Managing Type 2 diabetes doesn't mean a steady diet of bland this and boiled that. NorthShore Certified Diabetes Educator Stella Moreno-Cortes advocates the American Diabetes Association’s “Create Your Plate” method. Follow this plan and whip up satisfying meals packed with a variety of tasty foods that will keep your blood glucose levels in check and even help you lose weight.

Moreno-Cortes says to start by drawing an imaginary line down the middle of your plate. Divide one side with another line so you have three sections.

**FILL THE LARGEST SECTION WITH NONSTARCHY VEGGIES SUCH AS:**
- Broccoli
- Carrots
- Salad greens (iceberg, romaine and arugula)
- Bell peppers (red and green)

**IN ONE OF THE SMALL SECTIONS, PUT YOUR PROTEIN, INCLUDING:**
- Seafood
- Chicken, duck and turkey
- Beef, pork, veal and lamb
- Tofu
- Cheese
- Eggs

**IN THE OTHER SMALL SECTION, PUT GRAINS AND STARCHY FOODS SUCH AS:**
- Whole grains (brown rice, whole-grain barley and quinoa)
- Starchy vegetables (corn, pumpkin, butternut and acorn squash)
- Beans, lentils, peas and edamame

“With ‘Create Your Plate,’ you don’t need to be a top chef to master diabetes control.”

NorthShore Certified Diabetes Educator Stella Moreno-Cortes