

DIABETIC SERVING SIZE GUIDE

Balanced Portion Reference for Blood Sugar Management

Non-Starchy Vegetables

FOOD ITEM	SERVING SIZE
Leafy Greens	2 Cups (Raw)
Cooked Veggies	1/2 Cup
Raw Broccoli/Peppers	1 Cup

Visual: Two open handfuls

Starches & Grains

FOOD ITEM	SERVING SIZE
Cooked Rice/Pasta	1/3 Cup
Whole Grain Bread	1 Slice
Potato (Small)	1/2 Computer Mouse

Visual: Size of a cupped hand

Proteins

FOOD ITEM	SERVING SIZE
Lean Meat/Fish	3 oz (Cooked)
Tofu/Tempeh	1/2 Cup
Eggs	1 Large

Visual: Size of a deck of cards

Fruits & Dairy

FOOD ITEM

SERVING SIZE

Fresh Fruit

1 Small Piece

Berries

3/4 Cup

Greek Yogurt (Plain)

3/4 Cup

Visual: Size of a tennis ball

The Plate Method

1/2 Plate: Non-Starchy Vegetables

1/4 Plate: Lean Protein

1/4 Plate: Carbohydrates/Grains