

Plan Your Portions



What Can I Eat™

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 smaller plate. This is a 9-inch plate to help guide you.

9 inches



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 www.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

Trans fat-free spreads

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