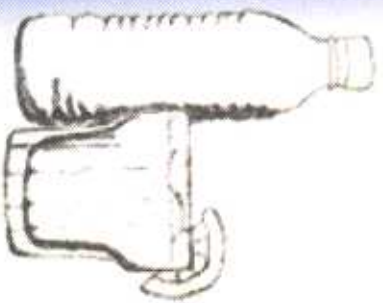


## How much fruit & vegetables?

- Fill your 2 hands with fruits and veggies and you will have a good portion for your meal
- Include a fruit with breakfast
- Include 2 or more veggies at lunch and dinner - add a fruit if you'd like
- Choose a fruit or veggie for a snack

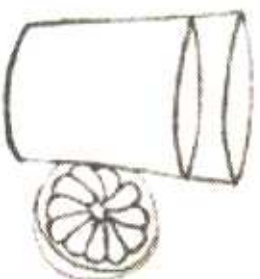


# Balance Your Drinks, too!

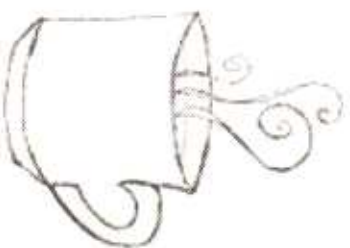


- Drink lots of water - 6 to 8 glasses a day

- If you drink juice, drink no more than 4oz. with a meal. Choose 100% fruit juice, unsweetened



- Coffee affects blood pressure - consider switching to decaf or 1/2 regular and 1/2 decaf



**If you drink a lot of pop, take steps to drink less - consider switching to diet or water.**

**Try new foods.  
Be creative!**

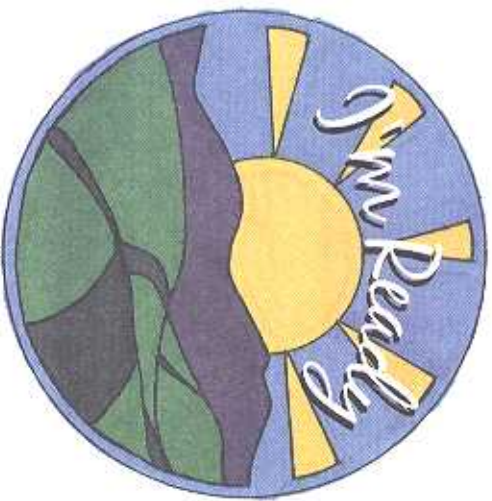
## Snack Ideas

- Keep a bowl of cut-up vegetables on the top shelf of the fridge.
- Keep a fruit bowl, small packs of applesauce, raisins or other dried fruits handy.\*
- Snack on low-fat or non-fat yogurt.\*
- Put a reasonable snack portion onto a plate and put the rest away.
- If you snack on junk food, limit how often and cut back on portion size.
- Combine a protein with a carbohydrate for a snack that sticks with you.

\* If you have diabetes, remember, fruits and yogurt contain carbohydrates.

# How do I begin to

## Balance My Plate?



## Make an Action Plan !

1. **Decide** what you want to accomplish.
2. Start making **short-term** plans by making an action plan for this week.
3. **Carry out** your action plan.
4. **Check** the results.
5. Make **changes** as needed and repeat each week.
6. Remember to **reward** yourself.

### Action Plan Example

This week I will:

Increase vegetables \_\_\_\_\_ (What?)

1-2 servings \_\_\_\_\_ (How much)

At lunch and dinner \_\_\_\_\_ (When?)

5 days \_\_\_\_\_ (How many?)

How confident are you? 9

0 = not confident 10 = totally confident

### Action Plan Form

This week I will:

\_\_\_\_\_ (What?)

\_\_\_\_\_ (How much?)

\_\_\_\_\_ (When?)

\_\_\_\_\_ (How many?)

How confident are you? \_\_\_\_\_

0 = not confident 10 = totally confident