

# DELICIOUSLY BALANCED

Here's an easy guide to help you visualize portion sizes and make healthy choices about what you eat. You'll have three sections to fill with healthy choices.

Your meal plan is not one-size-fits-all. Your doctor, a dietician, or a certified diabetes educator can help develop a meal plan that works for you.

Fruit is optional or could be consumed as a dessert or snack.

Pick drinks that are unsweetened or naturally sugar-free, such as: water, tea, seltzer, coffee, and sugar-free drink mixes.



USE A 9-INCH DINNER PLATE

## NON-STARCHY VEGETABLES: BROCCOLI, CARROTS, OR ZUCCHINI

1/2

These are just examples of the many non-starchy vegetables you can choose from.

Other non-starchy favorites include kale, string beans, turnips, broccoli, and spinach.

You can always opt for a green salad.



1/4

## WHOLE GRAINS AND STARCHES: BROWN RICE, SWEET POTATOES OR YAMS

These are just a few examples of the many whole grains and starches you can choose from. Select whole grains and starchy foods to put into one of the smaller sections. Starchy vegetables include green peas, pinto beans, potatoes, and corn. Whole grains include brown rice and whole wheat bread or pasta.



1/4

## PROTEIN: SKINLESS CHICKEN THIGH, PORK TENDERLOIN, FISH OR TURKEY

In the final section, add foods high in protein, such as skinless poultry,\* fish, lean meats, or tofu.



\*Chicken and poultry can be cooked with skin on. It is suggested to remove the skin prior to eating.

# MEASURING FOOD MADE EASY

Using hands and fingers to measure food is a simple method to estimate serving and portion sizes. However, since hands can be of varying shapes and sizes, a kitchen scale, measuring cups, and spoons are recommended whenever possible to ensure the most precise measurement. You can also consult the package food label to ensure an accurate measure.

Below are a few examples of food servings in each section of the plate. Also, see the number of recommended servings per meal.



**Palm:** Your palm fits about 3 ounces of protein, like meat, fish, poultry, and tofu.



**Fist:** A closed fist is comparable to 1 cup or 8 fluid ounces.



**Cupped Hand:** Cup your hand to get about 1/4 cup.



**Thumb:** The size of your thumb tip is equivalent to one tablespoon.



**Fingertip:** Your fingertip is about one teaspoon.



## MILK AND DAIRY

Adding a limited amount of dairy or plant-based milk to your diet provides a great source of calcium and protein. Have one serving per meal.

One serving equals:

- 1 cup fat-free (skim) or low-fat (1%) milk
- 1 cup high-protein plant-based milk (soy, pea, or flax).
- 6 oz yogurt (regular or Greek)



## FATS

There are healthy fats—try to eat fewer saturated fats and replace with polyunsaturated or monounsaturated “healthy” fats. Have 1–2 servings per meal. One serving equals:

- 1 tbsp reduced-fat margarine or reduced-fat mayonnaise
- 1/8 avocado or 8 large olives
- 1 tsp oil (examples: olive, canola, vegetable, sesame)
- 1 tbsp regular or 2 tbsp low-calorie salad dressing



## FRUITS

Aim for 1 serving per meal. They can satisfy your sweet tooth, too! 1 serving of fruit includes:

- 1/2 cup unsweetened frozen or canned fruit (in own juice or in water)
- 3/4 cup fresh berries or 1 cup melon
- 2 tbsp raisins or dried cherries
- 1 peach, or 2 plums or tangerines
- 1 large kiwi
- 1 apple, small, 1/2 large banana, or 17 small grapes.



## HEALTHY SNACKS

You can snack on foods that are high in fiber, protein, and healthy fats. Some snacks include:

- 20 small peanuts or 6 whole almonds
- 1 hard-boiled egg with 1 cup raw vegetables or 1 serving of fruit
- 1/2 cup plain yogurt with 3/4 cup of berries



## NON-STARCHY VEGETABLES

A vegetable serving is 1/2 cup cooked, fresh or frozen, or 1 cup raw. Try eating at least 3-5 servings a day. The more, the better! Have 1-2 servings per meal.

