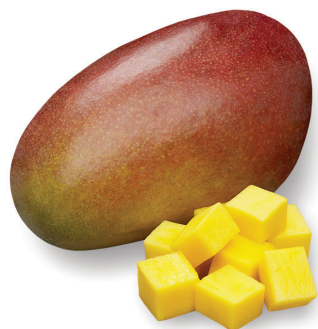


The diabetes portion plate for an Indian meal



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.



1/2



1/4

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.



1/4

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



- One serving =
1 cup raw or 1/2 cup cooked vegetables such as:
- eggplant
 - carrots
 - cabbage
 - cauliflower
 - kale/greens
 - spinach
 - okra
 - broccoli
 - bitter melon

Whole Grains and Starches Have 1 serving per meal



- 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

Protein Have 1–3 servings per meal



- One serving =
- 1 ounce fish, shrimp, skinless chicken, or lean meat
 - 1 ounce paneer
 - 1 ounce reduced-fat cheese
 - 1/2 cup tofu
 - 1 egg

Fruits Have 1 serving per meal



- One serving =
- 1 small fresh fruit
 - 1/2 small or 1 cup cubed mango or papaya
 - 2 tablespoons dried fruit
 - 1/2 banana

Milk and Dairy Have 1 serving per meal



- One serving =
- 8-ounce cup fat-free or low-fat 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 teaspoon coconut oil
 - 1 teaspoon ghee
 - 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.

