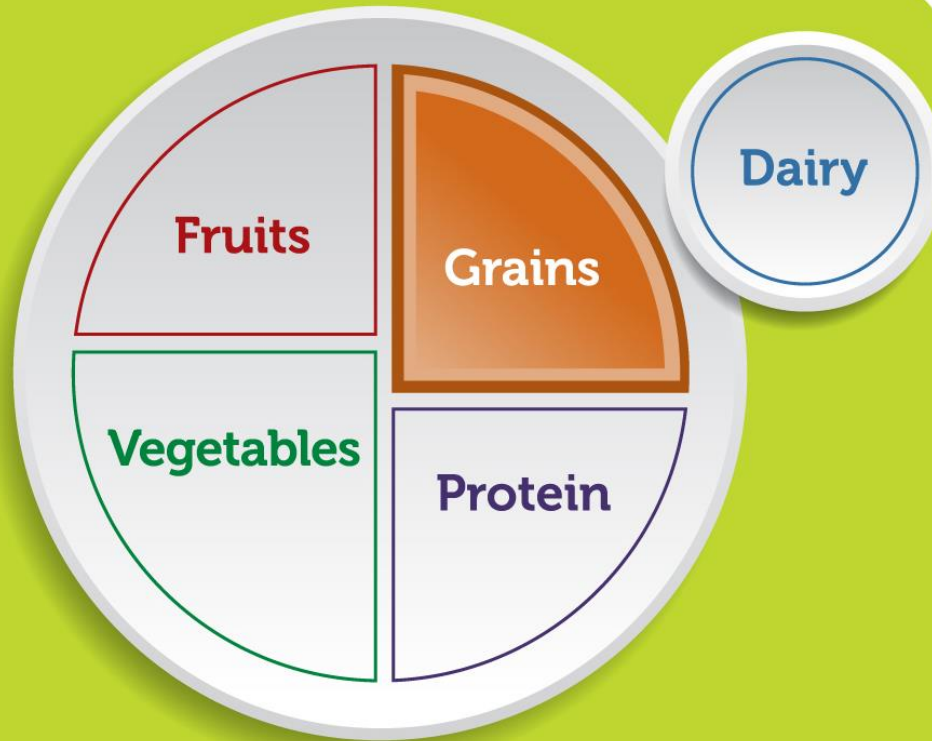


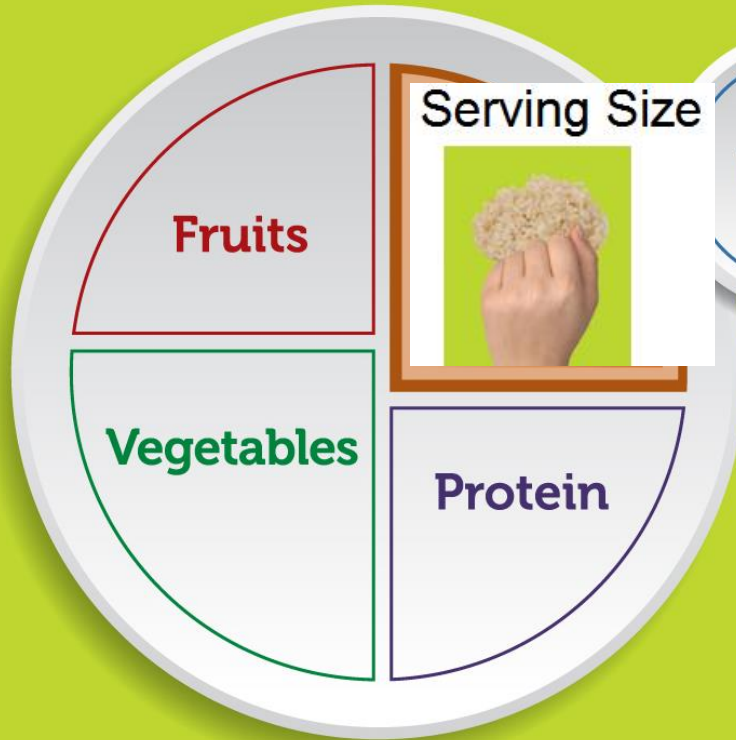
# Healthy Eating My Plate

For Diabetes  
Prevention

This slide presentation was created by Ron Kammer RN, CDE. To get the most out of these slides use the [Session 4 Handout on Healthy Eating](#) from the Diabetes Prevention Program.



