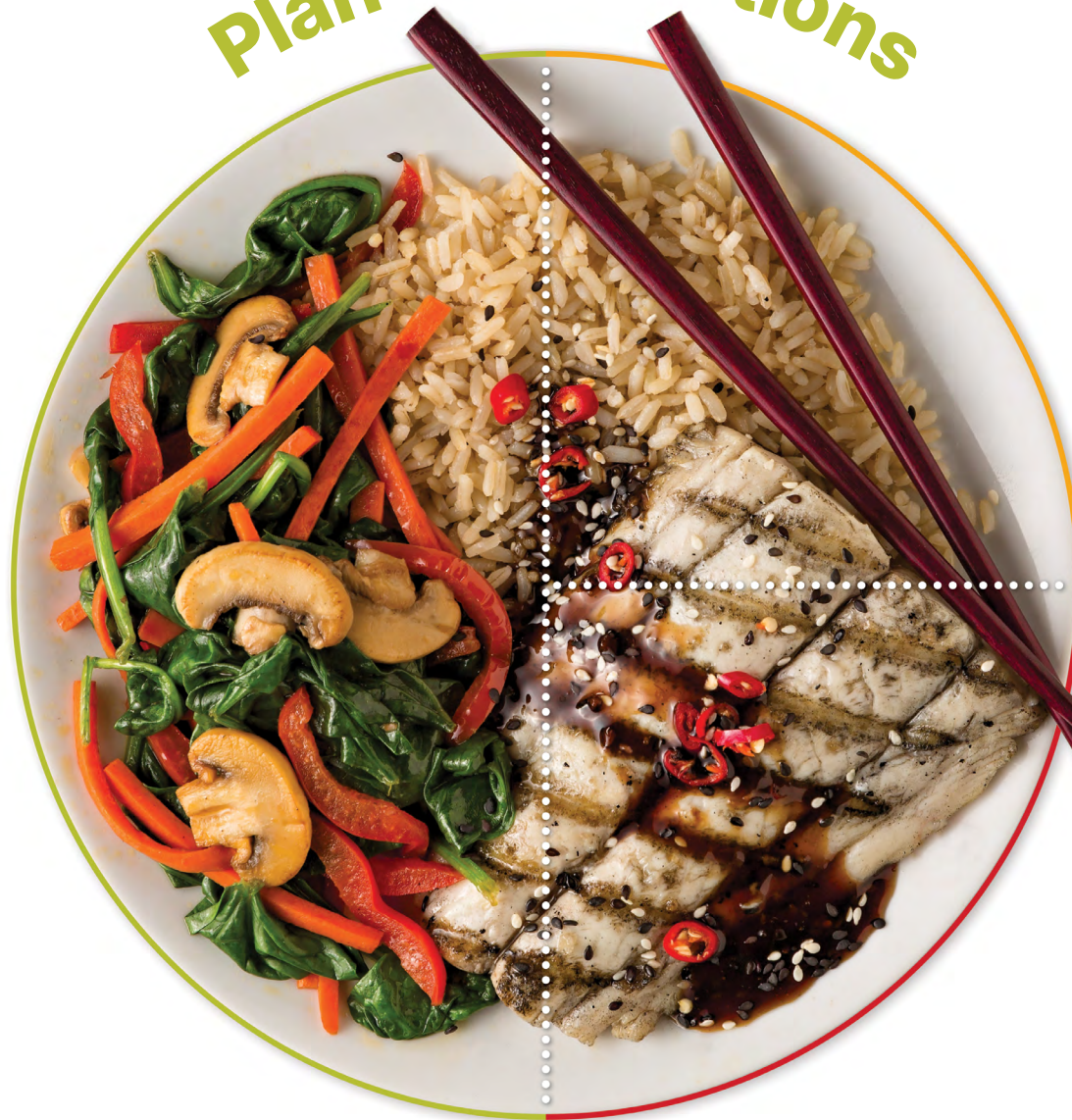
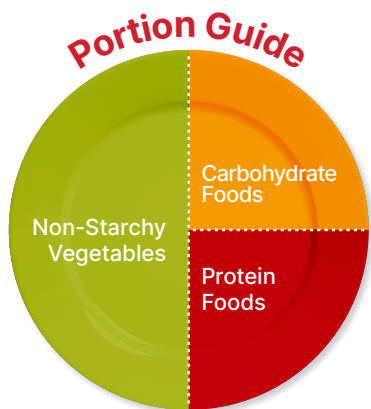


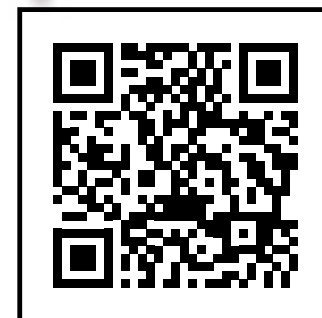
# Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked greens with mushrooms, peppers, and carrots, brown rice, and grilled fish.

