



## MINDFUL PORTION CONTROL FOR *Diabetes Management*

### Protein:

- Chicken breast: 3-4 ounces (about the size of a deck of cards)
- Fish fillet: 3-4 ounces
- Tofu: 3 ounces (about the size of a deck of cards)
- Lean beef or pork: 3-4 ounces
- Eggs: 2 large eggs
- Cottage cheese: 1/2 cup

### Carbohydrates:

- Cooked rice: 1/2 cup (about the size of a hockey puck)
- Cooked pasta: 1/2 cup
- Quinoa: 1/2 cup cooked
- Sweet potatoes: 1/2 cup mashed
- Whole grain bread: 1 slice
- Oats: 1/2 cup cooked

### Healthy Fats:

- Avocado: 1/4 to 1/2 avocado
- Nuts (almonds, walnuts, etc.): 1 ounce (about a small handful)
- Seeds (chia seeds, flaxseeds, etc.): 1 tablespoon
- Olive oil: 1 tablespoon
- Nut butter (peanut butter, almond butter, etc.): 2 tablespoons

### Starchy Vegetables:

- Potatoes: 1/2 cup cooked (about the size of a computer mouse)
- Corn: 1/2 cup cooked
- Butternut squash: 1/2 cup cooked
- Peas: 1/2 cup cooked
- Acorn squash: 1/2 cup cooked

### Non-Starchy Vegetables:

- Broccoli: 1 cup (about the size of a baseball)
- Bell peppers: 1 cup sliced
- Carrots: 1/2 cup sliced
- Zucchini: 1 cup sliced
- Cauliflower: 1 cup florets

### Green Vegetables:

- Spinach: 1 cup raw (about the size of a baseball)
- Kale: 1 cup raw
- Lettuce: 2 cups raw
- Swiss chard: 1 cup cooked
- Collard greens: 1 cup cooked

