

# The diabetes portion plate for a Greek meal



## How to divide your plate

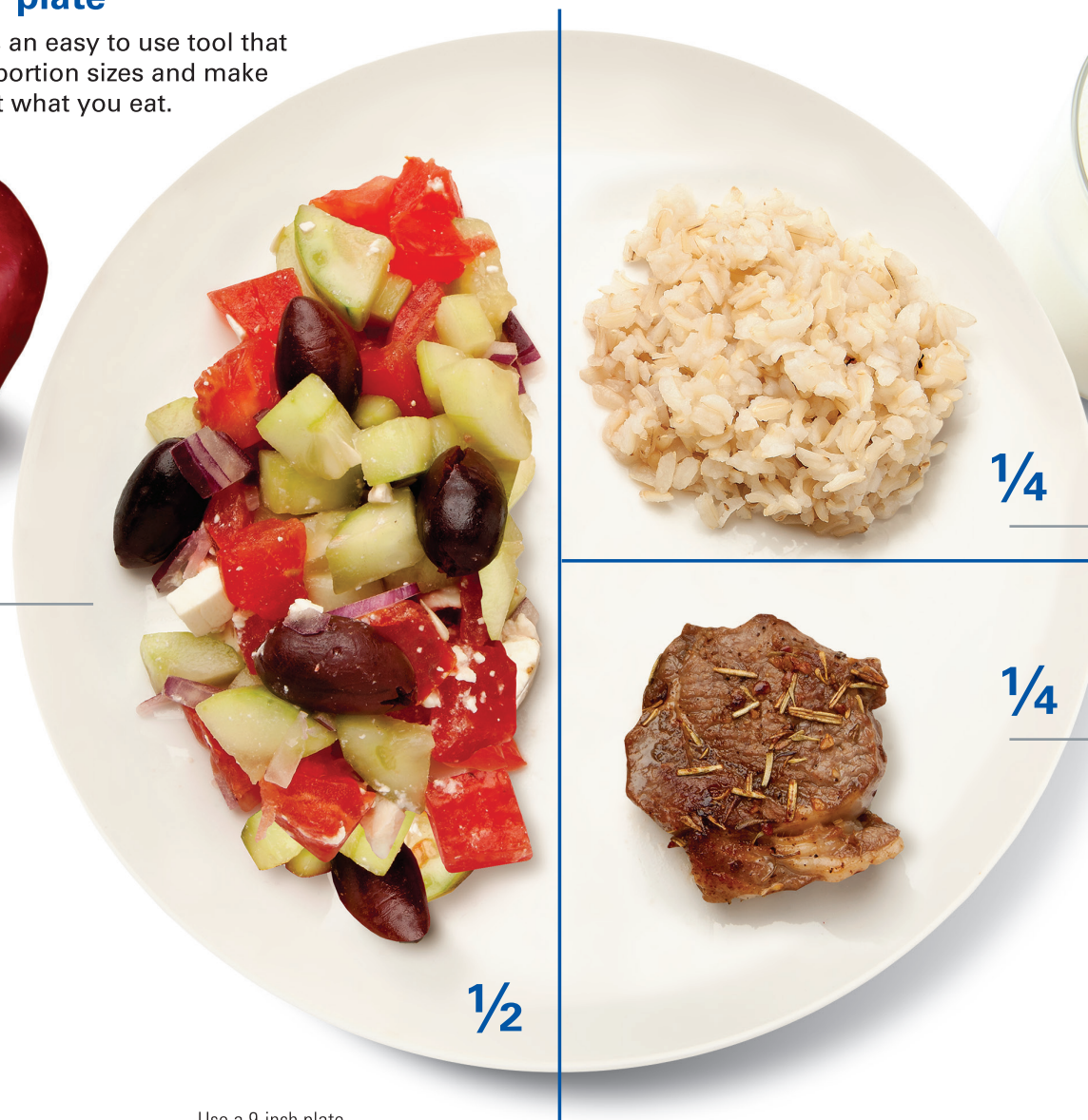
The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.



### 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



Use a 9-inch plate.

1/4

### 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.

1/4

### Protein

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

# 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

## 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



## 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

## 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

#### 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.

1/2

1/4

1/4

