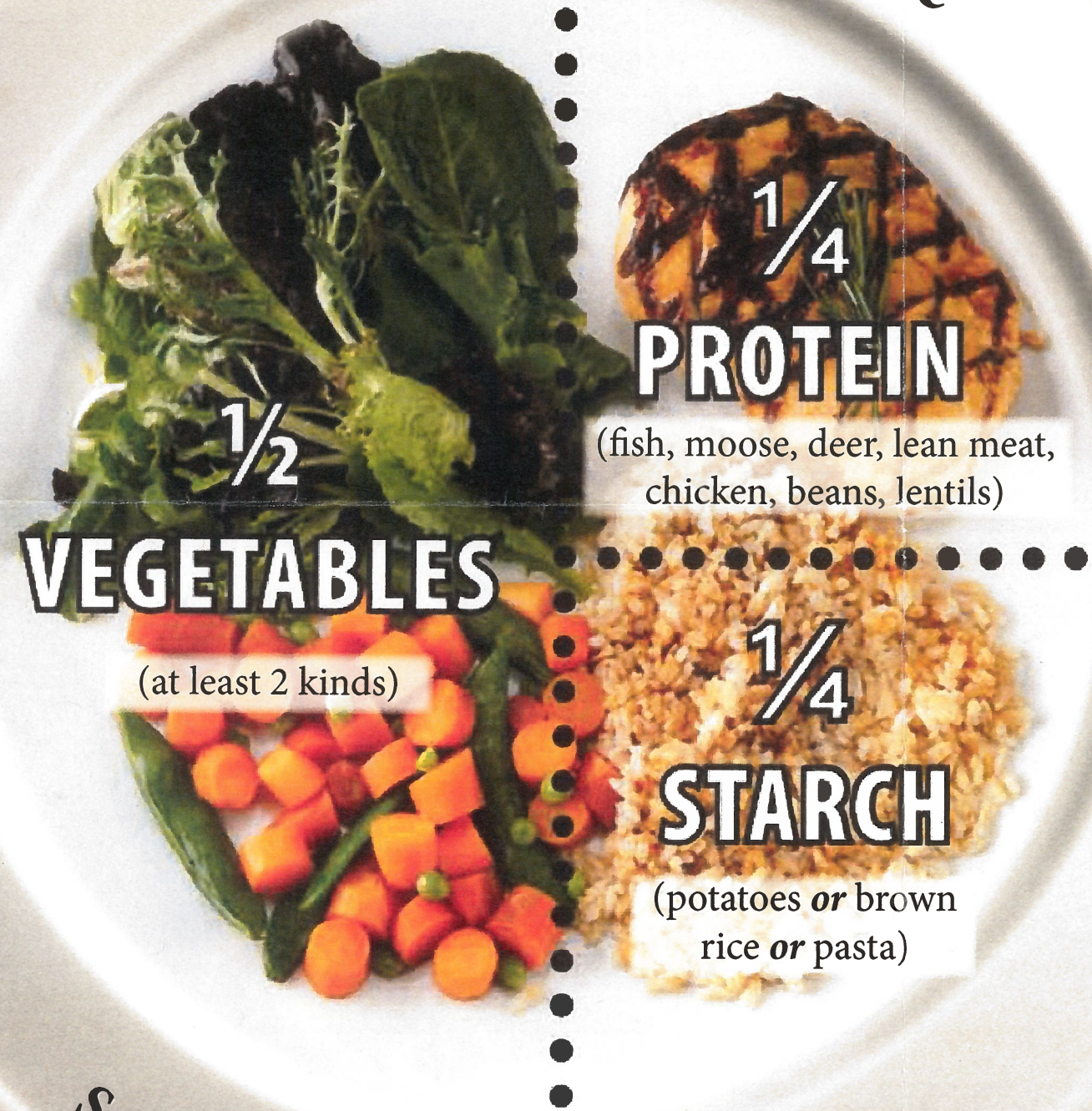




Small to medium
size fresh or
frozen fruit.

Portion Control Guide



Seabird Mobile  Diabetes Team



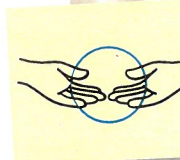
Fruits / Grains & Starches:
Choose an amount the size of your fist for
each grains & starches, and fruit.



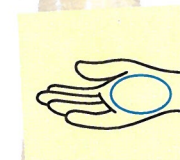
Milk & Alternatives:
Drink up to 250 ml (8 oz) of low-fat milk.
Yogurt and kefir are good alternatives.



Vegetables:
Choose a healthy handful of a variety
of colorful vegetables.



Meat & Alternatives:
Choose an amount up to the size of the
palm of your hand and the thickness of your
little finger. Eat fish at least 2 times a week.



Fats:
Limit fat to an amount the size of the
tip of your thumb.

