

DIABETIC PORTION GUIDE

Protein & Fiber Focused Choices for Blood Sugar Stability

Food Category	Standard Portion Size	Key Benefit
LEAN PROTEINS (Aim for 3-4 oz per meal)		
Chicken/Turkey (Skinless)	Size of a deck of cards	High TEF, low saturated fat
White Fish / Salmon	Size of a checkbook	Omega-3s + zero carb protein
Eggs / Egg Whites	2 Large eggs	High bioavailability
Greek Yogurt (Plain)	3/4 Cup	Protein + Probiotics
HIGH FIBER (Aim for 8g+ per meal)		
Leafy Greens (Spinach/Kale)	2 Cups (Raw)	High volume, near-zero glucose impact
Broccoli / Cauliflower	1 Cup	Complex fiber for gut health
Legumes (Lentils/Beans)	1/2 Cup (Cooked)	Dual Fiber-Protein source

Food Category	Standard Portion Size	Key Benefit
Berries (Raspberry/Blackberry)	3/4 Cup	Low glycemic index, high soluble fiber
Chia / Flax Seeds	1-2 Tablespoons	Slows carbohydrate absorption

Note: This chart is a general template. Portions may vary based on individual caloric needs and glycemic response. Always consult with a registered dietitian or healthcare provider before making significant dietary changes.

Print Chart