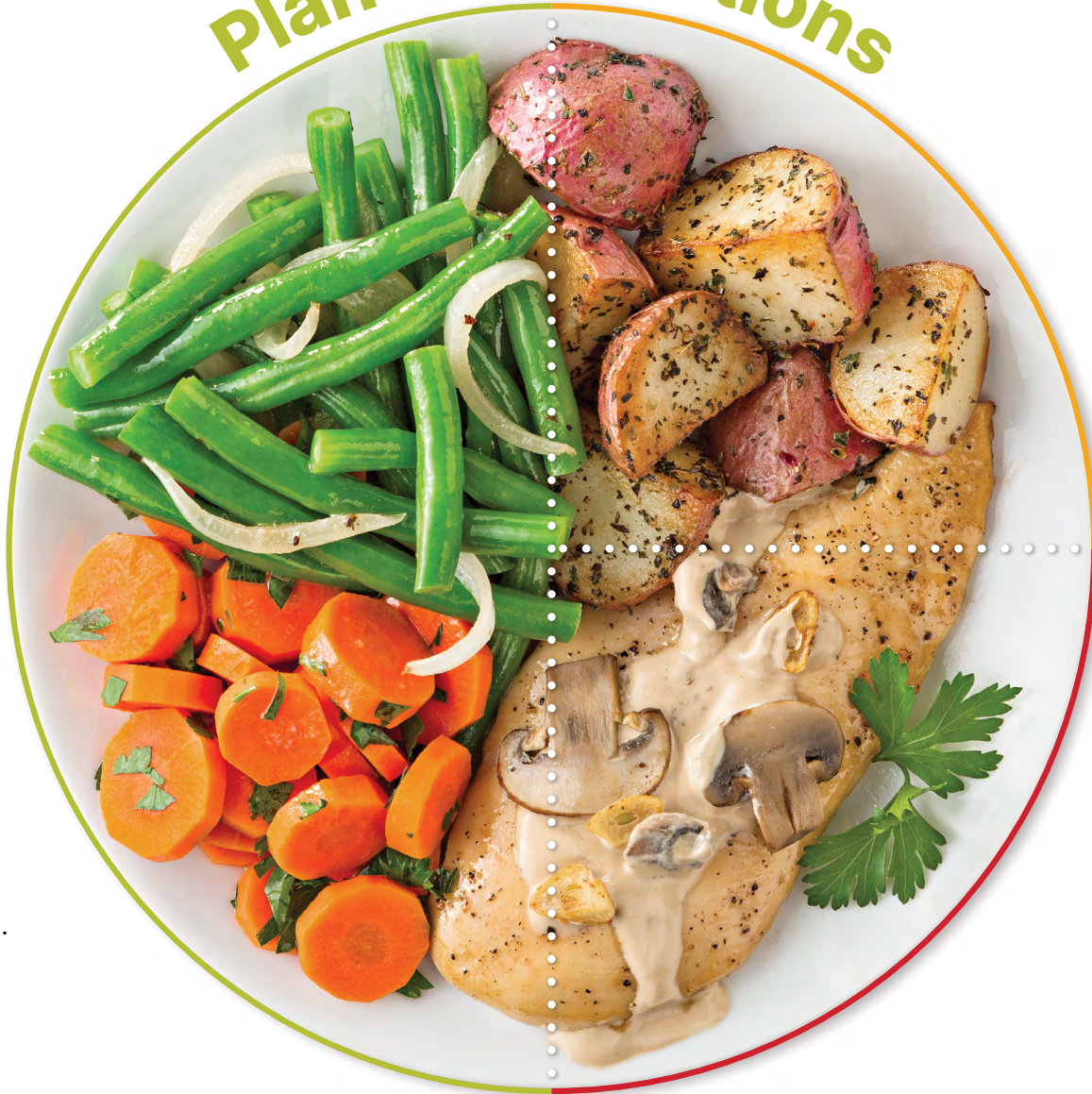
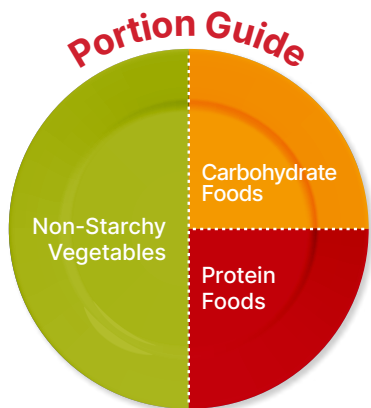
Scan for more meal planning resources.