Choose **MyPlate**.gov



Dairy

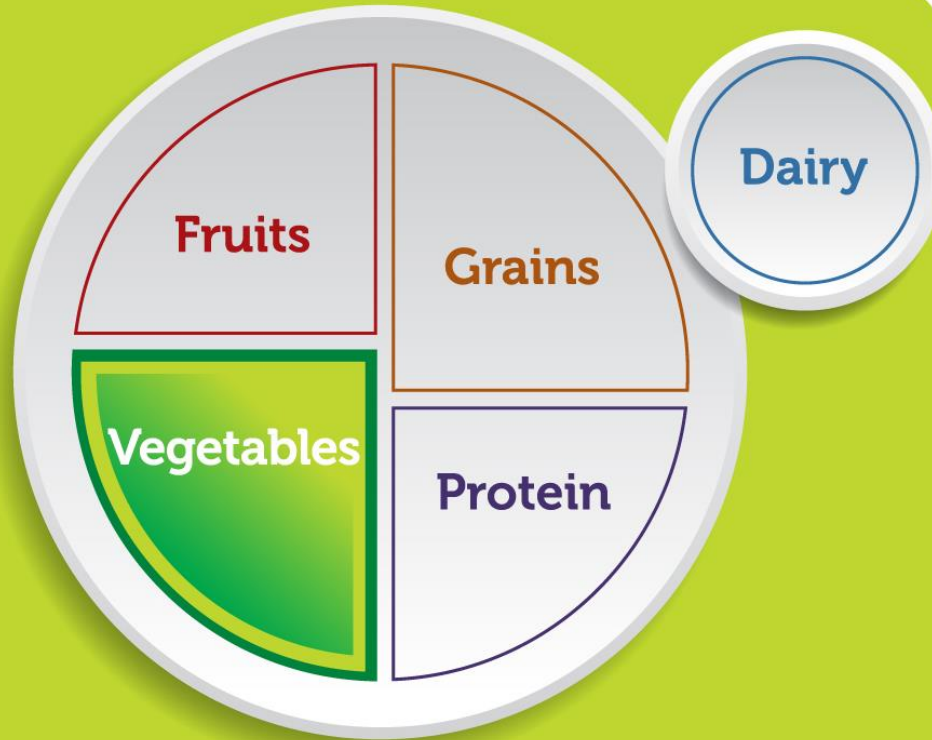
Serving Size

Fruits

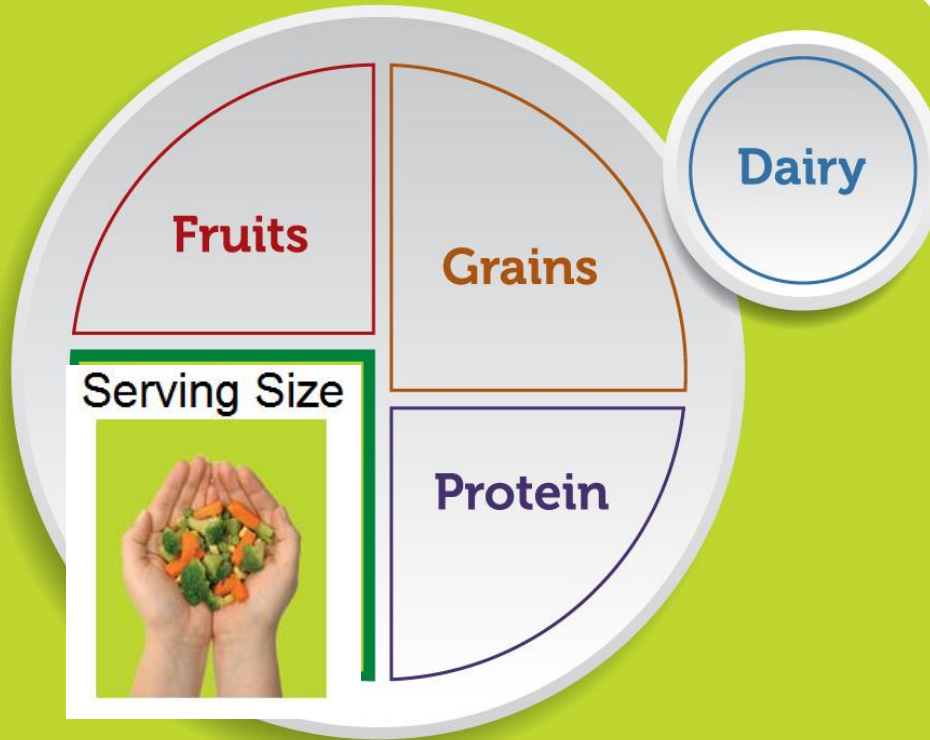
Vegetables

Protein

