A Brief Introduction to
The Power Plate

The Star of the *Food for Life* Program:
Eating and Cooking to Beat Diabetes in Indian Country
The power of healthy foods gives hope to people with diabetes....

...and to future generations.
These healthful food groups help you live longer, stay slimmer, and cut your risk of heart disease, diabetes, and high blood pressure.
The healthiest foods for the whole family...

Children

Athletes

Elders

...And everyone in between!
Fruits

- Fruits are rich in fiber, vitamin C, and beta-carotene. Choose a variety of colors, whether fresh, frozen, or canned.

- Be sure to include at least one serving each day of fruits that are high in vitamin C: Citrus fruits, melons, and strawberries are all good choices.

- Choose whole fruit over fruit juices, which do not contain very much fiber.
Grains

- Grains include bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.

- Eat more whole grains, such as brown rice, rolled oats, and barley.
Legumes

- Legumes—another name for beans, peas, and lentils—are a good source of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soymilk, tempeh, and tofu. Choose a variety of colors, whether dried, frozen, or canned.
Vegetables

- Vegetables are packed with nutrients. Include generous portions of a variety of vegetables in your diet. Choose a variety of colors, whether fresh, frozen, or canned. They provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients.

- Dark green leafy vegetables, such as broccoli, collards, kale, mustard and turnip greens, chicory, and bok choy, are especially good sources of these important nutrients.

- Dark yellow and orange vegetables, such as carrots, winter squash, sweet potatoes, and pumpkin, provide extra beta-carotene.
www.ThePowerPlate.org

Visit the Webpage.

Click on each section of the plate to see recipes.

More resources here.
Please join us!

Food for Life Program
Cooking and Eating to Beat Diabetes