## **HEALTHY EATING PLATE** What was a start of the start o MAKE YOUR OWN Eat a small amount of fruit 50% Vegetables Nine-Inch Plate Limit sugar, salt, and fat in DLIVE all meals. ANOL 011 Be active every day! Use healthy oils Provided as an educational service on www.learningaboutdiabetes.org. (Limit butter.)

Provided as an educational service on www.learningaboutdiabetes.org.

This handout is not for use by organizations or healthcare professionals.

© 2020 Learning About Diabetes, Inc. All rights reserved.