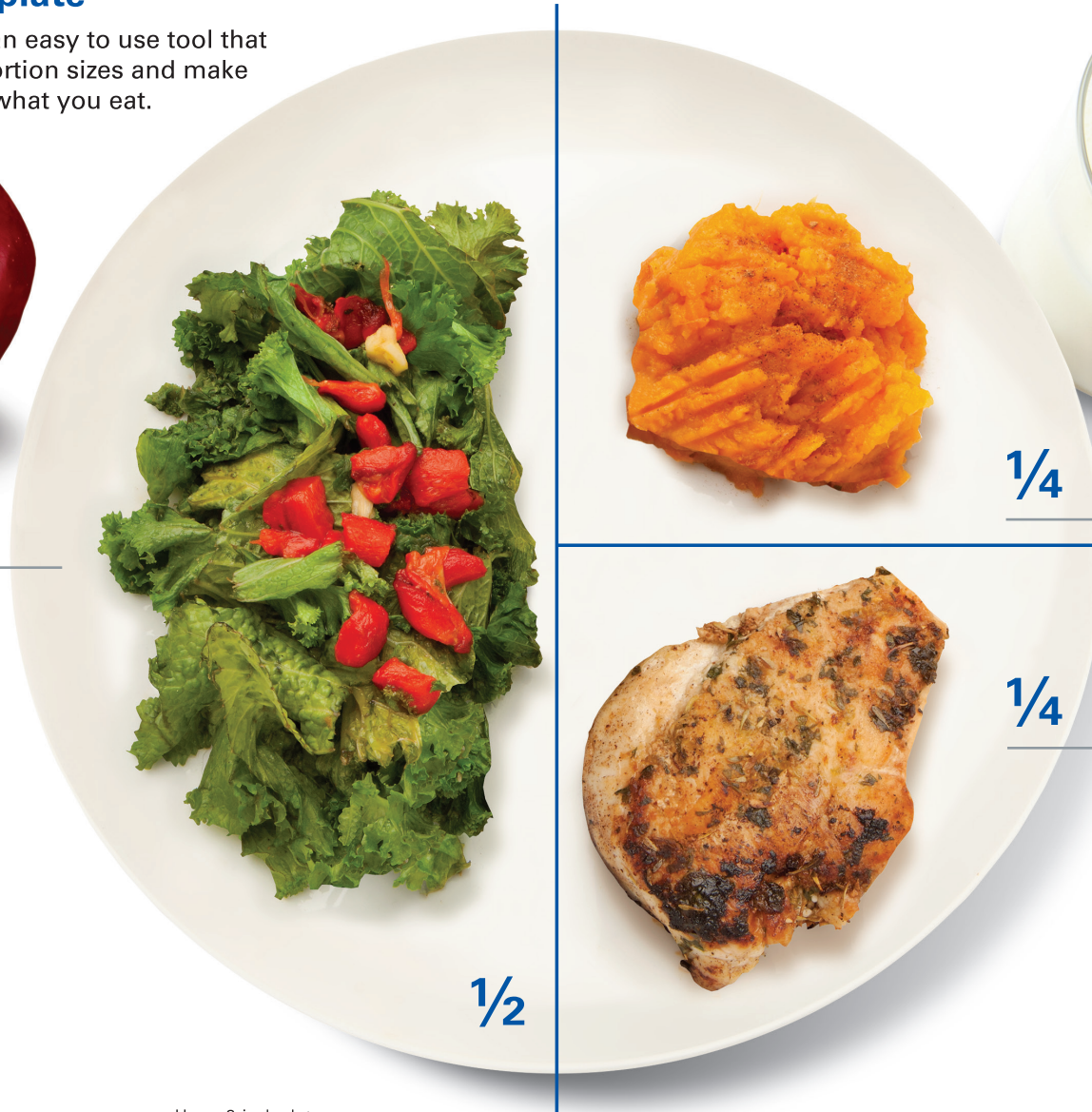## How to divide your plate

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.

¼

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.

¼

Protein

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

½

Use a 9-inch plate.

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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.

Fruits
Have 1 serving per meal

One serving =
- 1 small fresh fruit
- 1 1/4 cup watermelon or strawberries
- 1/2 cup unsweetened canned fruit

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

Whole Grains and Starches
Have 1 serving per meal

One serving =
- 1/2 cup of cooked grits
- 1/2 to 3/4 cup dry, unsweetened cereal
- 1/2 cup corn or peas
- 1/3 to 1/2 cup cooked pasta or noodles
- 1/3 cup brown or white rice
- 1 3/4-inch square cornbread
- 1 medium potato
- 1 medium yam

Nonstarchy Vegetables
Have 1–2 servings per meal

One serving =
1 cup raw or 1/2 cup cooked vegetables such as:
- tomatoes
- okra
- peppers
- lettuce/greens
- carrots
- spinach
- broccoli

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

Protein
Have 1–3 servings per meal

One serving =
- 1 ounce fish, skinless chicken, or lean meat
- 1 tablespoon peanut butter
- 1 ounce reduced-fat cheese
- 1 egg

¼

¼

½

Use a 9-inch plate.

Measurement Guide

Liquid measure	Dry measure
1 cup = 250 mL	1 cup = 225 grams
1/2 cup = 125 mL	1/2 cup = 113 grams
1 ounce = 30 mL	1 ounce = 28 grams
1 teaspoon = 5 mL	

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