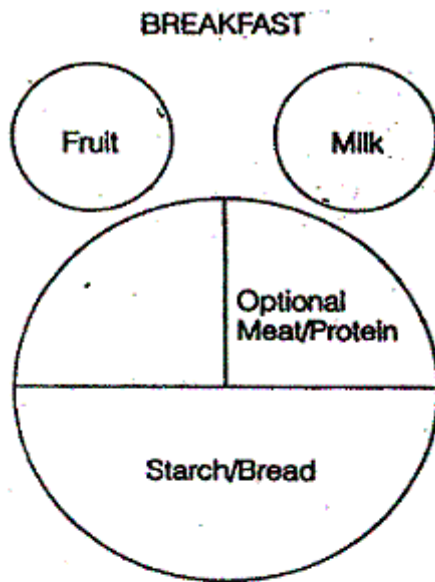
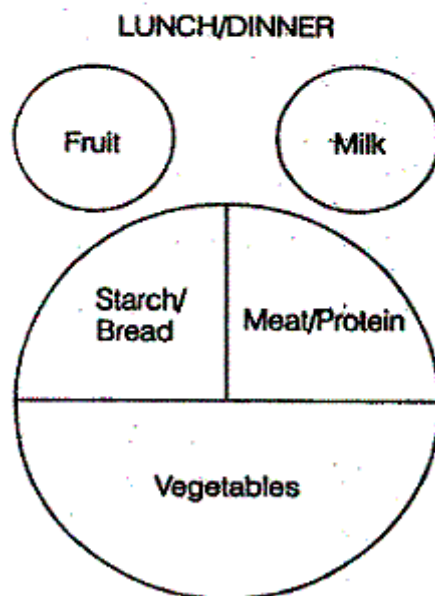


IDAHO PLATE METHOD



The standard dinner plate consists of one-quarter plate starch (one starch exchange or about 15 grams carbohydrate), one-quarter plate meat, fish or poultry (about 3 oz., or about the size of a deck of cards), and one-half plate low-carbohydrate vegetables (about 10 -15 grams carbohydrate). An 8 oz. glass of mild (12 grams carbohydrate) and a small piece of fruit (about 15 grams carbohydrate) complete the meal. Starch items include bread items, rice, cereal, tortillas, and vegetables high in carbohydrate, such as potatoes, legumes, corn, and winter squash. Low carbohydrate vegetables are listed in the standard vegetable exchange lists (broccoli, green beans, carrots, mushrooms, tomatoes, cauliflower, spinach, peppers, and so on.).



- A 9-inch plate of food at breakfast, lunch and dinner, with 8 oz. of milk and one piece of fruit at each meal provides about 40 - 50 carbohydrates per meal, or about 1200 calories per day, if the servings are about 1/2 inch deep. Additional calories are needed, these can be added as a mid-afternoon snack and/or at bedtime. Snacks can be chosen from the starch, fruit or milk group, or about 15 grams carbohydrates allowed per snack.

- Patients who do not like milk can substitute another one-quarter plate of starch or an additional serving of fruit (each is about 15 grams of carbohydrate) at each meal.

- Daily meat intake for most adults is limited to 5 -7 oz. of lean cuts, about the size of two decks of cards. A portion the size of one deck of cards occupies one-quarter of the plate. Meat/Protein items are optional at breakfast.

- Vegetables are usually omitted at breakfast.

- Patients are instructed to limit added fats and sugar.

- The figure illustrates a typical plate model.

This can be individualized for specific energy, protein, carbohydrate, fat and cholesterol requirements.

Rizor H: Have You Tried? The Idaho Plate Method. The American Dietetic Association. *DCE Newsflash* 17: 18-20, 1996, and Idaho Plate Method, LLC. Used with permission from the Idaho Practice Group of The American Dietetic Association.