### Role Modeling Healthier Choices

Being a role model for healthy eating can be hard, but by offering a variety of healthier options, you are giving your family and guests opportunities to make healthier choices.

### Cooking for Everyone’s Preferences and Dietary Needs

#### 1. Use the Diabetes Plate Method

The Diabetes Plate Method is an easy way to create healthy meals that help you manage your blood sugar. This method is based on a nine-inch plate.

- **Non-starchy Vegetables**: 50%
- **Starchy Foods**: 25%
- **Lean Protein**: 25%

#### 2. Offer a Variety of Options

- **Salad Bar**: Include lettuce, cherry tomatoes, cucumber, broccoli, etc.
- **Side Dish**: Consider easy-to-make roasted baby baked potatoes.
- **Rolls**: Try mixing whole wheat & white!

#### 3. Provide Mindful Snack Planning

Fresh vegetable trays with dips are usually a hit for those that like to snack or can’t wait until dinner is served. Try planning ahead with zero-calorie/flavored water as beverages.

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**IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.**

Talk to your doctor about your next steps. You’re not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](http://KnowDiabetesbyHeart.org/join)

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