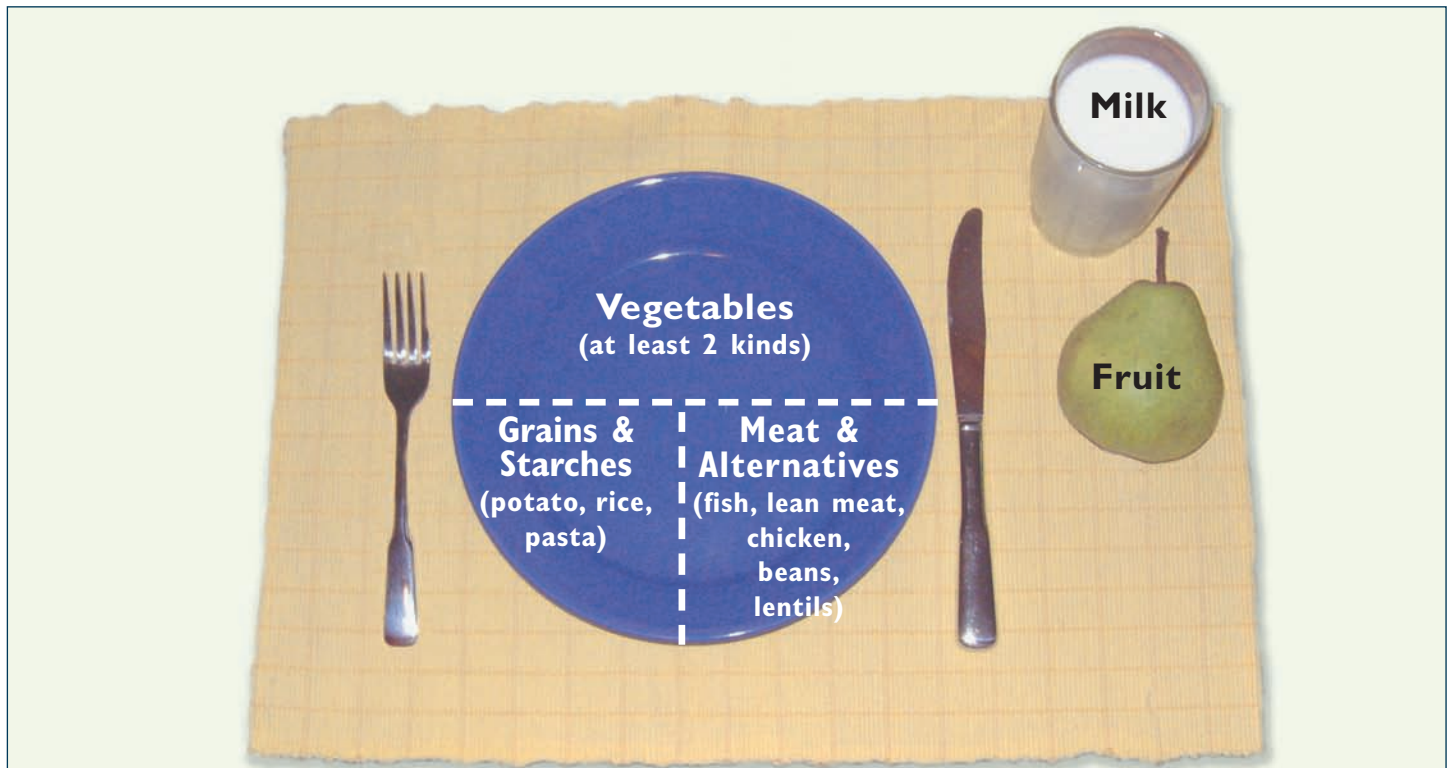




Eat Healthy!

