

Dr. Mark's Dinner Plate

50% Low-Glycemic Index Vegetables
25% Carbohydrates • 25% Meat or Other Protein

Low-Glycemic Index Vegetables

Beets
Bok Choy
Broccoli
Cabbage
Carrotes
Cauliflower
Cucumber
Green Beans
Lettuce, Greens
Mushrooms
Okra
Onions
Peppers
Salsa
Spinach
Tomatoes
Turnips
Vegetable Juice

Carbohydrates

(Ideally glycemic index ≤ 55)

Beans/peas (*eg, black-eyed peas, navy or pinto beans*)
Bread (*whole-grain, high-fiber*)
Corn • Green Peas • Lima Beans
Crackers, Snack Chips (*low-fat*)
Popcorn (*fat-free*) • Pretzels
Quinoa • Wild/Brown Rice
Winter Squash

Meat or Other Protein

Chees (*low-fat*)
Eggs
Fish (*no tuna or swordfish*)
Lean Beef • Pork (*grass-fed*)
Wild Game
Poultry (*chicken, turkey*)
Shellfish (*clams, crab, oysters, shrimp*)
Tofu