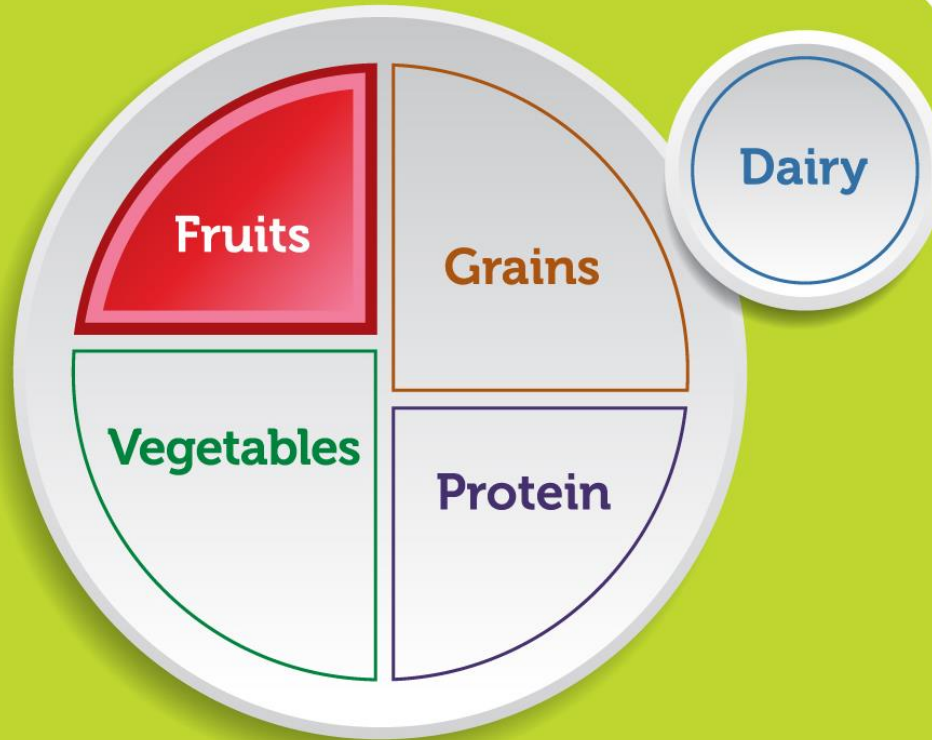
Choose **MyPlate**.gov



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Serving Size



Grains

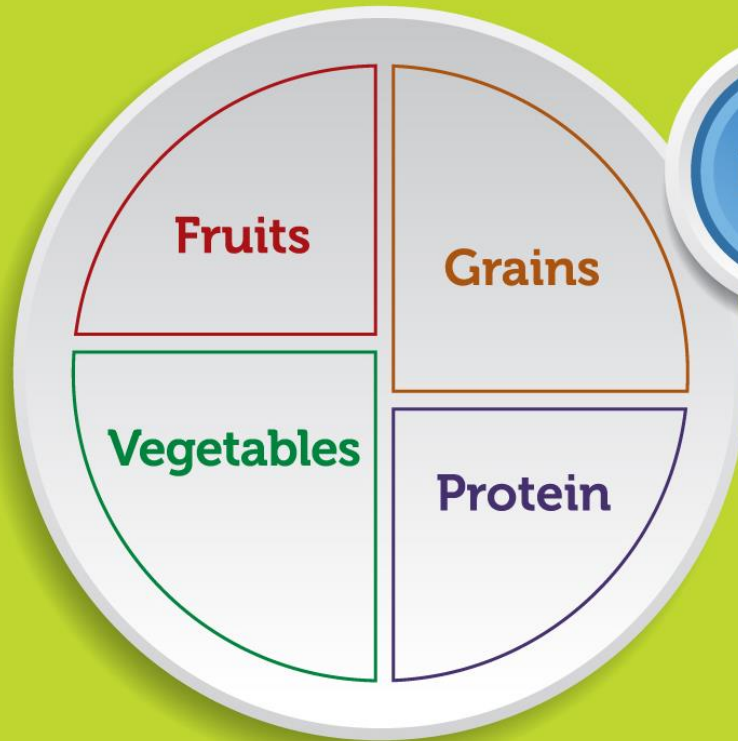
