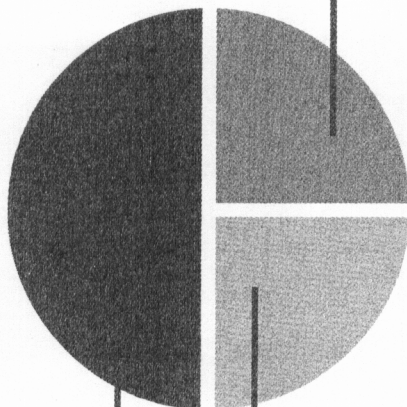
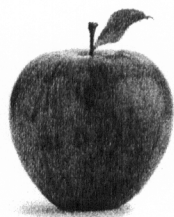


Meal Planning Options

Balance Your Plate

One fruit serving is 1 small fresh fruit, 2 Tbs. dried fruit, or ½ cup canned fruit or unsweetened fruit juice.



Fill this ¼ of the plate with a starch, grain, or starchy vegetable, such as corn, peas or potatoes.

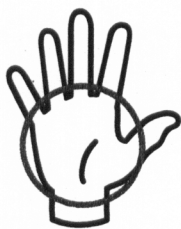
Use fat-free/low-fat milk and milk products.

Fill this ½ of the plate with non-starchy vegetables, such as broccoli, carrots, cauliflower, or green beans.

Fill this ¼ of the plate with lean meat, poultry or fish. If you choose a plant-based protein, such as dried beans, consider the carbohydrate content as part of your total carbohydrate amount for the meal.

Practical Nutrition: The Idaho Plate Method Practical Diabetol 1998;17:42-45.

Use your hand at these guidelines for estimating portion sizes*:



Your palm, not including fingers and thumb, is about 3 ounces of cooked and boneless meat.



A fist is about 1 cup or about 30 grams of carb for foods such as 1 cup ice cream or 1 cup cooked cereal.



Your thumb is about 1 tablespoon or 1 serving of regular salad dressing, reduced-fat mayonnaise or reduced-fat margarine.



Your thumb tip is about 1 teaspoon or 1 serving of margarine, mayonnaise or other fats such as oils.

*These portion estimates are based on a woman's hand size. Hand sizes vary. Weighing or measuring foods is the most accurate way to figure out a portion size.

Adapted from: Warshaw, H.S., Kulkarni, K. *Complete Guide to Carb Counting 2nd Edition*. Alexandria, VA: American Diabetes Association, 2004; 'Wondering How Much to Eat? Do the Hand Jive! *Diabetes Spectrum* 1999; 12:177-178.