

## The power of portion control

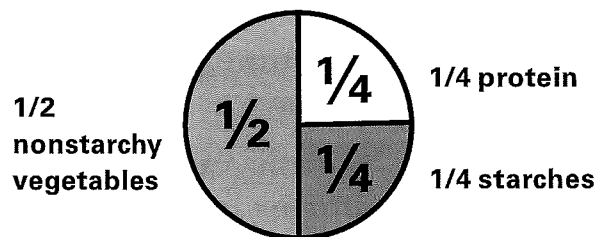
### What is portion control?

Portion control is knowing and managing how much you eat. This may help you better manage your weight and your diabetes.

### Manage portion control by dividing the plate

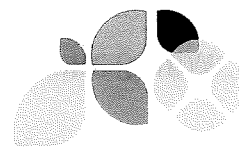
One way to get started is by using a dinner plate and dividing it into portion sizes:

1. Use a paper plate. Draw a line down the middle of the plate.
2. Then draw a line in 1 of the halves, making that 2 halves.



### TIP

Try the plate method for your next meal. Start changing how you eat and what you eat, one meal at a time.



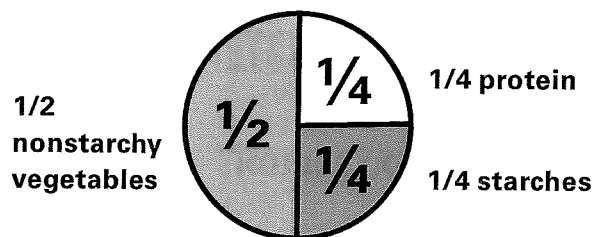
# DIABETES

Fill the largest section of the plate with nonstarchy vegetables, such as

- Spinach, carrots, lettuce, greens, cabbage, or bok choy
- Green beans, broccoli, cauliflower, tomatoes, mushrooms, or peppers
- Salsa, onion, cucumber, beets, or okra

Fill 1 of the small sections of the plate with grains or a starchy food, such as

- Whole-grain breads, such as rye
- Whole-grain, high-fiber cereal
- Cooked cereal, such as oatmeal, grits, or cream of wheat
- Rice, pasta, dahl, or tortillas
- Cooked beans or peas
- Starchy vegetables, such as potatoes, corn, sweet potatoes, or winter squash
- Low-fat crackers or snack chips, pretzels, or fat-free popcorn



Fill the other small section of the plate with meat or meat substitutes, such as

- Chicken or turkey without the skin
- Fish, such as tuna, salmon, or cod
- Seafood, such as shrimp, clams, oysters, crab, or mussels
- Lean cuts of beef and pork. Try cuts that end in "loin," such as sirloin or tenderloin
- Tofu, eggs, or low-fat cheese

