

The diabetes portion plate



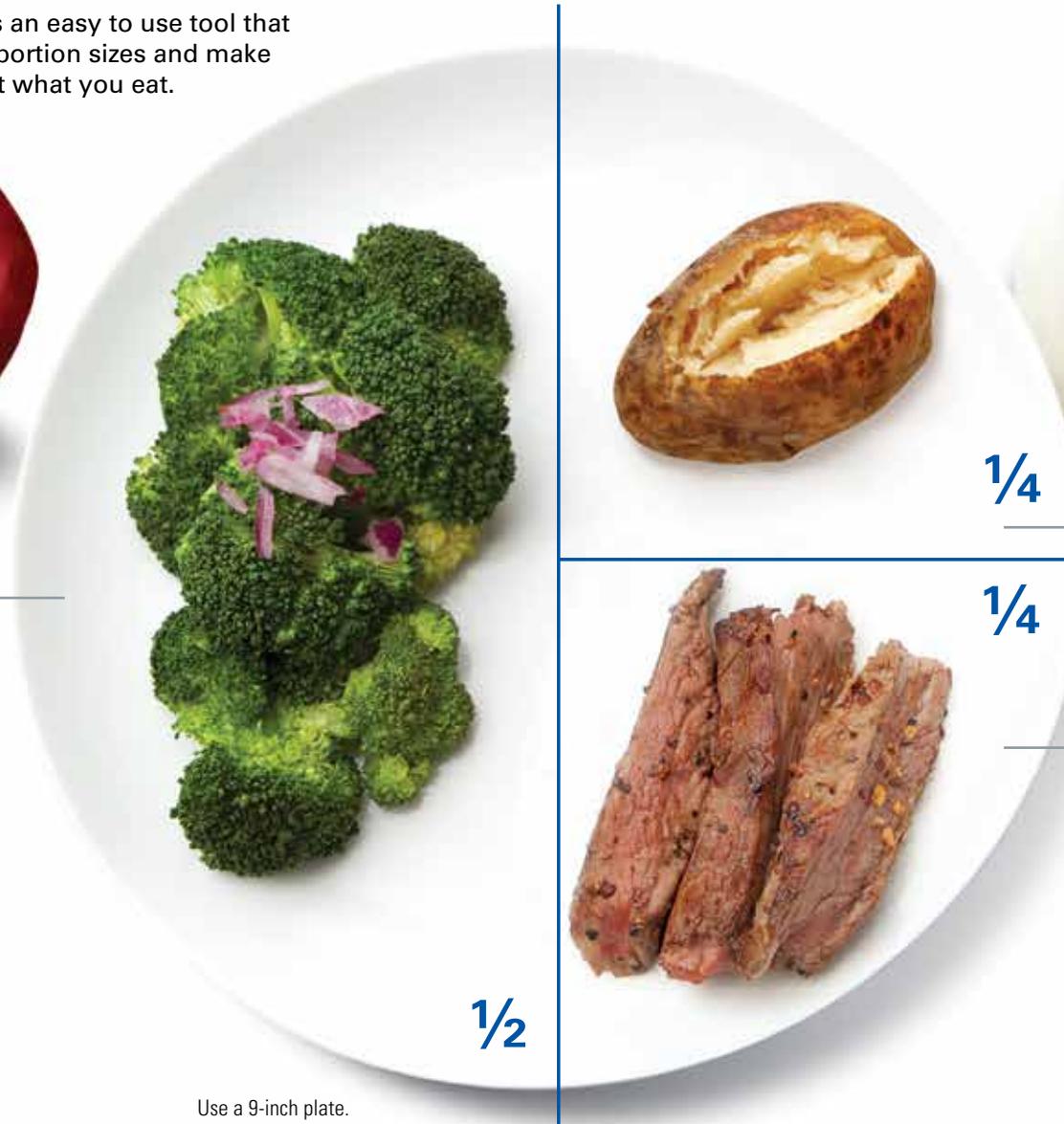
How to divide your plate

The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.



Nonstarchy vegetables

Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, green beans, peppers, zucchini, artichokes, and broccoli.



1/2

1/4

Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-grain breads, high-fiber cereal, brown rice, whole-grain pasta, and dried beans.

1/4

Protein

Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or pork, fish, shrimp, eggs, and tofu.

