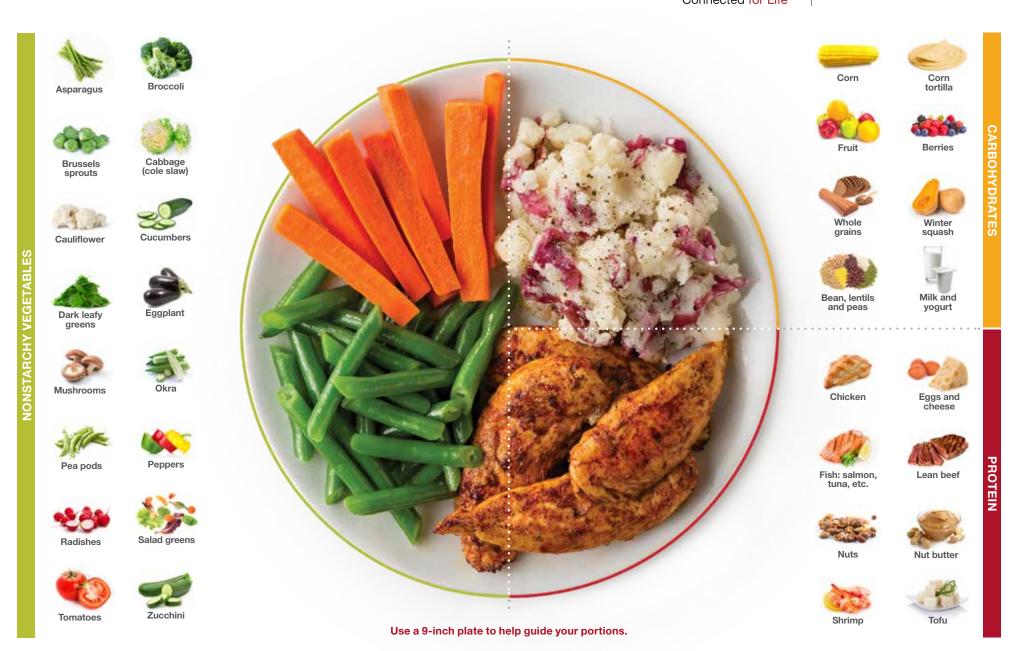
Plan Your Portions



What Can I Eat?®



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)

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**.

PLACE
YOUR FIST
HERE TO
COMPARE

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