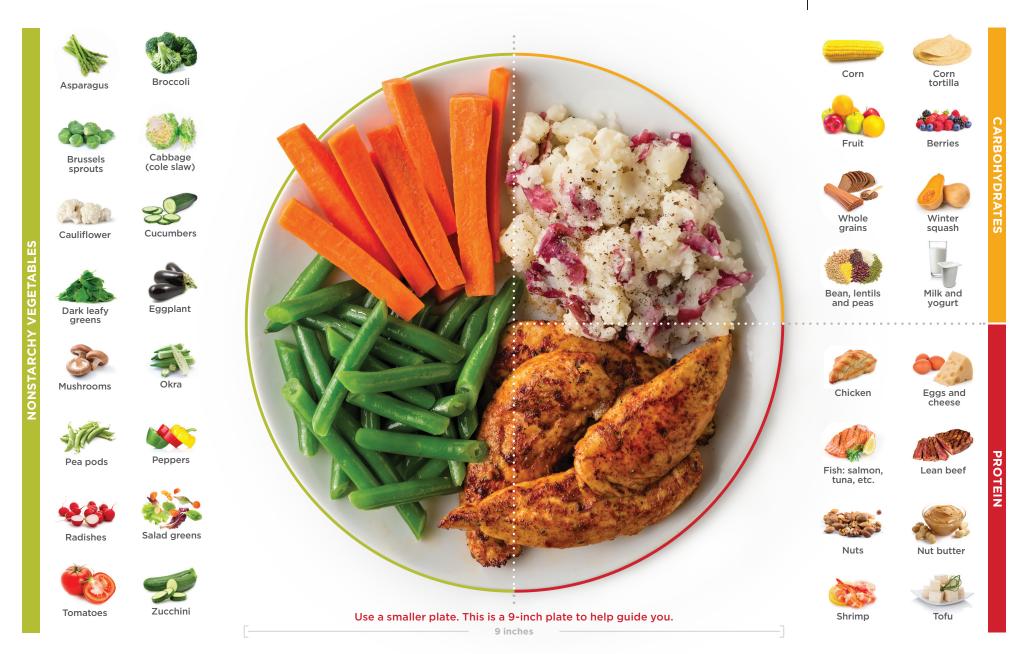
Plan Your Portions



What Can I Eat*



Plan Your Portions



What Can I Eat

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.**

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

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