My Plate Planner

Methods of Use

1. Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
2. Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
3. Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
4. Add 1 serving of fruit.
5. Choose 1 serving of milk.
6. Add 1 serving of oil, margarine, or food preparation.
7. Add other portions as needed to round out your meal plan.

For breakfast, use only half the plate.
For lunch and dinner, use the whole plate.

Please refer to meal planning guidelines on the back.
Meal Planning Guidelines

Visual Tips for Portion Sizes

**Carbohydrates**
Choose any 3 servings at each meal*
Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:
- **Breads and starches**
  - 1 slice bread or small roll
  - 1/3 cup rice or pasta
  - 1/2 cup cooked cereal or potatoes
  - 3/4 cup dry cereal
  - 1/2 cup corn

- **Fruits**
  - 1 piece, such as a small pear or apple
  - 1 cup fresh fruit
  - 1/2 cup canned fruit
  - 1/2 cup fruit juice

- **Milk**
  - 1 cup skim or lowfat
  - 1 cup sugar-free lowfat yogurt

**Meats and proteins**
Choose 1-3 servings per meal*
Examples of one serving:
- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

**Fats**
Choose 1-2 servings per meal.
Examples of one serving:
- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

**Free foods**
Foods with less than 20 calories per serving:
- Black coffee or plain tea
- Sugar-free yogurt
- Sugar-free lowfat yogurt
- Sugar-free lowfat yogurt
- Sugar-free lowfat yogurt

**Note:** If you have a personalized meal plan, the number of servings you choose per meal may be different.

1 ounce (oz) = 1/2 cup = 1/3 cup = 2 Tablespoons = 1 Tablespoon = 1 teaspoon

3 ounces (oz) = 1/2 cup = 1/3 cup = 2 Tablespoons = 1 Tablespoon = 1 teaspoon

For more information, please visit www.PrescriptionSolutions.com/diabetes.


MEDICARE PART B AND MEDICARE ADVANTAGE CUSTOMERS: Medicare Part B and Medicare Advantage customers: Call 1-877-231-5199 and mention reference code 900600 to order supplies.

*POLICY: If you have a Medicare Advantage plan, the number of servings you choose per meal may be different.