

Diabetes Care Tips From:



Portion Control in Diabetes Meal Plans

Smart Tips for Site Rotation

- Simple references can help you estimate food portions for better blood sugar control.
- Measuring devices - you can use measuring cups, spoons and food scales to help you become familiar with correct portion sizes.
- Deck of cards/bar of soap - Either can be used as a reference to help you visualize what 3 ounces of cooked meat, poultry, or fish should look like.
- Your hand - If you are dining out, your hand is a convenient quick reference to help you decide how much of a portion you should eat.

A Guide to Using Your Hand for Portion Control

HAND PORTION	SERVING SIZE	FOOD & DRINK
One fist, clenched	8 fluid ounces	Hot and cold beverages
Two hands, cupped	1 cup	Dry cereal, Mixed dishes (stew, chili), Soup, Green salads, Ethnic mixed dishes, such as Asian, Italian, Mexican food
One hand, cupped	1/2 cup	Pasta, Rice, Mashed potato, Beans, Potato salad, Cole slaw, Hot cereal, Fruit salad, Applesauce, Cottage cheese, Pudding, Gelatin
Palm of hand (women's)	3 ounces	Cooked meat or fish, Canned fish
Two thumbs together (Women's)	1 tablespoon	Salad dressing, Sour cream, Dips, Cream cheese, Mayonnaise, Peanut butter, Dessert sauces, Whipped toppings
Tip of thumb (to first knuckle)	1 teaspoon	Margarine, Oil