

The diabetes portion plate



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, green beans, peppers, zucchini, artichokes, and broccoli.



1/2

Use a 9-inch plate.



1/4

Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-grain breads, high-fiber cereal, brown rice, whole-grain pasta, potatoes, and dried beans.



1/4

Protein

Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or pork, fish, shrimp, eggs, and tofu.



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
- green beans
- salad greens
- peppers
- zucchini
- artichokes
- broccoli

Whole Grains and Starches Have 1 serving per meal



One serving =

- 1 slice whole-grain bread
- 1/2 to 3/4 cup dry, unsweetened cereal
- 1/2 corn on cob, large
- 1/3 to 1/2 cup cooked pasta or noodles
- 1/3 cup brown or white rice
- 1/4 bagel (1 ounce)
- 1 medium potato

Protein Have 1–3 servings per meal



One serving =

- 1 ounce fish, skinless chicken, or lean meat
- 1 tablespoon peanut butter
- 1 ounce reduced-fat cheese
- 1/2 cup tofu
- 1 egg



Fruits Have 1 serving per meal

One serving =

- 1 small fresh fruit
- 1 cup cubed melon or raspberries
- 1 large kiwi



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

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
- 10 small peanuts or 6 whole almonds

Measurement Guide

Liquid measure

1 cup = 250 mL
1/2 cup = 125 mL
1 ounce = 30 mL
1 teaspoon = 5 mL

Dry measure

1 cup = 225 grams
1/2 cup = 113 grams
1 ounce = 28 grams

Use a 9-inch plate.