- Broccoli
- Carrots
- Zucchini
- Tomatoes
- Onions
- Kale
- String beans
- Turnips
- Spinach



## WHOLE GRAINS AND STARCHES

Make your starchy food choices count. Have 1–2 servings per meal.

Starchy veggies include:

- 1 corn on the cob, 6-in
- 1/2 cup green peas
- 1/3 cup pinto beans
- 1 sweet potato, small

Grains and beans are great sources of vitamins and fiber:

- 1 slice whole wheat bread
- 1/3 cup cooked brown rice
- 3/4 cup dry, plain, unsweetened cereal
- 1/2 cup cooked pasta



## PROTEIN

Meat, chicken, fish, cheese and soy products are rich in protein.

Have 1-3 servings per meal. One serving equals:

- 3-4 oz of grilled pork, skinless chicken thighs, or fish
- 3-4 oz low-fat cheese
- 4 oz tofu
- 1 egg or 2 egg whites

- 1 cup sliced raw vegetables with 1/3 cup hummus
- 1 string cheese with 1 cup of raw sliced vegetables
- 1-ounce cheese with 5 whole grain crackers



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Pick drinks that are unsweetened or naturally sugar-free, such as: water, tea, seltzer, coffee, and sugar-free drink mixes.



USE A 9-INCH DINNER PLATE

## NON-STARCHY VEGETABLES: ONIONS, BROCCOLI OR CARROTS

1/2

These are just a few examples of the many non-starchy vegetables you can choose from.

Other non-starchy favorites include eggplant, cauliflower rice, asparagus, and broccoli.

You can always opt for a green salad.



1/4

## WHOLE GRAINS AND STARCHES: ONE TORTILLA, YUCCA, BEANS OR RICE

These are just a few examples of the many whole grains and starches you can choose from. Select whole grains and starchy foods to put into one of the smaller sections. Starchy vegetables include sweet potatoes, potatoes, and corn. Whole grains include brown rice and tortillas.



1/4

## PROTEIN: CHICKEN BREAST, FISH OR STEAK

In the final section, add foods high in protein, such as skinless poultry,\* fish, lean meats, or tofu.

\*Chicken and poultry can be cooked with skin on. It is suggested to remove the skin prior to eating.



# MEASURING FOOD MADE EASY

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## MILK AND DAIRY

Adding a limited amount of dairy or plant-based milk to your diet provides a great source of calcium and protein. Have one serving per meal.

One serving equals:

- 1 cup fat-free (skim) or low-fat (1%) milk
- 1 cup high-protein plant-based milk (soy, pea, or flax).
- 6 oz yogurt (regular or Greek)



## FATS

There are healthy fats—try to eat fewer saturated fats and replace with polyunsaturated or monounsaturated “healthy” fats. Have 1–2 servings per meal. One serving equals:

- 1 tbsp reduced-fat margarine or reduced-fat mayonnaise
- 1/8 avocado or 8 large olives
- 1 tsp oil (examples: olive, canola, vegetable, sesame)
- 1 tbsp regular or 2 tbsp low-calorie salad dressing



## FRUITS

Aim for 1 serving per meal. They can satisfy your sweet tooth, too! 1 serving of fruit includes:

- 1/2 cup unsweetened frozen or canned fruit (in own juice or in water)
- 3/4 cup fresh berries or 1 cup melon
- 2 tbsp raisins or dried cherries
- 1 peach, or 2 plums or tangerines
- 1 large kiwi
- 1 apple, small, 1/2 large banana, or 17 small grapes.



