

# HOW TO PROPERLY COMPOSE A DIABETIC-FRIENDLY MEAL?

Explore examples of meals in line with the Healthy Eating Plate

## OMELETTE



## OATMEAL



## LEARN MEAL COMPOSITION SCHEME

Keep in mind all the elements:

1

LOW-STARCH VEGETABLES AND FRUITS



e.g. tomato, aubergine, lettuce, berries, citrus

2

COMPLEX CARBOHYDRATES



e.g. whole-wheat pasta, hulled barley, buckwheat, oatmeal, bran, whole-wheat bread, brown rice, quinoa

3

PROTEIN



e.g. legumes, fish, lean meat, eggs, skimmed dairy products

4

VEGETABLE FATS



e.g. olive oil, canola oil, nuts, seeds

## SANDWICH

