

The plate method

An easy way to set up Healthy meals

For more information on healthy life style:

Contact your Nutritionist at your local clinic

Canadian Diabetes Association
www.diabetes.ca

Diabète Québec
www.diabete.qc.ca

Dietitians of Canada
www.dietitians.ca

Nutrition Labelling Education Center
www.healthyeatingisinstore.ca

Health Canada, Food & Nutrition
www.hc-sc.gc.ca/fn-an/index_e.htm

Public Health Department of CBHSSJB
www.creepublichealth.org

Kino Quebec
www.kino-quebec.qc.ca

Active Living at work
www.phac-aspc.qc.ca



Conseil Cri de la santé et des services sociaux de la Baie James
ᓄᓃᓄᓄ ᓄᓄ ᓄᓄᓄ ᓄᓄᓄ ᓄᓄᓄ ᓄᓄᓄ
Cree Board of Health and Social Services of James Bay

The plate method



ᑲᑲᑲᑲᑲᑲ ᑲᑲᑲ

A visual tool to help you to:

- Control your blood sugar
- Prevent diabetes
- Prevent cardiovascular diseases, cancer and other chronic diseases

Imagine that your plate as four equal parts

Step 1 Use 1 part for starch



Take a regular* size plate

*About 9 inches (23 cm)

Let's look at each part of the plate

Starch

- Prefer whole grain breads and cereals, brown rice, whole grain noodles, regular oats, barley.
- By choosing whole grain products you are adding fibre* to your meal.

Step 2 Use 1 part for meat, fish or meat substitutes



Protein

- Proteins are found in traditional meat, store-bought meat and poultry, fish and substitutes like eggs, tofu, beans and peanut butter.
- Cook your meat and fish using low-fat methods: boil, bake, smoke, broil and roast.

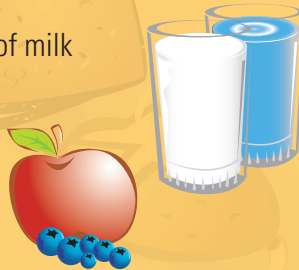
Step 3 Use 2 parts for vegetables



Vegetables

- 2 parts of veggies in your plate may be more vegetables than you are used to, but that's o.k. By eating more vegetables you are adding fibre*, vitamins, minerals and colors to your meal.
- A variety of vegetables are available all year around, fresh and frozen.

Step 4 You can have a glass of milk or water and a fruit to complete your meal



Milk or Water

- Choose milk or water with your meal.
- A glass of milk will bring many nutrients, including calcium and vitamin D that are good for bones.
- Water ... is life!

Fruit

- Choose a fresh, frozen or a canned fruit... Fruit make excellent dessert.

Note *Foods high in fibre help to keep our bowels regular and makes us feel full. Eating regularly a variety of high-fibre foods may also help you to control your blood sugar and your cholesterol levels.