Dairy

Vegetables

Protein

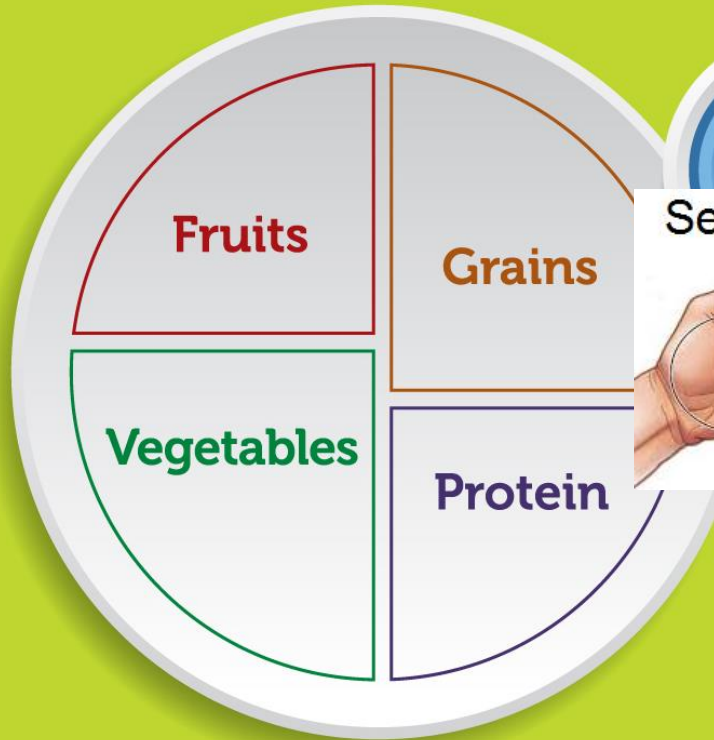
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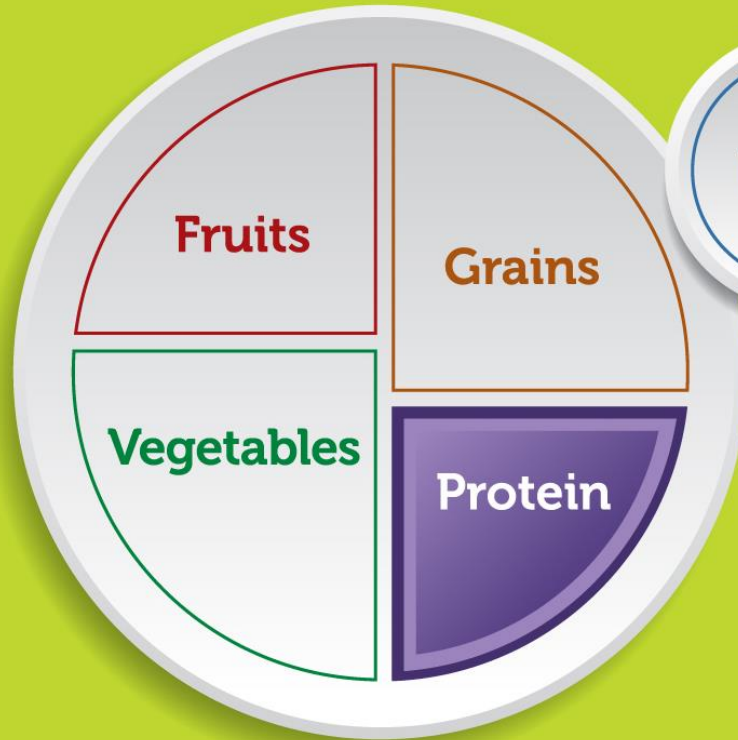


