

Cooking for Everyone's Preferences and Dietary Needs

ROLE MODELING HEALTHIER CHOICES

Being a role model for healthy eating can be hard, but by offering a variety of healthier options, you are giving your family and guests opportunities to make healthier choices.

50%
Non-starchy Vegetables



25%
Starchy Foods
preferably whole grain

25%
Lean Protein

1. USE THE DIABETES PLATE METHOD

The Diabetes Plate Method is an easy way to create healthy meals that help you manage your blood sugar. This method is based on a nine-inch plate.

2. OFFER A VARIETY OF OPTIONS

Salad Bar: Include lettuce, cherry tomatoes, cucumber, broccoli, etc.

Side Dish: Consider easy-to-make roasted baby baked potatoes.

Rolls: Try mixing whole wheat & white!

3. PROVIDE MINDFUL SNACK PLANNING

Fresh vegetable trays with dips are usually a hit for those that like to snack or can't wait until dinner is served. Try planning ahead with zero-calorie flavored water as beverages.

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join).