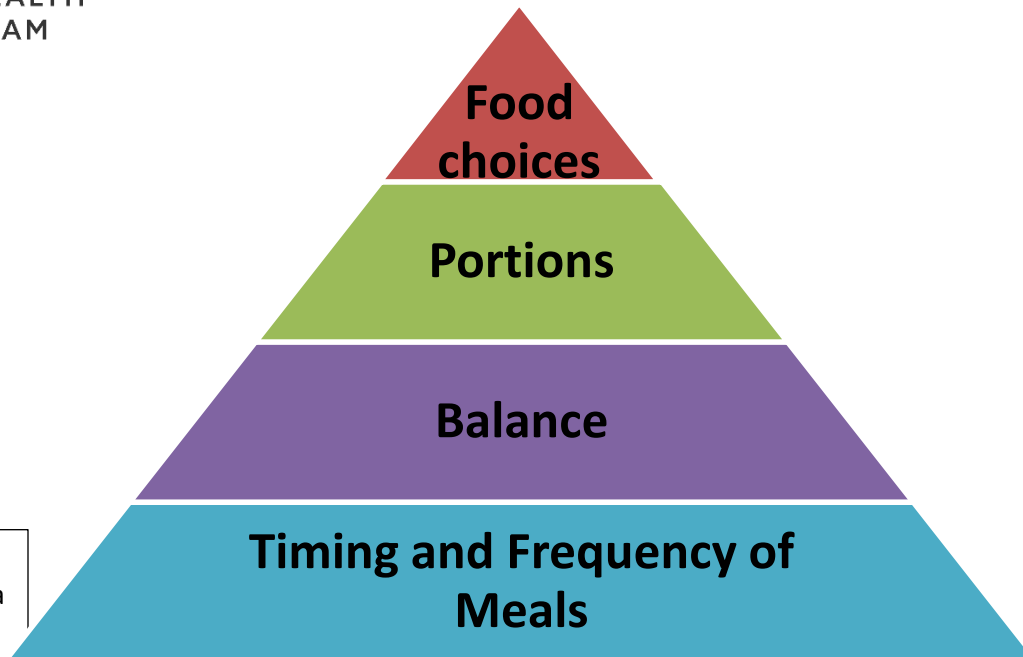


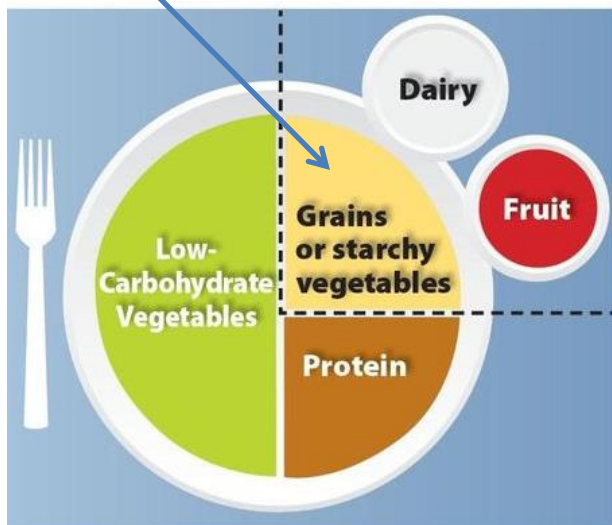
## BALANCED EATING PRINCIPLES



**Carb portion example:**  
1 cup rice/ potato/pasta  
or  
2 slices of bread

### 1. **Timing and Frequency of Meals:**

- Eat breakfast within 1-2 hours of waking
- Eat 3 meals a day spaced no more than 4-6 hours apart



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### 2. **Balance:**

#### Meals:

- Include a protein source from the “milk and alternatives” or “meat and alternatives” group
- Include a minimum of 3 of the 5 food groups (Vegetables, Grains and Starches, Fruits, Milk and Alternatives and Meat and Alternatives)

#### Snacks:

- Include a protein and a carbohydrate source
- Include a minimum of 2-3 of the 5 food groups

### 3. **Portions:**

- Refer to the Diabetes Food Guide for recommended daily number of servings for each food group or use the “Balanced Plate Model” (pictured above) as a guide

### 4. **Food choices:**

- Follow the 80/20 Rule (make “everyday” healthy food choices 80% of the time and eat “sometimes” foods 20% of the time)

# My Change Checklist

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>	Ate breakfast <input type="checkbox"/> Ate within 2hrs of waking <input type="checkbox"/> Chose at least 3 different food groups <input type="checkbox"/>
<b>Lunch</b>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate lunch <input type="checkbox"/> Ate within 4-6hrs of breakfast <input type="checkbox"/> Plate model <input type="checkbox"/>
<b>Dinner</b>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>	Ate dinner <input type="checkbox"/> Ate within 4-6hrs of lunch <input type="checkbox"/> Plate model <input type="checkbox"/>
<b>Snacks</b>	Paired a carbohydrate with a protein source <input type="checkbox"/>	Paired a carbohydrate with a protein source <input type="checkbox"/>	Paired a carbohydrate with a protein source <input type="checkbox"/>	Paired a carbohydrate with a protein source <input type="checkbox"/>	Paired a carbohydrate with a protein source <input type="checkbox"/>	Paired a carbohydrate with a protein source <input type="checkbox"/>	Paired a carbohydrate with a protein source <input type="checkbox"/>
<b>Minutes of Physical Activity</b>	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min

Stayed within the low risk alcohol guidelines (2 standard drinks or less per week)

Had at least 2 vegetarian meals this week

Working to increase my awareness of hunger/fullness cues

Working to increase my awareness of eating influences (such as hunger, emotion, visual cues etc)

*Other notes:* \_\_\_\_\_

Had at least 2 servings of fish (salmon, tuna, trout, sardines, mackerel)