

Make a plate you're proud of...

Try the plate method

Counting calories is exhausting, that's why the plate method is a handy shortcut. It helps you get a healthy balance of vegetables, grains, proteins, and carbs in one meal.

Here are some tips to get started:

1. Check your blood sugar before and after you eat to learn if that portion is right for you.
2. Eat just enough to feel full and satisfied.
3. Try measuring food with cups and spoons and do monthly portion checks to make sure they don't get too big.

Last but not least, **get support!** See if you're eligible for Onduo, where you'll get access to health coaches, physicians, and tools to support you, wherever you are.

Want to see "proud plate moments" from our members?

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Making a healthy plate is simpler than you think. The size of your plate can influence how much you eat. Research shows that when you use a large plate, you tend to fill it with larger portion sizes. Using a smaller plate is a great way to keep portion controls in check.

Here's how:

- First, start with a 9-inch plate and draw an imaginary line down the middle, then divide one side in half. You'll have 3 sections in total.
- Next, fill the big section (1/2) of your plate generously with low-carb vegetables like spinach, green beans, or broccoli.
- Then, fill one small section (1/4) of your plate with meat or another protein source.
- Finally, fill the remaining section (1/4) of your plate with carbohydrates like corn, potatoes, or noodles.

Pro tip: If your blood glucose has been above average, put a little less in your grains and high-carb veggies section.

