

5-2017

## Healthy Plate - Spanish

Michele Spatz

*Pacific University*, [mspatz@pacificu.edu](mailto:mspatz@pacificu.edu)

Ruth Dallas

*Virginia Garcia Memorial Healthcare Clinic*

Follow this and additional works at: <http://commons.pacificu.edu/pet>

 Part of the [Endocrine System Diseases Commons](#), and the [Nutritional and Metabolic Diseases Commons](#)

---

### Recommended Citation

Spatz, Michele and Dallas, Ruth, "Healthy Plate - Spanish" (2017). *Diabetes Patient Education Tools*. 18.  
<http://commons.pacificu.edu/pet/18>

This Article is brought to you for free and open access by the Knowledge is Health: Interprofessional Partnerships to Promote Health Literacy at CommonKnowledge. It has been accepted for inclusion in Diabetes Patient Education Tools by an authorized administrator of CommonKnowledge. For more information, please contact [CommonKnowledge@pacificu.edu](mailto:CommonKnowledge@pacificu.edu).

---

# Healthy Plate - Spanish

**Description**

Healthy eating tips for diabetics using the Healthy Plate. (Spanish)

**Keywords**

Diabetes, Food and Nutrition, Healthy Plate, Eating, Patient Education

**Disciplines**

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

**Rights**

Terms of use for work posted in [CommonKnowledge](#).

## NOTICE:

This resource is supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number **UG4LM012343**. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

This low literacy diabetes education tool was developed for use with patients of the Virginia Garcia Memorial Healthcare Clinic. Images in this handout may be subject to copyright and further use of this material may require permission of the copyright holder.



## Puede usar su plato para ayudarlo a comer mejor

- Llene la mitad del plato con verduras
- La cuarta parte de su plato deben ser proteínas como pescado, pollo o carne sin grasa.
- La ultima cuarta parte del plato pueden ser granos enteros como arroz integral o pan de trigo integral.
- Los niños, y las mujeres embarazadas o que están amamantando deben añadir, un vaso de leche a sus comidas.
- Coma la fruta para un bocadillo sano.

