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

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

Fruit
- Berries

Milk and yogurt
- Whole grains
- Bean, lentils and peas

Corn tortilla

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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.

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