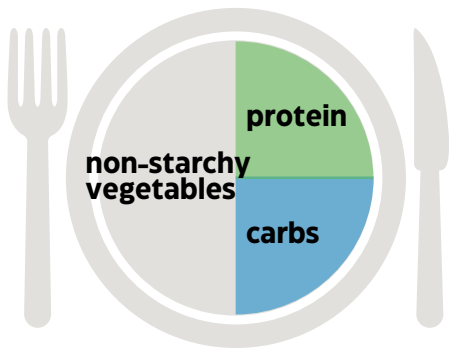


Portion Sizes

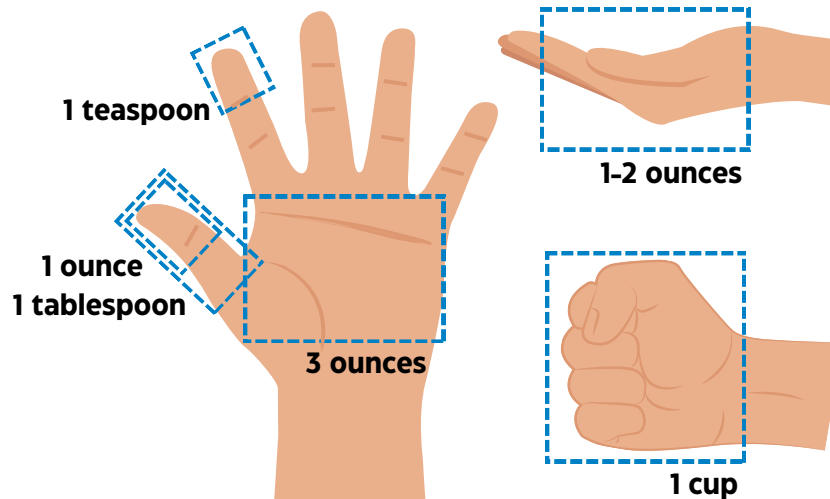
1 Diabetes Plate Method

Pay attention to the size of your plate — the larger it is, the more likely you are to overfill it. Start with a smaller plate and go back for more if you are still hungry.



2 The Hand Method

Every hand size is different — use measurement tools at home to determine your specific food measurements based on your hand size.



3 The Object Method

Get creative and find objects around you house that will help you remember!