## HEALTHY SNACKS

You can snack on foods that are high in fiber, protein, and healthy fats. Some snacks include:

- 20 small peanuts or 6 whole almonds
- 1 hard-boiled egg with 1 cup raw vegetables or 1 serving of fruit
- 1/2 cup plain yogurt with 3/4 cup of berries



## NON-STARCHY VEGETABLES

A vegetable serving is 1/2 cup cooked, fresh or frozen, or 1 cup raw. Try eating at least 3-5 servings a day. The more, the better! Have 1-2 servings per meal.

- Broccoli
- Carrots
- Zucchini
- Tomatoes
- Onions
- Kale
- String beans
- Turnips
- Spinach



## WHOLE GRAINS AND STARCHES

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Starchy veggies include:

- 1 corn on the cob, 6-in
- 1/2 cup green peas
- 1/3 cup pinto beans
- 1 sweet potato, small

Grains and beans are great sources of vitamins and fiber:

- 1 slice whole wheat bread
- 1/3 cup cooked brown rice
- 3/4 cup dry, plain, unsweetened cereal
- 1/2 cup cooked pasta



## PROTEIN

Meat, chicken, fish, cheese and soy products are rich in protein.

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- 3-4 oz low-fat cheese
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USE A 9-INCH DINNER PLATE

## NON-STARCHY VEGETABLES: BROCCOLI, TOMATOES OR GREEN BEANS

1/2

These are just a few examples of the many non-starchy vegetables you can choose from.

Other non-starchy favorites include asparagus, beets, carrots, and tomatoes.

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## WHOLE GRAINS AND STARCHES: BROWN RICE, SWEET POTATOES OR CORN

1/4

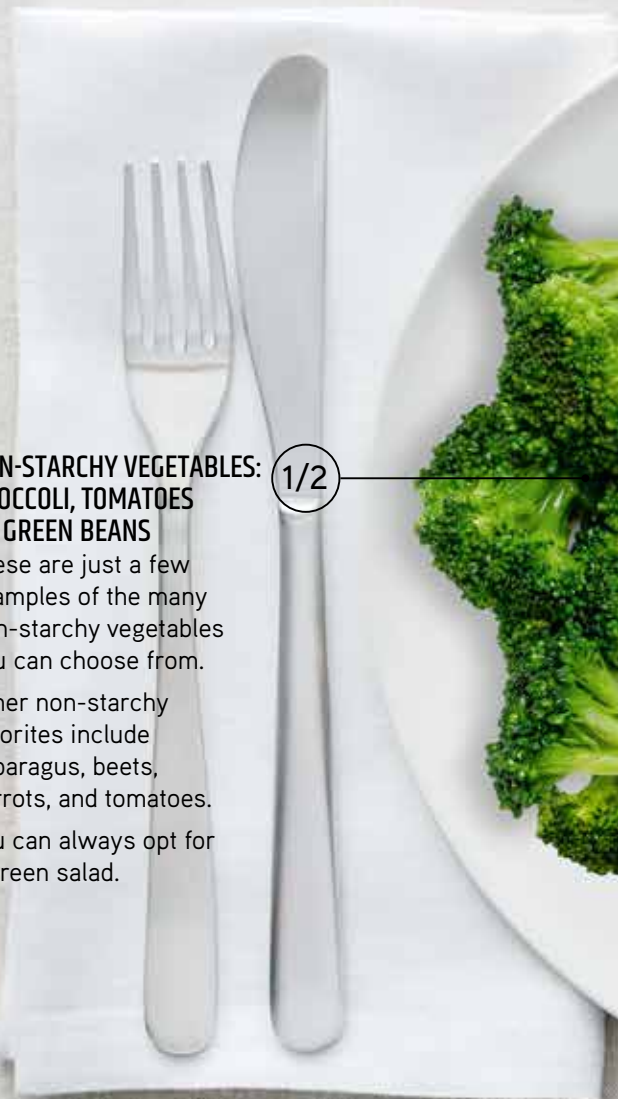
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## PROTEIN: SALMON, SKINLESS CHICKEN OR STEAK

1/4

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