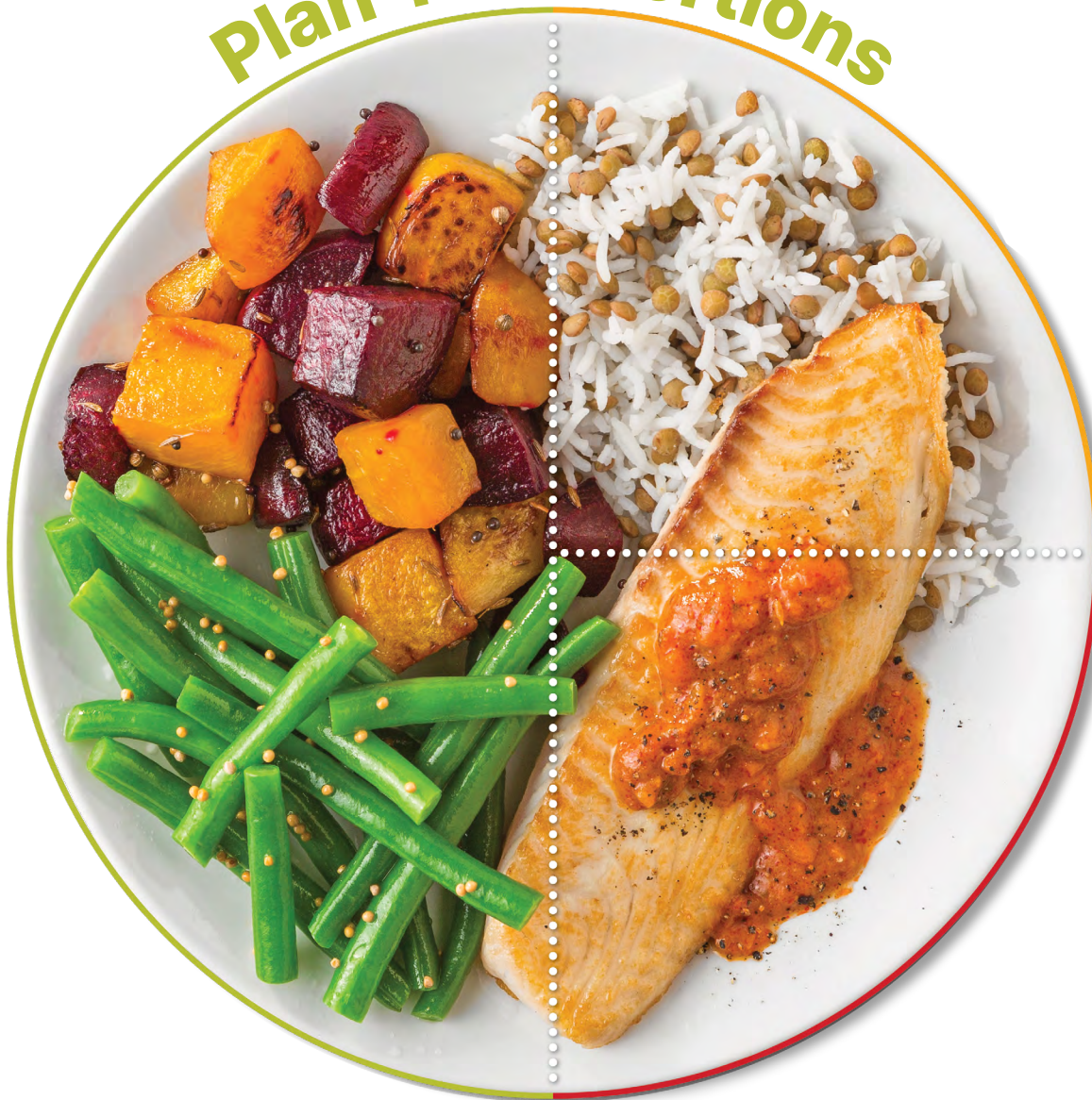
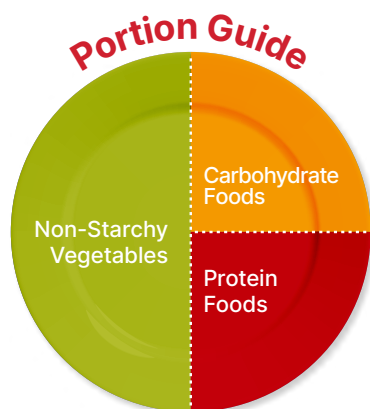


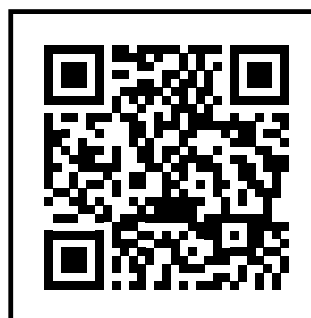
Plan Your Portions



Water or 0-Calorie Drinks

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

Scan for more meal planning resources.



diabetesfoodhub.org



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

To order Diabetes Placemats, visit ShopDiabetes.org.