

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

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