Dairy

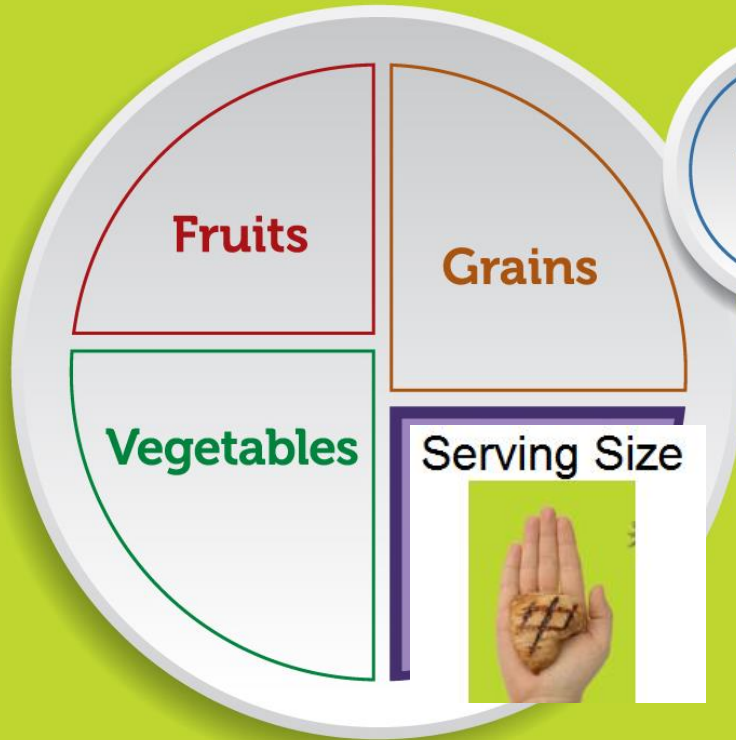
Serving Size



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# In your Session 4 Handout:

Write down your ideas for low-fat food choices in each of these food groups.

**Grains**

**Vegetables**

**Fruits**

**Dairy**

**Protein**



# In your Session 4 Handout:

Write in the foods you would eat in one day for each of the food groups.

	Breakfast	Lunch	Dinner	Snacks
Grains				
Vegetables				
Fruit				
Dairy				
Protein				

To do for next week: Try using the plate method for one week and then ask yourself these questions:

Did you make any changes during the week to match the MyPlate guidelines with what you ate? If yes, what were they?

What problems did you have? How did you solve them?



Find out more about diabetes prevention

At

[www.DiabetesAnswers.org/node/863](http://www.DiabetesAnswers.org/node/863)