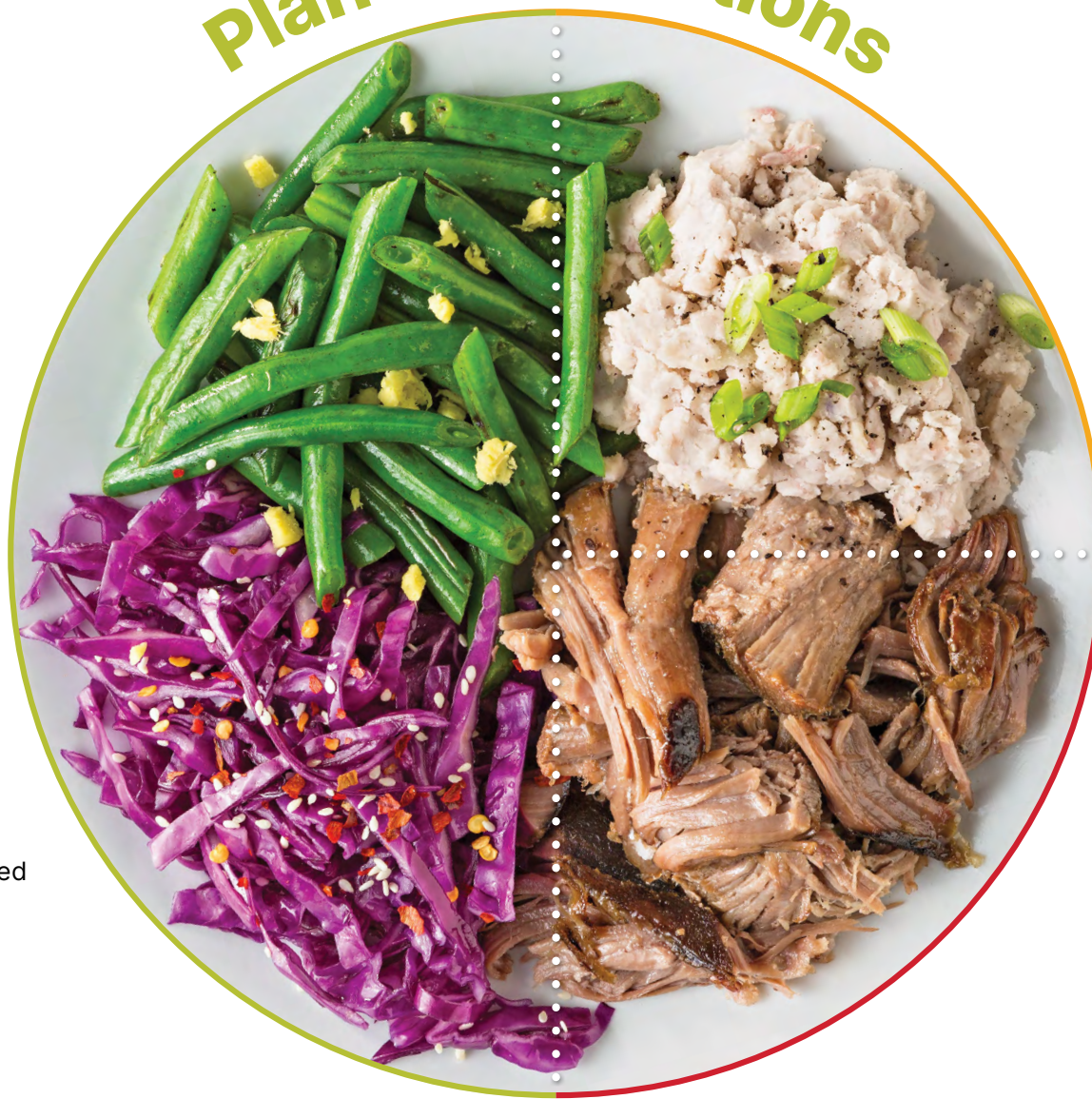
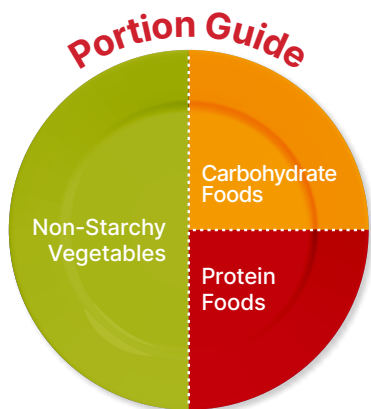


Plan Your Portions

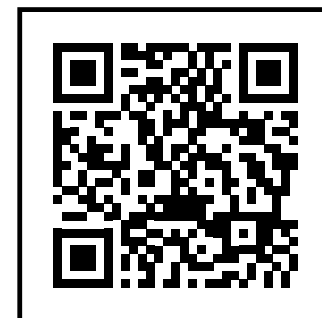


This plate features cooked green beans, cabbage, mashed potatoes, and pulled pork.



Water or 0-Calorie Drinks

Scan for more meal planning resources.



diabetesfoodhub.org



Use a 9-inch plate to help you dish up smart portions.

To order Diabetes Placemats, visit ShopDiabetes.org.

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

Oil-based salad dressing: vinaigrette, oil and vinegar

Oils: canola, olive, sunflower, peanut

Avocado, olives, seeds, peanut or almond butter

SOMETIMES

Low-fat creamy salad dressing like light ranch

Oils: corn, soybean, safflower, sesame

Mayonnaise

LIMIT

Full-fat creamy salad dressing like ranch or blue cheese

Butter, lard, coconut oil

Margarine

Cream