The diabetes portion plate for a Greek meal

How to divide your plate
The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.

Nonstarchy vegetables
Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, onions, peppers, cabbage, zucchini, fennel, cucumber, and eggplant.

8 large olives = 1 fat
1 ounce feta = 1 protein

Whole grains and starches
Fill 1/4 of your plate with whole grains and starchy foods, such as whole-grain breads, noodles, brown rice, whole-grain pasta, dried beans, potatoes, bulgur wheat, lentils, and chickpeas.

Protein
Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of lamb or pork, eggs, tuna, and shrimp.

Use a 9-inch plate.
Recommended servings to fill each section of your plate

Below are some examples of food servings representing the sections of a portion plate as well as the number of servings* recommended for each meal.

*Talk with your health care team about your personal meal plan. The number of servings you should choose may vary from this general guideline.

**Nonstarchy Vegetables**
Have 1–2 servings per meal

- One serving =
  - 1 cup raw or 1/2 cup cooked vegetables such as:
    - tomatoes
    - onions
    - cabbage
    - peppers
    - spinach
    - zucchini
    - artichokes
    - fennel
    - cucumber
    - eggplant

**Whole Grains and Starches**
Have 1 serving per meal

- One serving =
  - 1/2 pita bread (6-inch)
  - 1/2 to 3/4 cup dry, unsweetened cereal
  - 1/2 cup mashed potatoes or 1 small baked potato
  - 1/3 to 1/2 cup cooked pasta or noodles
  - 1/3 cup brown or white rice

**Fruits**
Have 1 serving per meal

- One serving =
  - 1 small fresh fruit
  - 1 cup cubed melon
  - 2 tablespoons dried fruit
  - 1/2 cup unsweetened canned fruit

**Milk and Dairy**
Have 1 serving per meal

- One serving =
  - 8-ounce cup fat-free or low-fat milk or fortified unsweetened plain soy milk
  - 6-ounce plain fat-free or low-fat yogurt

**Protein**
Have 1–3 servings per meal

- One serving =
  - 1 ounce fish, skinless chicken, or lean meat
  - 1 ounce reduced-fat cheese or 1/4 cup (1 ounce) reduced-fat feta cheese
  - 1 tablespoon peanut butter
  - 1 egg

**Fats**
Have 1–2 servings per meal

- One serving =
  - 1 teaspoon oil, margarine, mayonnaise, or butter. Use oils that are low in saturated fat. Good choices are canola, peanut, and olive oil.
  - 1 tablespoon regular or 2 tablespoons reduced-fat salad dressing
  - 8 large black olives
  - 1 tablespoon of pine nuts
  - 6 whole almonds or 16 pistachios

Measurement Guide

<table>
<thead>
<tr>
<th>Liquid measure</th>
<th>Dry measure</th>
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<tbody>
<tr>
<td>1 cup = 250 mL</td>
<td>1 cup = 225 grams</td>
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<tr>
<td>1/2 cup = 125 mL</td>
<td>1/2 cup = 113 grams</td>
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<tr>
<td>1 ounce = 30 mL</td>
<td>1 ounce = 28 grams</td>
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Use a 9-inch plate.