PLAN YOUR PORTIONS



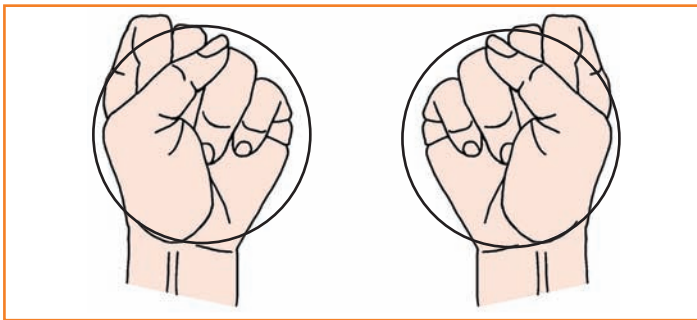
- Eat more vegetables. These are very high in nutrients and low in calories.
- Choose starchy foods such as whole grain breads and cereals, rice, noodles, or potatoes at every meal. Starchy foods are broken down into glucose that your body needs for energy.
- Include fish, lean meats, low fat cheeses, eggs, or vegetarian protein choices as part of your meal.
- Have a glass of milk and a piece of fruit to complete your meal.
- Alcohol can affect blood glucose levels and cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.

It's natural to have questions about what food to eat. A registered dietitian can help you include your favourite foods in a personalized meal plan.

Handy Portion Guide

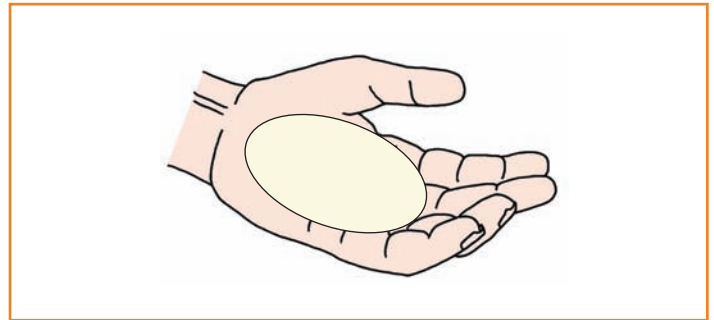
YOUR HANDS. THEY'RE ALWAYS WITH YOU,
AND THEY'RE ALWAYS THE SAME SIZE!

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

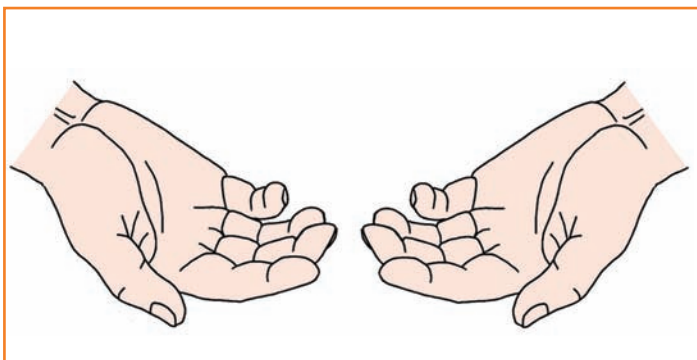


GRAINS AND STARCHES*: Choose an amount up to the size of your fist.

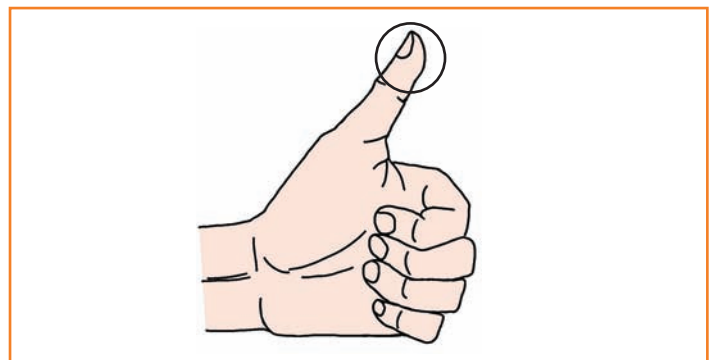
FRUITS*: Choose an amount up to the size of your fist.



MEAT AND ALTERNATIVES*: Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



VEGETABLES*: Choose as much as you can hold in both hands.



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

MILK AND ALTERNATIVES*: Drink up to 250 mL (8 oz) of low fat milk with a meal.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*. Please refer to this resource for more details on meal planning.