• 85 18.15 (3 Archbishop) 50 or 13 without a partner 3160. 1st hand

• snacks 60% 20% 20% and 20% 1 1/2 times a day 3160. 1st hand

• take this dose 2 1/2 times a day 3160. 1st hand

• we take this dose 3 times a day 3160. 1st hand

• use this dose 2 1/2 times a day 3160. 1st hand

• do not take this dose 2 1/2 times a day 3160. 1st hand

Harborview Medical Center
325 9th Avenue
Seattle, WA 98104
Portions to Eat to Control Your Diabetes

The amount of food that you choose is an important part of your diabetes control. Use these tips to estimate your food portions.

♦ 85 grams (3 ounces) of meat is about the size of the palm of your hand without fingers or thumb.

♦ A medium apple or orange is about the size of a fist. One half a banana of this same size equals one fruit serving.

♦ 28 grams (1 ounce) of cheese or nuts equals one handful.

♦ A starch serving of injera per meal is about half of a full slice or 1 ½ rolled pieces.

♦ A cup of cooked pasta, rice or lentils is about the size of a small ladle.

♦ The tip of the thumb is the amount of salt that is recommended for the entire day.

♦ The tip of the thumb is the serving size for butter or oil, which is equal to 1 teaspoonful.