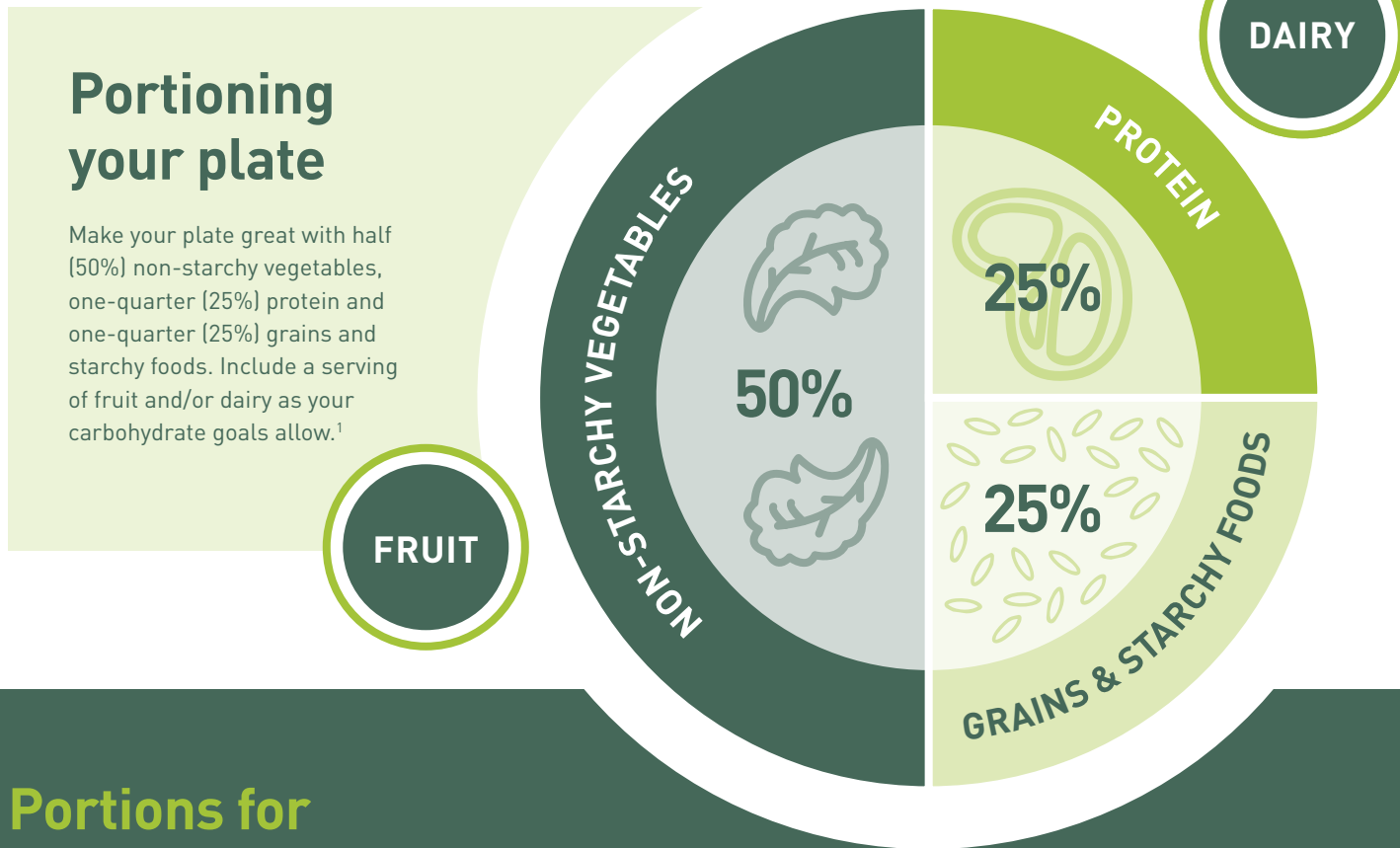


# Bite-Sized Tips on Portion Control

Build a balanced plate and keep portions in check



## Portions for discretionary calories

It's a common myth that people with diabetes have to avoid sugar entirely. Sweets in moderation and nutritious foods with added sugars can be part of a healthy diet, as long as the total carbohydrates fit within your daily goal.<sup>2</sup>

No measuring cups in sight? Use these everyday items instead!<sup>3</sup>



**1/2 cup**

Ice cream



Lightbulb = 1/2 cup



**1 oz.**

Dark chocolate



Pair of dice = 1 oz.



**1 Tbsp.**

Jam, sugar, maple syrup, honey



Tip of thumb = 1 Tbsp.

## Portion control tips

Keep portions in check with these tips and tricks!



Use smaller plates and bowls for meals and snacks.



Serve yourself using a measuring cup to know exactly how much is going on your plate.



Keep food off the counters and in your pantry. Out of sight, out of mind.

<sup>1</sup> American Diabetes Association

<sup>2</sup> Joslin Diabetes Center

<sup>3</sup> Cleveland Clinic