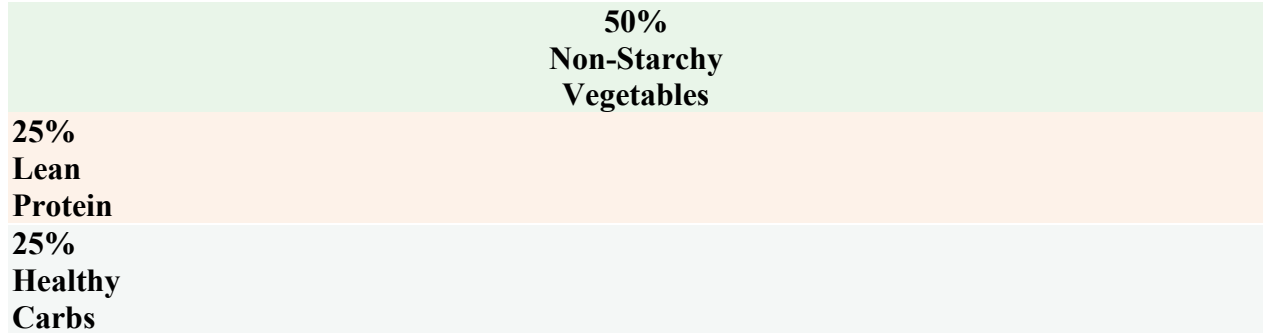


PORTION CONTROL GUIDE

Type 2 Diabetes Management Template



The Plate Method

Use a 9-inch plate for optimal portion sizing.

FOOD GROUP	PORTION SIZE	EXAMPLES
Non-Starchy Veggies	2 Handfuls	Spinach, Broccoli, Peppers, Kale
Lean Protein	Palm Size	Chicken, Fish, Tofu, Eggs
Complex Carbs	Cupped Hand	Quinoa, Brown Rice, Sweet Potato
Healthy Fats	Thumb Tip	Avocado, Olive Oil, Nuts

Example template only. Consult a healthcare professional for a personalized meal plan.