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Controlling the portion size of what you eat can help manage your diabetes. Learning how much to eat and drink is important. Use the comparisons below of things you see every day as a guide for portion sizes. It is also helpful to:

- Plan how much you will eat to follow your meal plan.
- Keep track of what you have eaten and drank in a food diary.

Portion comparisons:						
1 cup	=		one-cup measure	=		size of baseball =  2 scoops mashed potatoes
1/2 cup	=		half-cup measure	=		size of lightbulb =  a scoop of ice cream
1/3 cup	=		third-cup measure	=		size of egg =  small handful of crackers
2 Tablespoons	=		2 T measuring spoons	=		size of golf ball =  small scoop of peanut butter
1 Tablespoon	=		tablespoon measure	=		size of thumb =  dollop of Miracle Whip
1 Teaspoon	=		teaspoon measure	=		size of penny =  pat of butter
3 ounces (oz)	=	size and thickness of a deck of cards		=		small pork chop
1 ounce (oz)	=	size of 4 dice		=		meat, fish fillet, chicken

Source: Diabetes.Org
<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>
www.choosemyplate.gov



Consult your physician before making major changes in your diet or health care regimen.

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