

ARK Care® Wellness Smart Plate

+ LIVING WELL WITH DIABETES



LOW-CARB VEGGIES

Eat 4 or more each day
25 calories and 5 grams of carbs
1 cup raw or ½ cup cooked

Asparagus	Mushrooms
Baby carrots	Onions
Bell peppers	Romaine lettuce
Broccoli florets	Spinach
Brussels sprouts	Snow peas
Cauliflower	Squash
Eggplant	Tomatoes
Green beans	Zucchini
Jicama slices	

FIBER-RICH CARBS

80-100 calories and
15 grams of carbs

- 1 slice whole-grain bread
- 1/3 cup quinoa, brown rice
- 1/2 cup bran flakes
- 1/3 cup whole-wheat pasta
- 6" whole-wheat tortilla
- Mini whole-grain bagel
- 1/2 cup oatmeal
- Small sweet potato
- 1/2 cup peas, corn
- 1 whole-grain waffle
- 1/2 cup beans, lentils
- 3 Ry Krisp® crackers

LEAN PROTEIN

Limit to 3 ounces at meals
(size of a deck of cards)
100 calories per ounce and
0 grams of carbs

- Halibut, cod, tilapia
- Skinless, boneless chicken breast
- Salmon, tuna steak (≈200 calories)
- 95% lean ground beef
- Extra-lean ground turkey
- Canned tuna (in water)
- Shrimp, scallops
- Pork tenderloin

VEGETARIAN PROTEIN

Check labels for calories and carbs

- 2% cottage cheese*
- Beans-black, kidney, navy
- Low-sodium lentil soup
- Egg, egg whites*-limit egg yolks to one a day
- Part-skim mozzarella cheese*
- Veggie burger
- Edamame
- Tempeh
- Tofu

*Representation of lacto-ovo vegetarian

WHOLESOME FRUIT

Eat 2- 4 each day
60 calories and 15 grams of carbs

Small apple	17 small grapes
3/4 cup berries	1 kiwi
1 cup cantaloupe	Small orange
1/2 grapefruit	1/2 cup mango slices
1 1/4 cup whole	Small pear
Strawberries	3/4 cup frozen peaches
1/2 cup light	3/4 cup pineapple
Canned fruit	12 cherries

LOW-FAT DAIRY

2- 3 cups each day
100 calories and 12 grams of carbs

- 1 cup milk, 1 cup soymilk or 6-8 ounces of yogurt
- Skim or 1% milk
- Calcium-fortified plain soymilk
- Plain, nonfat or low-fat yogurt
 - Dannon® nonfat, plain
 - FAGE® Total 0% Greek
- Light, fruit-flavored yogurt
 - Yoplait® Light
 - Dannon® Light & Fit

HEALTHY FATS

Eat these with colorful
fruits and veggies
50 calories and 0 grams of carbs

- 1 teaspoon olive or canola oil
- 2 tablespoons avocado
- 8 large black olives
- 7 almonds or cashews
- 2 tablespoons ground flaxseed
- 2 tablespoons light salad dressing
- 1/2 tablespoon peanut butter

This information is for general education only.
Please consult your diabetes team for meal planning advice.

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Using a 9-inch dinner plate, fill your plate with more non-starchy veggies and smaller portions of starchy foods and protein – no special tools or counting required!

Non-starchy Vegetables

Fill 1/2 of your plate with non-starchy vegetables.

- Microwave, grill and stir-fry fresh or frozen veggies
- Add veggies to other foods like soups, salads, casseroles and pizza
- Store pre-cut veggies in a clear veggie bowl at the front of the fridge
- Enjoy two brightly colored veggies at lunch and dinner



Lean Protein

Fill 1/4 of your plate with lean protein.
Limit to 3 ounces at meals (size of a deck of cards)

- Eat fish twice a week: salmon, trout and halibut for healthy Omega 3s
- Enjoy a meatless meal with black bean tacos, stir-fried tofu or veggie burgers
- Buy red meat labeled round, sirloin or tenderloin
- Spice up skinless chicken with a Cajun rub



Fiber-rich Carbs

Fill 1/4 of your plate with fiber-rich carbs.
80–100 calories and 15 grams of carbs.

- Try whole grains like quinoa (keen-wah) or barley
- Buy breads with 3 or more grams of fiber
- Mix whole-wheat pasta with regular pasta
- Choose brown rice over white and fried rice
- Watch your portion size carefully

