85. 4 oz (3 4 oz) meat, 8 oz (3 4 oz) fish, 1 oz (3 4 oz) cheese

28. 3 oz (1 4 oz) meat, 4 4 oz fish, 1 oz (3 4 oz) cheese

3 oz (1 4 oz) milk, 4 oz (3 4 oz) cheese, 1 1/2 oz (3 4 oz) cheese

4 oz (1 4 oz) cheese, 4 oz (3 4 oz) fish

1 oz (3 4 oz) meat, 4 oz (3 4 oz) fish, 1 oz (3 4 oz) cheese

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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.