**Use a 9-inch plate to help you dish up smart portions.**

*This placemat has been reformatted from its original design. Funding for this redesign has been made possible through a restricted educational grant from Abbott Diabetes Care. For more placemats, visit [ShopDiabetes.org](http://ShopDiabetes.org).*

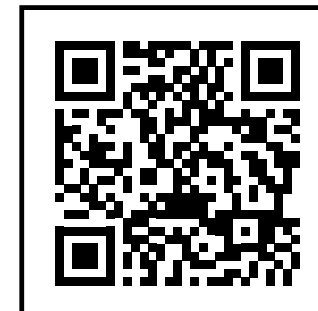
# Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked green beans and cooked carrots, roasted potatoes, and baked chicken.

Scan for more meal planning resources.

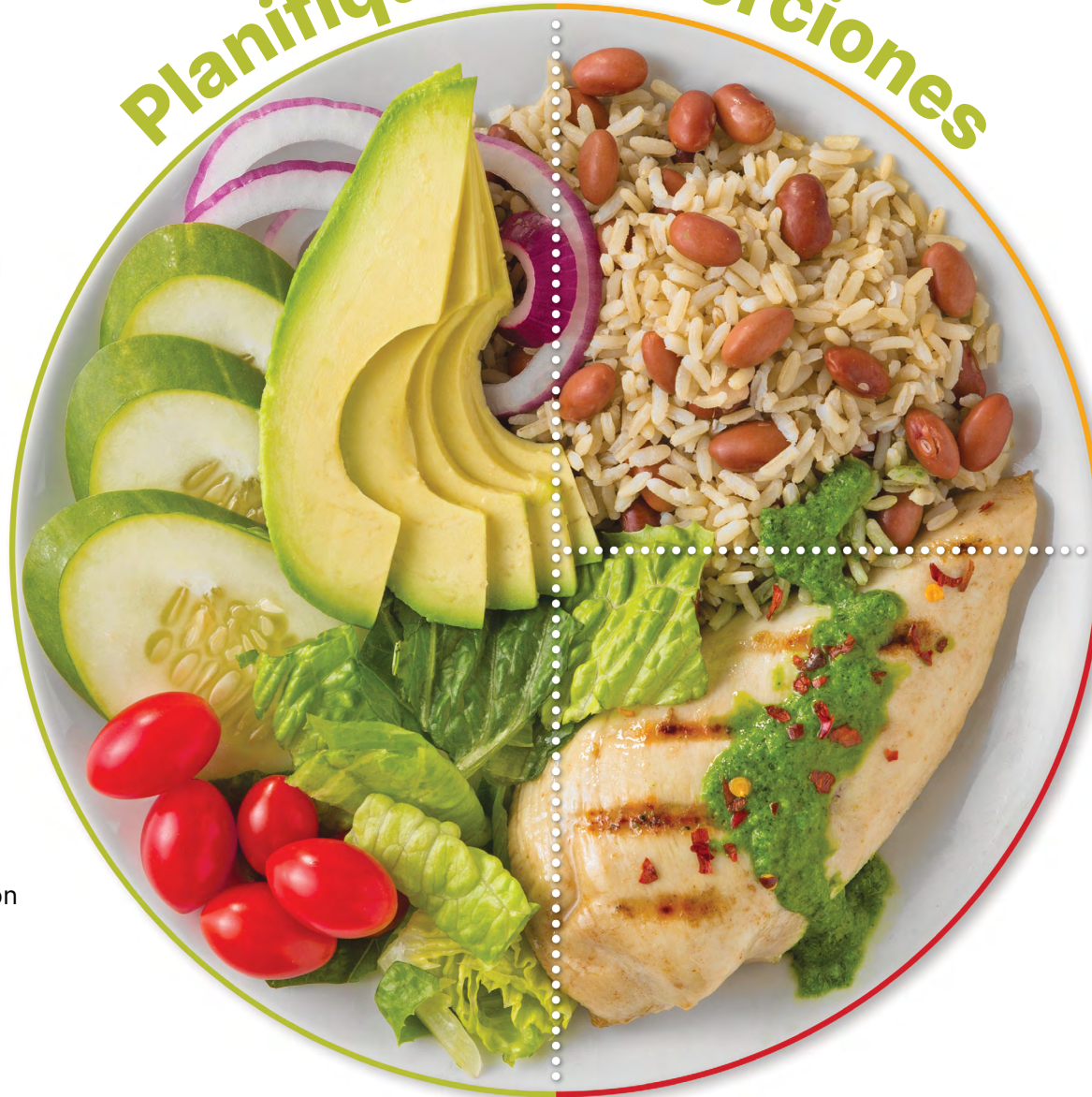


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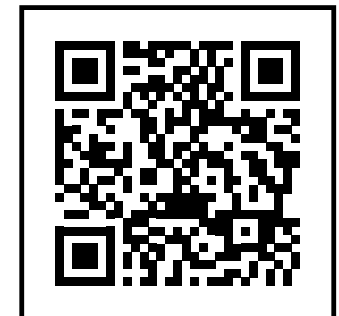
# Planifique sus Porciones



Agua o Bebidas de 0 Calorías

Este plato incluye ensalada verde con tomates, pepino, cebolla y aguacate, arroz con frijoles y pollo asado.

Busque más recursos para la planificación de comidas.

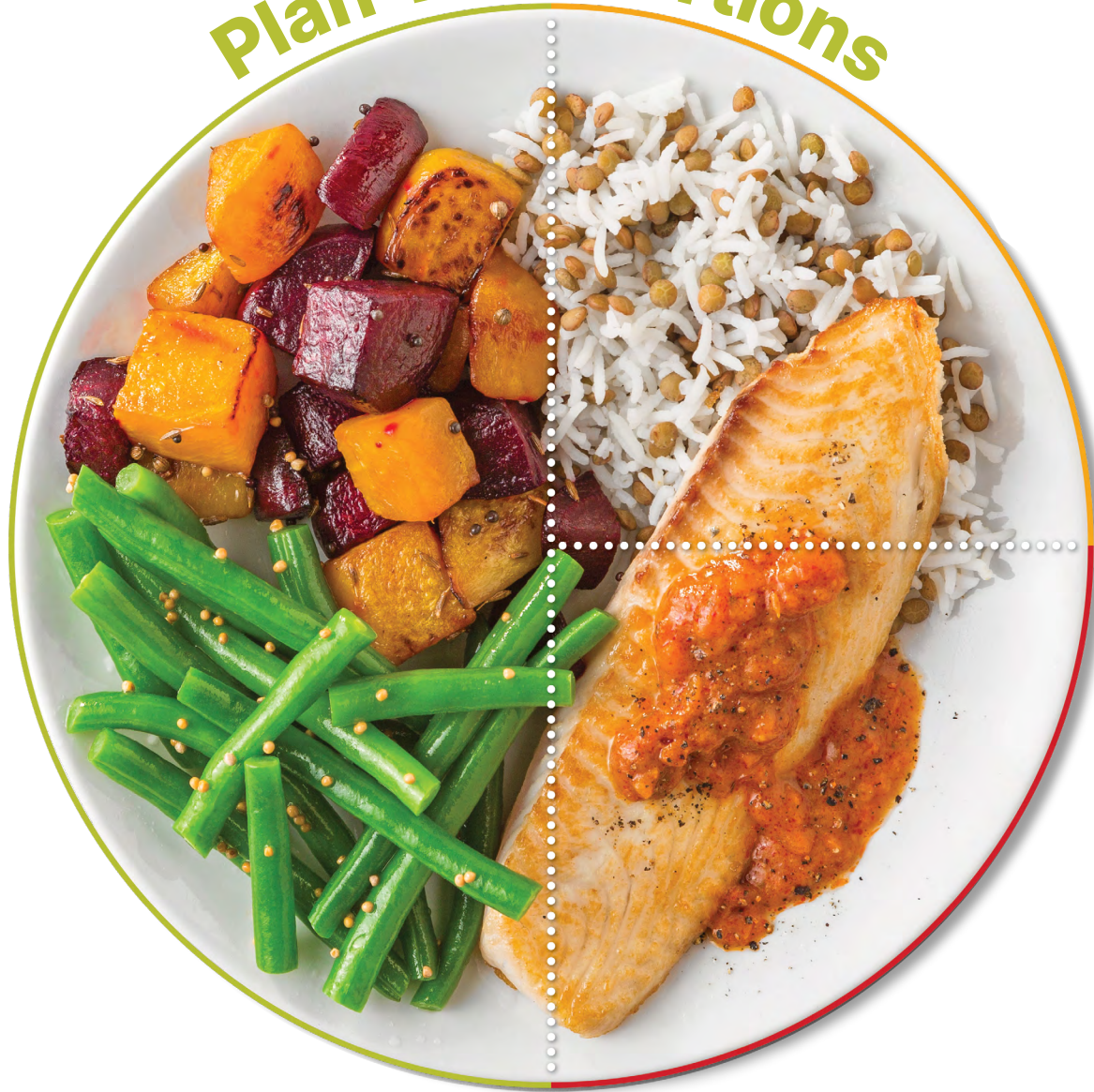
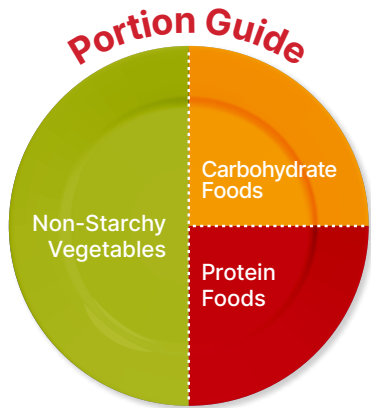


