


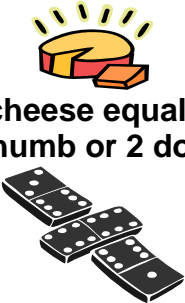



Portion Sizes to Eat to Control Your Diabetes

The amount of food chosen is an important part of controlling your diabetes.
 This table will help you determine the correct portion size when planning a balanced diet.

	Portion Sizes Equal to One (1) Serving	Examples of Serving Sizes
Meat	3 ounces / 85 grams lean meat poultry, or fish ½ cup of cooked dry beans or tofu 2 1/2 ounces of soy burger 1 egg 2 tablespoons of peanut butter 1/3 cup nuts	 Size of the palm of your hand Size of a deck of cards
Fruit	A medium apple, orange, or ½ of a banana	 A fruit the size of your fist

<p>Vegetable</p>	<p>1 cup of leafy vegetables $\frac{1}{2}$ cup of other vegetables $\frac{3}{4}$ cup of vegetable juice</p>	
<p>Dairy</p>	<p>1 cup of milk or yogurt 1 1/2 ounce natural cheese (such as cheddar) 2 ounces of processed cheese (such as American)</p>	<p>1 ounce of cheese equals the size of your thumb or 2 dominos</p> 
<p>Starch/Bread</p>	<p>1 slice of bread $\frac{1}{2}$ cup of pasta, rice or noodles 1 cup ready-to-eat cereal</p>	<p>1 cup (or 2 servings) equals the size of a small ladle or baseball</p> 
<p>Fat</p>	<p>1 teaspoon</p>	<p>Fits in the smallest spoon Size of a half dollar</p> 