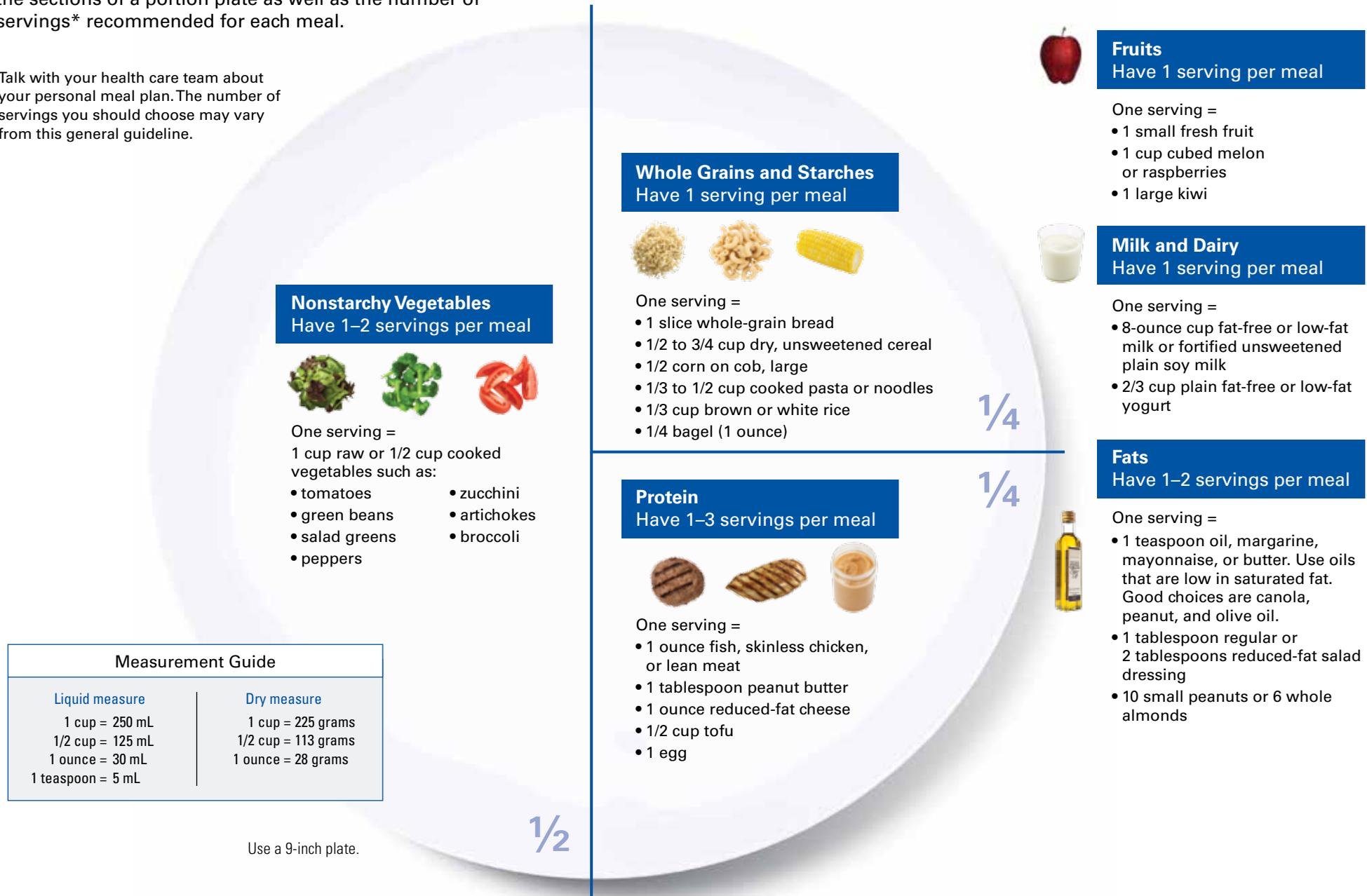
Use a 9-inch plate.



Recommended servings to fill each section of your plate

Below are some examples of food servings representing the sections of a portion plate as well as the number of servings* recommended for each meal.

*Talk with your health care team about your personal meal plan. The number of servings you should choose may vary from this general guideline.



Measurement Guide	
Liquid measure	Dry measure
1 cup = 250 mL	1 cup = 225 grams
1/2 cup = 125 mL	1/2 cup = 113 grams
1 ounce = 30 mL	1 ounce = 28 grams
1 teaspoon = 5 mL	

