



# Portion Sizes

Correct and adequate portion sizes are important for calorie intake, blood sugar management, and nutritional health. Finding the right portion size and portion control takes practice. Learning about portion sizes and putting these tips into practice will give you the confidence to make informed decisions about your meals.

These days, portions are a lot bigger than they used to be. Luckily, there are 3 methods to help you measure your portion sizes:

1

## Diabetes Plate Method

Fill your plate with  $\frac{1}{2}$  non-starchy vegetables,  $\frac{1}{4}$  carbohydrates, and  $\frac{1}{4}$  lean protein.



Check out our Eating a Balanced Meal Video for more information on the Diabetes Plate Method!

2

## The Hand Method

Use your hand to determine specific food measurements to match your portion sizes.

3

## The Object Method

Items in your kitchen or home can help you compare portion sizes that fit your plate.

Gain the confidence you need to make informed decisions about your meals by paying attention to the size of your plate and finding the portion size method that works for you. Be proactive by putting these tips into practice:



- Speak with a healthcare professional to determine the right number of portions for you
- Keep a journal to monitor your portion sizes and how they affect your blood glucose
- Eat with little distraction