

# Plan Your Portions

NONSTARCHY VEGETABLES

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage (cole slaw)
- Cauliflower
- Cucumbers
- Dark leafy greens
- Eggplant
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radishes
- Salad greens
- Tomatoes
- Zucchini



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

- Corn
- Corn tortilla
- Fruit
- Berries
- Whole grains
- Winter squash
- Bean, lentils and peas
- Milk and yogurt
- Chicken
- Eggs and cheese
- Fish: salmon, tuna, etc.
- Lean beef
- Nuts
- Nut butter
- Shrimp
- Tofu

CARBOHYDRATES

PROTEIN

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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](https://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