Bite-Sized Tips on Portion Control

Portioning your plate

Make your plate great with half (50%) non-starchy vegetables, one-quarter (25%) protein and one-quarter (25%) grains and starchy foods. Include a serving of fruit and/or dairy as your carbohydrate goals allow.1

Portions for discretionary calories

It’s a common myth that people with diabetes have to avoid sugar entirely. Sweets in moderation and nutritious foods with added sugars can be part of a healthy diet, as long as the total carbohydrates fit within your daily goal.2

No measuring cups in sight? Use these everyday items instead!3

Portion control tips

Keep portions in check with these tips and tricks!

1 American Diabetes Association
2 Joslin Diabetes Center
3 Cleveland Clinic