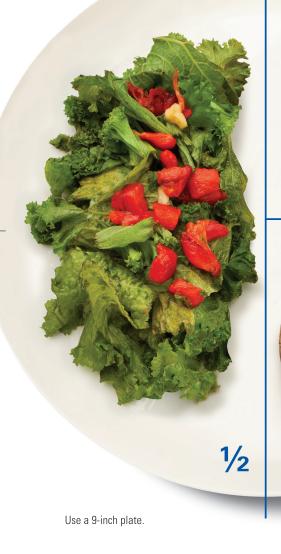
The diabetes portion plate for a Southern meal

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, okra, peppers, carrots, lettuce/greens, and broccoli.







1/4

Whole grains and starches

Fill 1/4 of your plate with whole grains and starchy foods, such as cornbread, pasta, brown rice, dried beans, winter squash, potatoes, yams, and low-fat crackers.

Protein

Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or pork, eggs, 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 • carrots

- tomatoes • okra
 - spinach
 - broccoli
- lettuce/greens

peppers

Measurement GuideLiquid measureDry measure1 cup = 250 mL1 cup = 225 grams1/2 cup = 125 mL1/2 cup = 113 grams1 ounce = 30 mL1 ounce = 28 grams1 teaspoon = 5 mL1 ounce = 28 grams

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Use a 9-inch plate.

1/4

1/4

Whole Grains and Starches

• 1/2 to 3/4 cup dry, unsweetened cereal

• 1/3 to 1/2 cup cooked pasta or noodles

Have 1 serving per meal

One serving =

• 1/2 cup of cooked grits

• 1/3 cup brown or white rice

• 1 3/4-inch square cornbread

Have 1–3 servings per meal

• 1 ounce fish, skinless chicken,

• 1 tablespoon peanut butter

• 1 ounce reduced-fat cheese

• 1/2 cup corn or peas

• 1 medium potato

• 1 medium yam

Protein

One serving =

or lean meat

• 1 eqq

1/2

One serving = • 1 small fresh fruit

Fruits

- 1 1/4 cup watermelon or strawberries
- 1/2 cup unsweetened canned fruit

Have 1 serving per meal

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

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