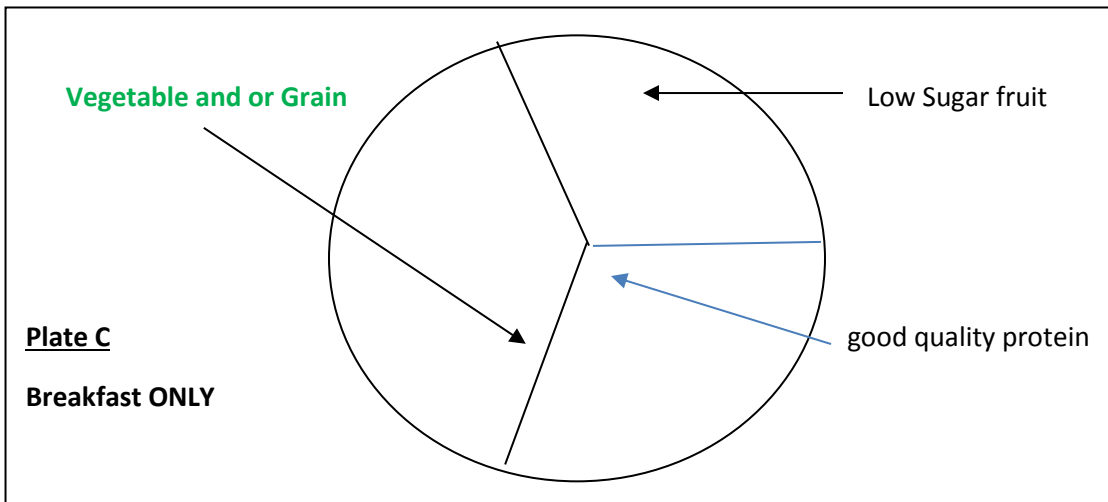
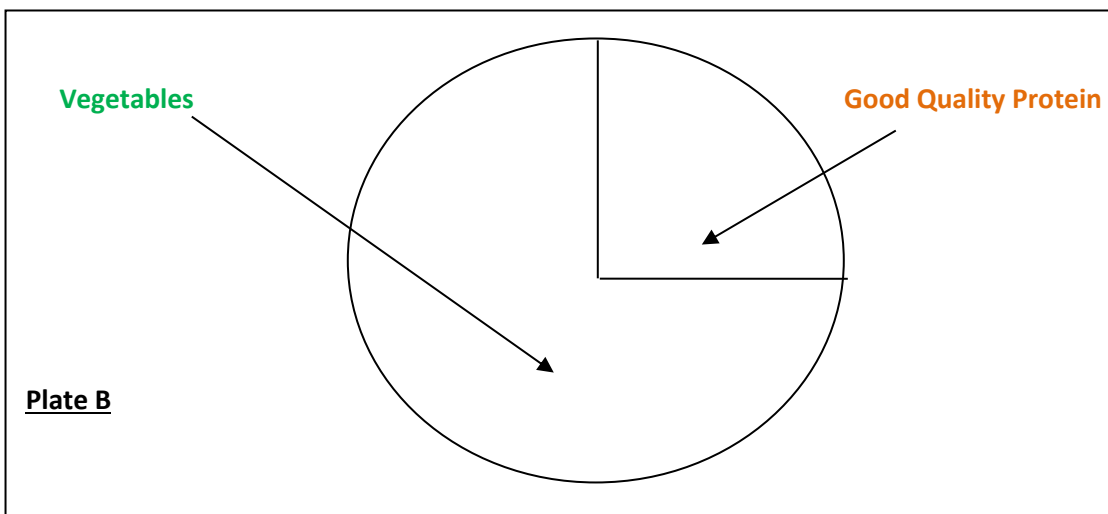
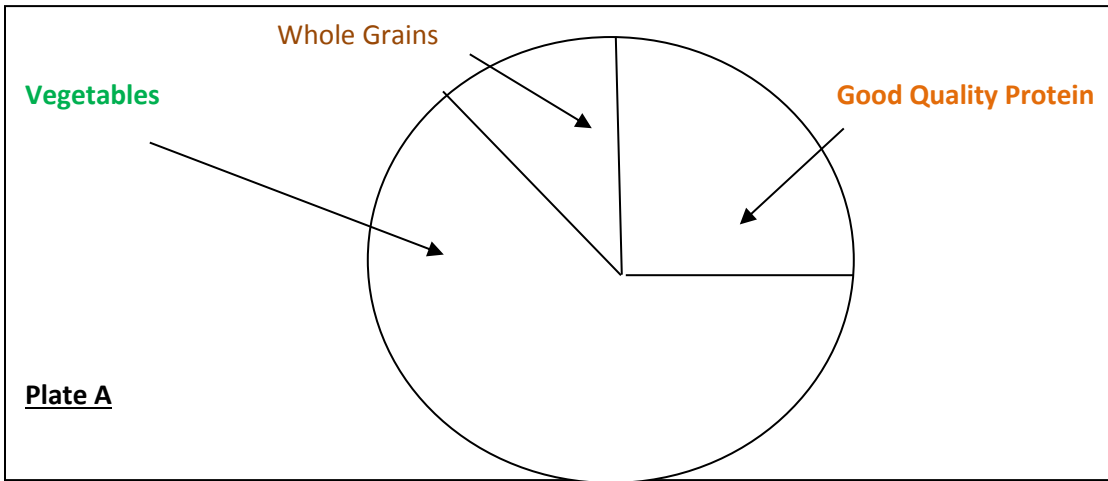


# What Should My Plate Look Like?



## Fruits

Enjoy your  
Fruits!

Aim for about  
**2 - 4 servings**

a day and eat them  
at the end of a meal  
or with protein and  
fat to prevent  
spikes in glucose.

Aim for low sugar  
high fiber fruits :

Lemons

Limes

Blackberries

Blueberries

Raspberries

Strawberries

Granny Smith  
Apples

Pomegranates

These choices allow  
for steady glucose  
Levels.