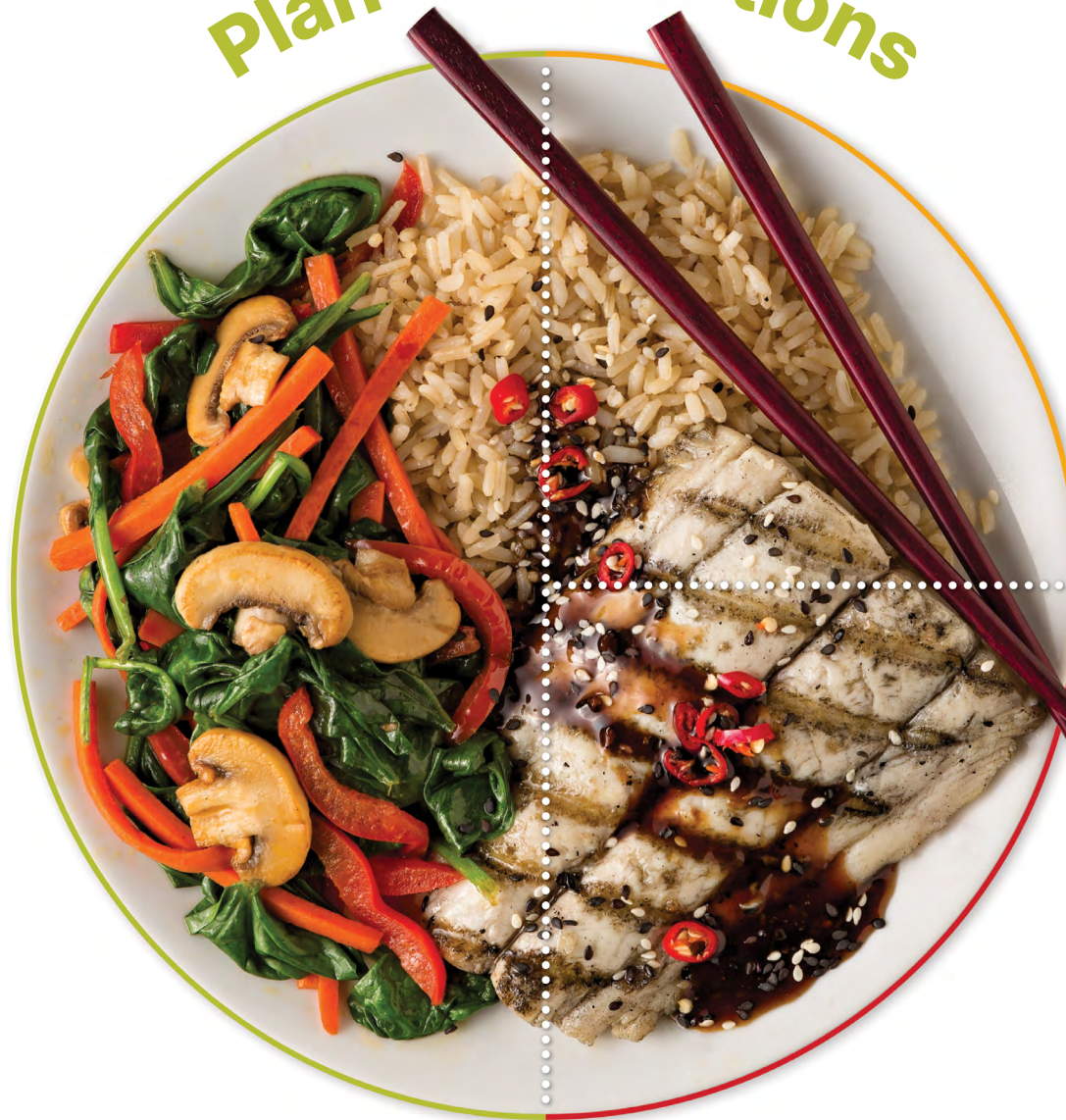
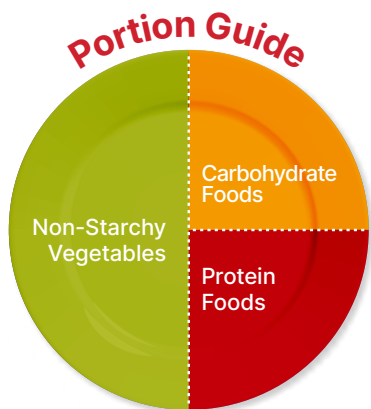


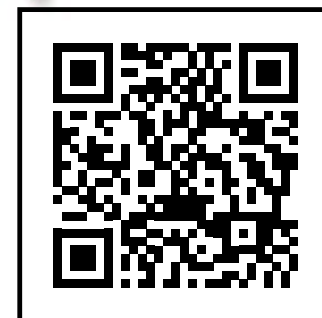
Plan Your Portions



Water or 0-Calorie Drinks

This plate features cooked greens with mushrooms, peppers, and carrots, brown rice, and grilled fish.

Scan for more meal planning resources.



Use a 9-inch plate to help you dish up smart portions.

To order Diabetes Placemats, visit ShopDiabetes.org.

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