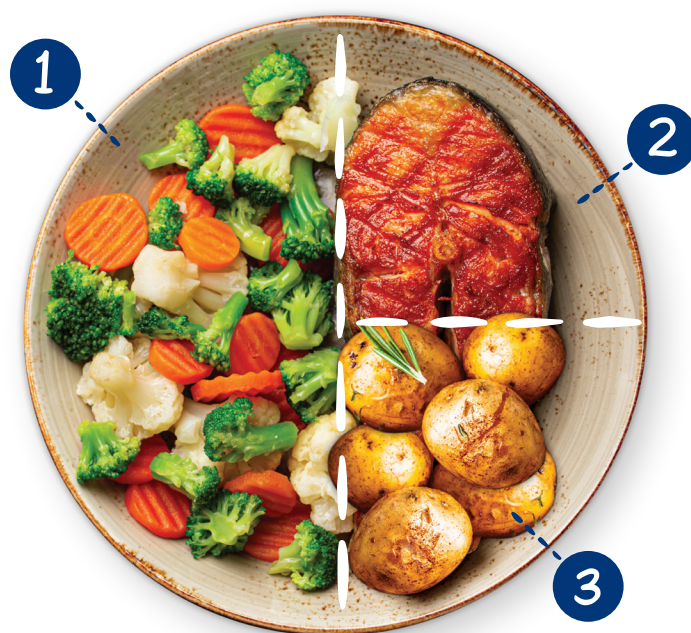


Building a BALANCED MEAL

The ADA* *Diabetes Plate Method* makes it easy to create a healthy meal

Divide your plate†:

- Draw an imaginary line down the middle
- Divide one of the sections in half to create three sections



Then fill each section:

①

Add non-starchy
vegetables

②

Add a
protein

③

Add a
carbohydrate



*Don't
forget!*

Add a *low-calorie
drink* like water or
unsweetened tea
or coffee



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more healthy meal tips

*American Diabetes Association
†Based on a 9-inch plate

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