

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.

Three (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.



One ounce of cheese or nuts equals one small handful.



A cup of cooked pasta or rice 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.