**Utilice un plato de 9 pulgadas para ayudarle a servir porciones inteligentes.**

*Este mantel individual ha sido reformateado desde su diseño original. La financiación para este rediseño ha sido posible gracias a una subvención educativa restringida de Abbott Diabetes Care. Para obtener más manteles, visite [ShopDiabetes.org](http://ShopDiabetes.org).*

[diabetesfoodhub.org](http://diabetesfoodhub.org)

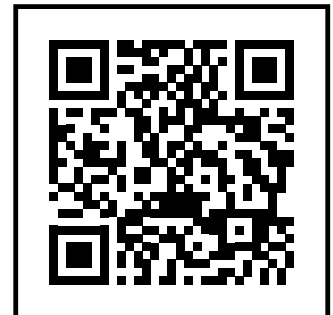
# Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked green beans, roasted beets, rice, and baked fish.

Scan for more meal planning resources.

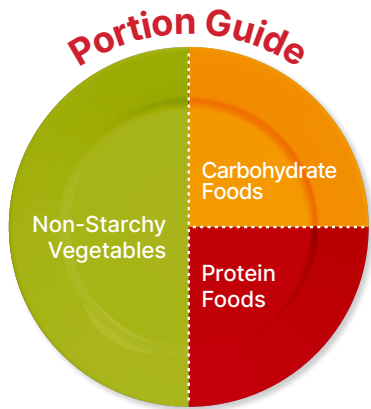


**Use a 9-inch plate to help you dish up smart portions.**

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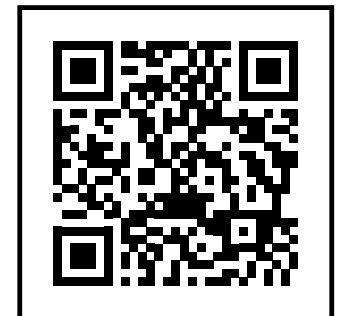
# Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked green beans, cabbage, mashed potatoes, and pulled pork.

Scan for more meal planning resources.

