The diabetes portion plate for an Indian 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 eggplant, carrots, cabbage, cauliflower, okra, kale/greens, and broccoli.

Whole grains and starches
Fill 1/4 of your plate with grains and starchy foods, such as chapati, naan, millet, brown rice, potatoes, peas, dried beans, winter squash, bulgur wheat, lentils, and chickpeas.

Protein
Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or lamb, eggs, 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
- eggplant
- carrots
- cabbage
- cauliflower
- kale/greens

One serving =
1 cup raw or 1/2 cup cooked vegetables such as:
- spinach
- okra
- broccoli
- bitter melon

Whole Grains and Starches
Have 1 serving per meal
- 1 small fresh fruit
- 1/2 small or 1 cup cubed mango or papaya
- 2 tablespoons dried fruit
- 1/2 banana

One serving =
- 1 6-inch chapati
- 1/4 large naan
- 1/2 cup cooked lentils or chickpeas
- 1/2 cup cooked oatmeal
- 1 small baked potato
- 1/3 cup brown or white rice

Fruits
Have 1 serving per meal

Milk and Dairy
Have 1 serving per meal
- 8-ounce cup fat-free or low-fat milk
- 6-ounce plain fat-free or low-fat yogurt

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 teaspoon coconut oil
- 1 teaspoon ghee
- 10 small peanuts or 6 whole almonds

Protein
Have 1–3 servings per meal
- 1 ounce fish, shrimp, skinless chicken, or lean meat
- 1 ounce panner
- 1 ounce reduced-fat cheese
- 1/2 cup tofu
- 1 egg

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>
</tr>
<tr>
<td>1/2 cup = 125 mL</td>
<td>1/2 cup = 113 grams</td>
</tr>
<tr>
<td>1 ounce = 30 mL</td>
<td>1 ounce = 28 grams</td>
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<tr>
<td>1 teaspoon = 5 mL</td>
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Use a 9-inch plate.

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