## **HEALTHY EATING PLATE** What was a start of the start o MAKE YOUR OWN Eat a small amount of fruit 250 Protein 50% Vegetables Nine-Inch Plate Limit sugar, salt, and bad 01110 (saturated) fat ANOL in all meals. OIL Be active every day! Use healthy oils (Limit butter.) A free handout from Learning About Diabetes, Inc.

http://www.learningaboutdiabetes.org