

The diabetes portion plate for a Japanese meal



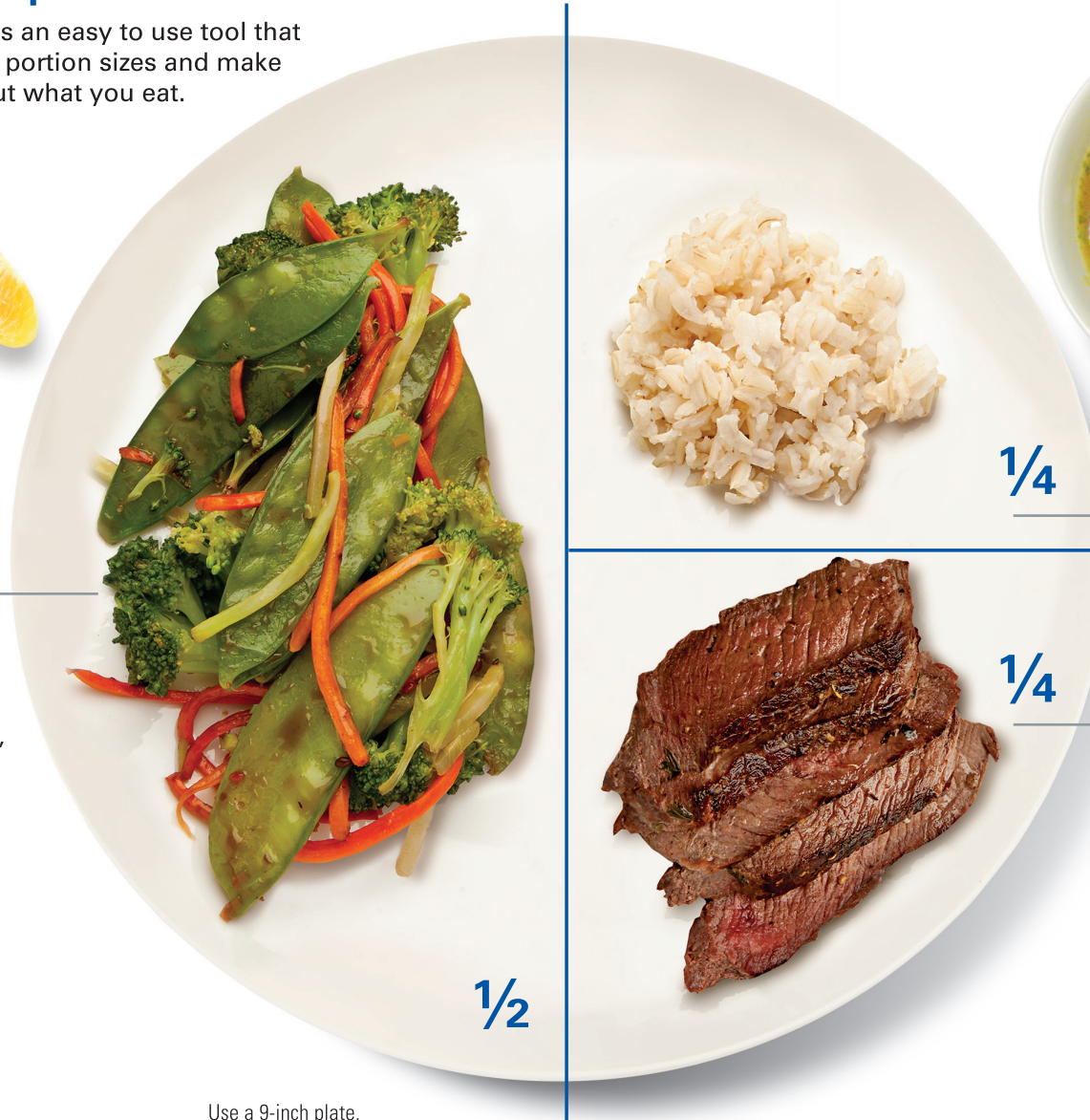
How to divide your plate

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 cabbage, mushrooms, snow peas, eggplant, bamboo shoots, bean sprouts, broccoli, green beans, carrots, spinach, and cucumbers.



1/4

Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as white and brown rice, soba, somen and udon noodles, dried beans, and low-fat crackers.

1/4

Protein

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

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:

- cabbage
- mushrooms
- snow peas
- eggplant
- bamboo shoots
- bean sprouts
- green beans
- carrots
- spinach
- cucumbers
- broccoli

Whole Grains and Starches Have 1 serving per meal



- One serving =
- 1/2 to 3/4 cup dry, unsweetened cereal
 - 1/2 cup corn or peas
 - 1/2 cup rice noodles or soba noodles
 - 1/4 cup udon noodles
 - 1/3 cup brown or white rice
 - 1/2 cup edamame[†]

Protein Have 1–3 servings per meal



- One serving =
- 1 ounce fish (salmon, sardines, swordfish), skinless chicken, pork, or lean meat
 - 1/4 cup natto[†]
 - 1/2 cup tofu
 - 1 egg

[†]Carbohydrate amounts vary among plant-based proteins; check food labels and choose a serving size that fits your meal plan.



Fruits Have 1 serving per meal

- One serving =
- 1 small fresh fruit or 1 cup cubed melon
 - 2 tablespoons dried fruit
 - 1/2 cup unsweetened canned fruit, such as pineapple
 - 3/4 cup berries



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, vegetable, peanut, and olive oil.
 - 10 small peanuts or 6 whole almonds
 - 1 tablespoon pine nuts
 - 2 teaspoons sesame paste



Condiments

- One serving = 1 teaspoon
- Use low-sodium soy sauce
 - Miso (soybean paste)
 - Vinegar

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

