



Lesson 1

Introduction to the Idaho Plate Method. Participants form groups and plan a meal using the Idaho Plate Method.

Lesson 2

Information on the nutritional and health benefits of adopting the Idaho Plate Method, and using meal preparation methods that combine to make meals heart-healthy.

Lesson 3

Putting the Idaho Plate Method into practice through a supermarket tour. Learn how to read a food label and complete meal-planning activities that correspond to each of the food groups.

Lesson 4

A focus on how breakfast, lunch, and dinner recipes fit into the Idaho Plate Method. Complete meal-planning and learn how to select from a menu when dining out. Participants will receive a recipe handout.



The Healthy DIABETES PLATE

To Order the Healthy Diabetes Plate Curriculum and CD

\$30 plus \$5.50 shipping and handling

Contact Ag Publishing, University of Idaho.
P.O. Box 442240, Moscow, ID 83844-2240 USA
Fax 208.885.4648 or call 208.885.7982 or
e-mail agpubs@uidaho.edu

Other information about diabetes:

American Diabetes Association
www.diabetes.org

Nutrition and Diabetes Resource List
for Consumers (December 2002)
www.nalusda.gov/fnic/pubs/bibs/topics/diabetes/diabetes.html



The Healthy DIABETES PLATE



A practical approach to
taking control of diabetes
through healthy planning

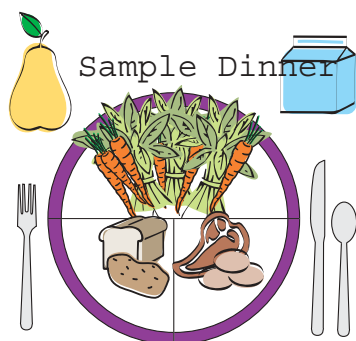
presented by  University of Idaho
Extension

What's on Your Plate Today?



Your answer can make a difference in controlling your diabetes.

Learn how to change what and how you eat. Simply assign healthy foods to your plate.



The Idaho Plate Method is a unique way to visually teach people who have diabetes about the types of foods they should consume.

It has taken the Food Guide Pyramid and put it on a plate!

Who Will BENEFIT?

- Individuals who have diabetes.
- Friends and family members responsible for planning meals for individuals who have diabetes.
- Health care and nutrition professionals who want to learn an easy method of controlling diabetes.

What Will You LEARN?

- Recognize the signs and symptoms of diabetes.
- Plan meals using the Idaho Plate Method.
- Select foods in the supermarket using the Idaho Plate Method.
- Prepare meals and recipes.
- Maintain healthy eating habits when dining outside the home.



The Healthy DIABETES PLATE



The Healthy Diabetes Plate was piloted in Idaho, Oregon, and Colorado. It was made possible, in part, by the input of the following:

Idaho Extension Educators:

Shelly Johnson
Joey Peutz
Rhea Lanting
Marnie Spencer
Barbara Petty
Audrey Liddil
Laura Sant

Oregon:

Ellen Schuster

Colorado:

Melissa Bardsley

And

Mimi Hartman, RD, CDE, Idaho Diabetes Control Program

Julie Harker, RD, CDE, Idaho Plate Method

What participants think:

"It was easy to follow..."
"It brought my blood sugar levels down..."

Developed by

Dr. Martha Raidl

Extension Nutrition Education Specialist Assistant Professor

Family & Consumer Sciences University of Idaho

