Plan Your Portions

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

NONSTARCHY VEGETABLES
- Asparagus
- Broccoli
- Brussels sprouts
- Cauliflower
- Dark leafy greens
- Eggplant
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radishes
- Salad greens
- Tomatoes
- Zucchini

CARBOHYDRATES
- Corn
- Corn tortilla
- Whole grains
- Winter squash
- Bean, lentils and peas
- Milk and yogurt

PROTEIN
- Chicken
- Eggs and cheese
- Fish: salmon, tuna, etc.
- Lean beef
- Nuts
- Nut butter
- Shrimp
- Tofu

Fruit
- Berries
- Whole grains
- Winter squash
- Bean, lentils and peas
- Milk and yogurt

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

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).

<table>
<thead>
<tr>
<th>EAT OFTEN</th>
<th>SOMETIMES</th>
<th>LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil-based salad dressing: vinaigrette, oil and vinegar</td>
<td>Low-fat creamy salad dressing like light ranch</td>
<td>Full-fat creamy salad dressing like ranch or blue cheese</td>
</tr>
<tr>
<td>Oils: canola, olive, sunflower, peanut</td>
<td>Oils: corn, soybean, safflower, sesame</td>
<td>Butter, lard, coconut oil</td>
</tr>
<tr>
<td>Avocado, olives, seeds, peanut or almond butter</td>
<td>Mayonnaise</td>
<td>Margarine</td>
</tr>
</tbody>
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This fist = 1 cup