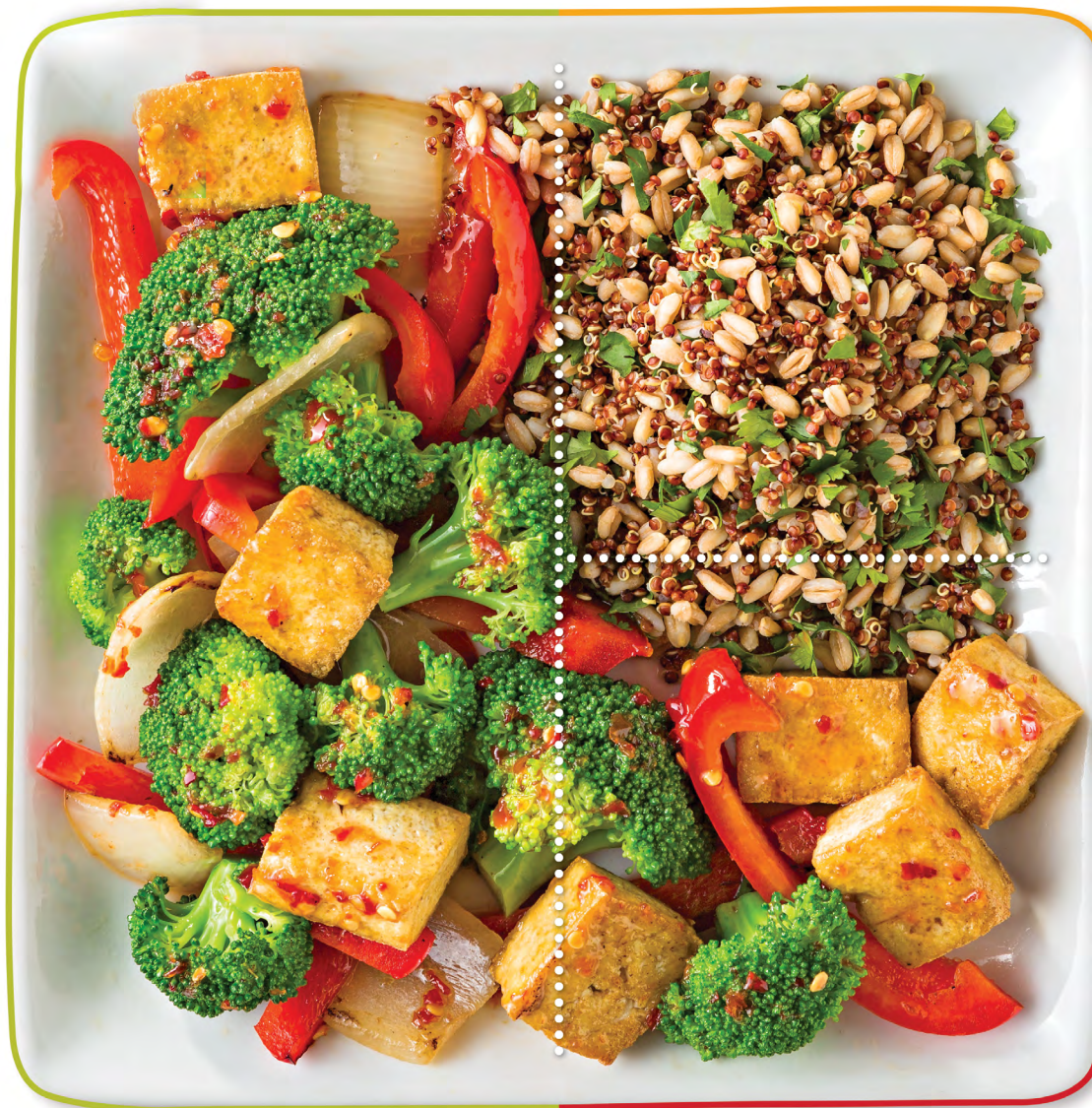
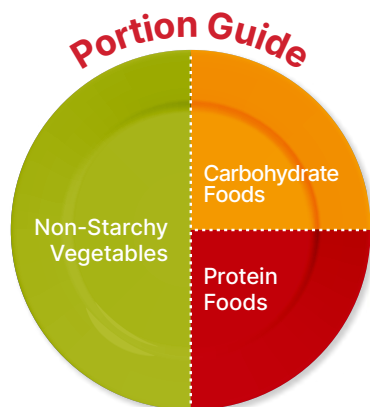


**Use a 9-inch plate to help you dish up smart portions.**

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# Plan Your Portions



Water or 0-Calorie Drinks

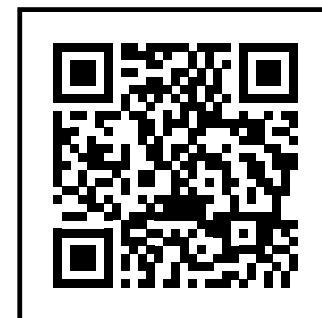
In this plate the protein is mixed with the non-starchy vegetables and it features a broccoli, pepper, onion, and tofu stir-fry, and a farro and quinoa salad.



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**Scan for more meal planning resources.**



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