

Diabetes Serving Size Guide

Reference Chart for Balanced Meal Planning

Non-Starchy Veggies	1 - 2 Cups	<i>Two handfuls</i>
Lean Protein	3 - 4 oz	<i>Palm of your hand</i>
Complex Carbs	1/2 Cup	<i>A cupped hand</i>
Fruits	1 Small Piece	<i>Size of a tennis ball</i>
Fats / Oils	1 Teaspoon	<i>Tip of your thumb</i>
Cheese	1.5 oz	<i>Two dominoes</i>

The Plate Method:

- 50% Non-starchy vegetables (Greens, broccoli, peppers)
- 25% Lean protein (Chicken, fish, tofu)
- 25% Carbohydrate (Brown rice, sweet potato, beans)