

[Home](#) [Navigating Nutrition](#) [Tips for Eating Well](#)

## FOOD &amp; NUTRITION

# Tips for Eating Well

## Eat Good to Feel Good

Simplify healthy eating with the Diabetes Plate Method—an easy, tool-free way to portion your plate that supports your diabetes management.

[Learn more](#)**Important Safety Information**


Do not share your Ozempic® pen with other people, even if the needle has been changed. You may give other people a serious infection. or get a [Please click here for Prescribing Information.](#)

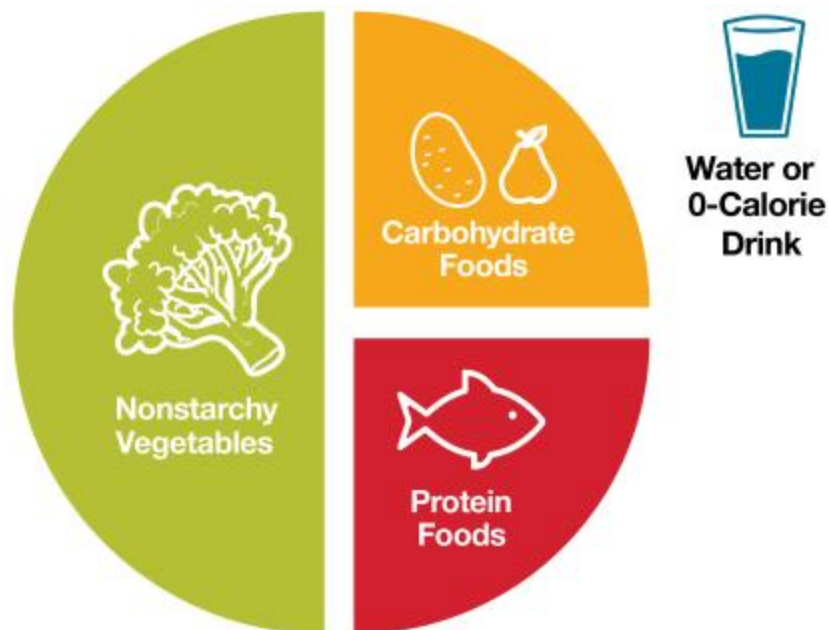
Regardless of what cuisine you prefer, here's what all healthy eating plans have in common. They include:

- Fruits and vegetables
- Lean meats and plant-based sources of protein
- Less added sugar
- Less processed foods

## Try the Diabetes Plate Method

Eating healthy is important, it can be hard to know what and how much to eat—especially when you're managing diabetes.

If you're looking for an easy place to start, then try following the [Diabetes Plate Method](#) . This simple guide offers a stress-free way to plan your portions without any counting, calculating, or measuring.



First, grab a nine-inch plate. You want to fill half your plate with non-starchy vegetables, one quarter of the plate of protein foods, and the last quarter of the plate with carbohydrate foods. Top it off with a glass of water or another zero-calorie drink and you've got yourself a well-balanced plate! This helps

take the guess work out of meal planning so you can spend more time doing the things you love.

Check out the types of foods listed below so you can be on your way to eating good to feel great.

## Non-Starchy Vegetables

Using the Diabetes Plate Method as your guide, fill half your plate with non-starchy vegetables for a healthy meal. These vegetables keep you feeling full for longer and provide you with the great-tasting nutrients your body needs without as many calories and carbs. Non-starchy vegetables include broccoli, carrots, cauliflower, and more! [Learn more about non-starchy vegetables.](#)

## Protein

Protein is an important part of a diabetes meal plan. Are you plant-based? That's okay! There are plenty of protein-rich plant-based options, such as beans, hummus, lentils, and others. [Learn about your best choices.](#)

## Fruits

Wondering if you can eat fruit? Yes! While fruit does count as a carbohydrate food, they are loaded with vitamins, minerals, and fiber just like vegetables. Fruit can also help you satisfy your sweet tooth without the added sugar. [Find out about the best choices.](#)

## Fats

Fats are not the enemy. Focus on adding healthy fats (like monounsaturated and polyunsaturated fats) to lower your cholesterol and protect your heart. Healthy fats can be found in foods like olive oil, nuts, avocados, some types of

fish, and a host of other tasty options. Make healthy choices to decrease your risk of heart disease. [Get the facts on fats.](#)

## Diabetes Superfoods

You may have heard of diabetes superfoods. Get the facts, and supercharge your meal plan with these 10 foods full of vitamins, minerals, and fiber. [Learn more about diabetes superfoods.](#)



---

### American Diabetes Association

2451 Crystal Drive, Suite 900  
Arlington, VA 22202

#### For donations by mail:

P.O. Box 7023  
Merrifield, VA 22116-7023

#### Call, Email, Chat:

[Center for Information](#)

Monday–Friday  
9 am–5:30 pm ET

[askada@diabetes.org](mailto:askada@diabetes.org) ✉

[1-800-DIABETES](#)  
[\(800-342-2383\)](#)

### ABOUT US

---

### WAYS TO CONTRIBUTE

---

## MORE ADA SITES

---

## CATEGORIES

---



[Policies](#)

[Privacy Policy](#)

[How to Reference Our Site](#)

[Diversity & Inclusion](#)

[Mailing List Removal](#)

[Terms of Use](#)

Copyright 1995–2023. American Diabetes Association®. All rights reserved.