


Balance Your Plate For Blood Sugar Control


Balancee Su Plato Para Controlar la Glucosa


Santa Barbara
Diabetes
Initiative

(805) 682-7638 x 214


Portion Size Tamaño de Porción


 = 1/2 cup / taza


 = 1 cup/ taza

 = 1 Tablespoon
Cucharada

- Eat 3-4 Small Meals a Day
- Coma 3-4 comidas pequeñas al día

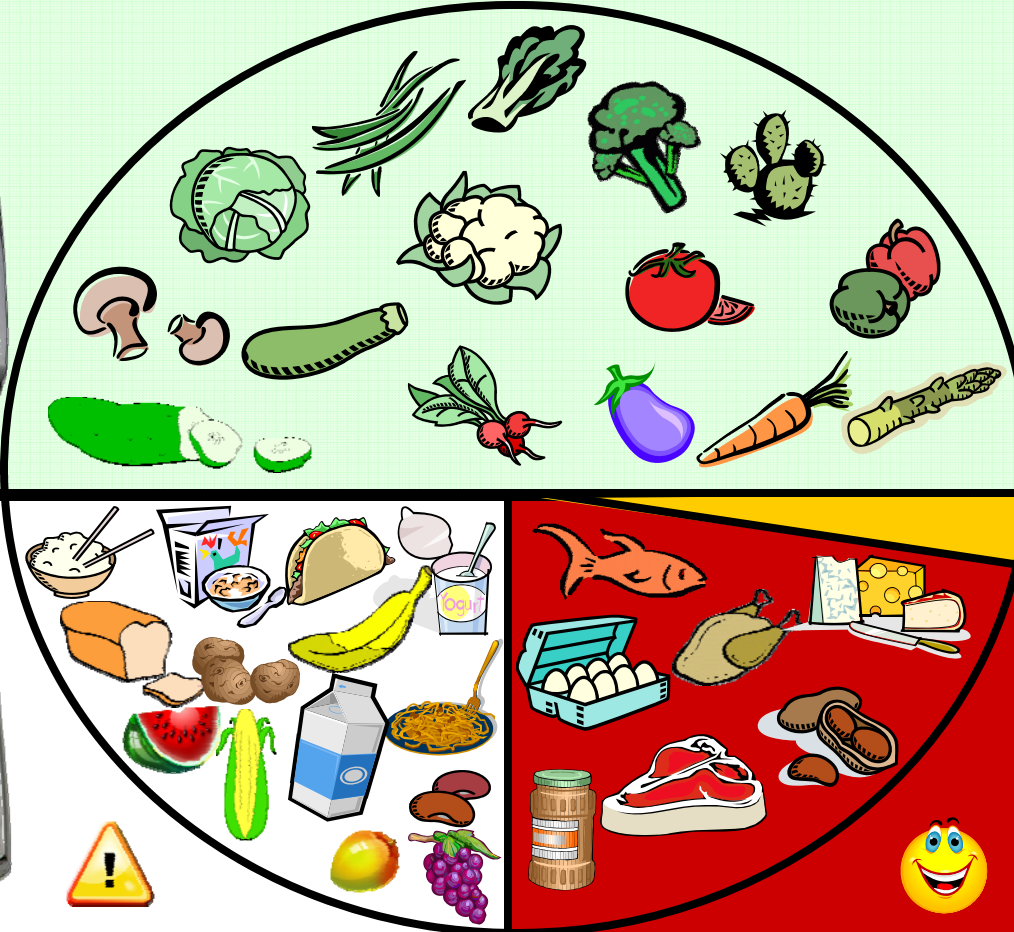
___ am 

___ pm 

___ pm 



Vegetables 1/2 Plate
Vegetales 1/2 Plato



"Carbs" 1/4 Plate
"Carbo" 1/4 Plato

Protein 1/4 Plate
Proteína 1/4 Plato



Beverages
Water, Tea or Diet Drink
Bebidas
Agua, Té o Refresco de Dieta



Healthy Fats
1-2 Tablespoons
Grasas
Saludables
1-2 Cucharadas

Copyright © 2007. Permission to reproduce for educational purposes only.

Balance Your Plate For Blood Sugar Control

Balancee Su Plato Para Controlar la Glucosa

Santa
Barbara
Diabetes
Initiative

(805) 682-7638 x 214

