























# Portion Estimator

Manage portions so you can manage your diabetes. Meal planning is a big part of living with diabetes. It does not have to be hard. Learning to estimate how much to eat and drink can help. Use things you see every day for comparison to make things easier.

- Plan how much you will eat, so you can follow your meal plan.

Portion Equivalents:						
<b>1 cup</b>	=	 one-cup measure	=	 size of baseball	=	 2 scoops mashed potatoes
<b>1/2 cup</b>	=	 half-cup measure	=	 size of light bulb	=	 scoop of ice cream
<b>1/3 cup</b>	=	 third-cup measure	=	 size of an egg	=	 small handful of crackers
<b>2 Tablespoons</b>	=	 2 T measuring spoons	=	 size of golf ball	=	 small scoop of peanut butter
<b>1 Tablespoon</b>	=	 Tablespoon measure	=	 size of thumb	=	 dollop of mayonnaise
<b>1 teaspoon</b>	=	 teaspoon measure	=	 size of penny	=	 pat of butter
<b>3 ounces (oz)</b>	=	size and thickness of a deck of cards 	=	 small pork chop		
<b>1 ounce (oz)</b>	=	size of 4 dice 	=	 meat, fish or chicken		

**Diabetic Supply Patients:** Call 1-800-347-8023 for information or patient brochures.

**Website:** [www.wellnesslivesystems.com](http://www.wellnesslivesystems.com)

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# My Plate Planner

*My Plate Planner* is a simple tool for planning meals. When you select meals like the meal on *My Plate Planner*, you are choosing a well balanced meal. Plus, when you watch portion sizes, you make managing your diabetes easier. If you need help using this tool or in planning a healthy diet, be sure to ask your diabetes care team for help.



## My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup of mashed potatoes.
- Add 1 serving of fruit
- Choose 1 serving of milk
- Add margarine or oil for preparation or addition at the table

Add other portions as needed to round out your meal plan.

**For breakfast**, use only half the plate.

**For lunch and dinner**, use the whole plate.



# Meal Planning Guidelines

## Carbohydrates

Choose any 3 servings at each meal.\*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

### Breads and Starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

### Fruits

- 1 piece, such as small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

### Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

### Meats and Proteins

Choose 1 - 3 servings per meal.\*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

### Fats

Choose 1 - 2 servings per meal.\*

Examples of one serving:

- 1 teaspoon margarine, oil or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

### Free Foods

Foods with less than 20 calories per serving.

Use as desired.\*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

\*Note: If you have a personalized meal plan, the number of servings you choose may be different.