








# 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   |

CARBOHYDRATES

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

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](https://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