

Plan Your Portions

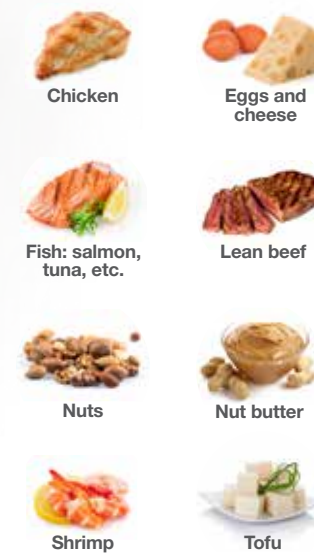
NONSTARCHY VEGETABLES



Use a 9-inch plate to help guide your portions.



CARBOHYDRATES



PROTEIN

Plan Your Portions

Your fist is a handy tool that is always with you. Place your fist on the outline to the right to see how it compares to a measuring cup.

My fist = _____ cup(s)

This fist = 1 cup

Healthy Tip:

Choose low-cost recipes and meals. Recipes with fewer ingredients are often cheaper and quick to make. One place to look for recipes is diabetesfoodhub.org.



FATS: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

EAT OFTEN	SOMETIMES	LIMIT
Oil-based salad dressing: vinaigrette, oil and vinegar	Low-fat creamy salad dressing like light ranch	Full-fat creamy salad dressing like ranch or blue cheese
Oils: canola, olive, sunflower, peanut	Oils: corn, soybean, safflower, sesame	Butter, lard, coconut oil
Avocado, olives, seeds, peanut or almond butter	Mayonnaise	Margarine
		Cream