

# GLUCOCARD™

The Simple Change™



## LOW-CARB VEGGIES

Fill  $\frac{1}{2}$  Plate

- ✓ Microwave, steam or stir-fry frozen veggies
- ✓ Top salads with spinach, tomatoes, sprouts and onions
- ✓ Roast or grill sliced veggies with a little olive oil
- ✓ Enjoy two brightly colored veggies at lunch and dinner



## LEAN PROTEIN

Fill  $\frac{1}{4}$  Plate

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



## FIBER-RICH CARBS

Fill  $\frac{1}{4}$  Plate

- ✓ Add new 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



9-inch Smart Plate

P/N 6334-01 Rev 3/09

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## LEAN PROTEIN

Limit to 3 ounces at meals

(size of a deck of cards)  
100 calories/0 grams of carbs

- Salmon, halibut, tuna
- Cod, tilapia, orange roughy
- Shrimp, scallops
- Chicken breast, skinless
- Turkey breast, skinless
- Pork/beef — tenderloin, round
- Lean, extra lean ground turkey
- 85%-95% lean ground beef



## VEGETARIAN PROTEIN

Check labels for calories/carbs

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

## WHOLESOME FRUIT

Eat 2-4 each day

60 calories/15 grams of carbs  
1 cup fresh, 1/2 cup frozen or a medium piece of fruit

- |            |              |
|------------|--------------|
| Apples     | Red grapes   |
| Apricots   | Lemon, limes |
| Berries    | Kiwi         |
| Cantaloupe | Oranges      |
| Cherries   | Papaya       |
| Grapefruit | Peaches      |

## LOW-CARB VEGGIES

Eat 4 or more each day

25 calories/5 grams of carbs  
1 cup fresh or 1/2 cup cooked

- |                  |                  |
|------------------|------------------|
| Asparagus        | Eggplant         |
| Baby carrots     | Jicama slices    |
| Bell peppers     | Leeks            |
| Broccoli florets | Mushrooms        |
|                  | Onions           |
|                  | Romaine, spinach |
|                  | Snow peas        |
|                  | Tomatoes         |
|                  | Zucchini         |

## HEALTHY FATS

Eat these with colorful fruits and veggies

- 50 calories/0 grams of carbs
- 1 teaspoon olive oil
- 2 tablespoons avocado
- 8 olives
- 7 almonds or cashews
- 5 pecan or walnut halves
- 3 tablespoons sunflower seeds
- 1/2 tablespoon peanut butter

# Smart Fuel



## FIBER-RICH CARBS

80-100 calories/  
15 grams of carbs

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

## LOW-FAT DAIRY

100 calories/12 grams of carbs  
1 cup milk, 1 cup soymilk or 6-8 ounces of yogurt

- Skim/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

Representation of lacto-ovo vegetarian

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

