

HEALTHY PORTIONS

WHAT IS A PORTION, ANYWAY?

A portion is the amount of food that you actually eat. It's not necessarily the same as the serving size listed on the food's label.

For example, a 20-oz bottle of soda might say on its Nutrition Facts label that it contains 2.5 servings. So if you drink the whole bottle, your portion was 2.5 servings!



THE INCREDIBLE EXPANDING PORTION

The portion sizes that people think of as normal are getting bigger and bigger. It's easy to lose touch with what a healthy serving size is. So try using the hand method shown here to help get a better grasp on healthy portion sizes.

A HANDY GUIDE TO PORTION SIZES

Stay on track with your portions by using this quick guide to estimate portion sizes and carbs. Practice can help you choose portion sizes that provide the amount of carbs you need. This can help keep your blood sugar in range.

PROTEIN: An open palm, not including fingers and thumb, is about 3 ounces of cooked boneless meat. This should be the size of your protein portion.



VEGETABLES AND STARCHES: A fist is about the size of 1 cup or 30 grams of food. This is a good portion of cereal, bread, or starchy vegetables such as potatoes or corn.



FATS: The thumb is about 1 tablespoon. This is a good portion of regular salad dressing or reduced-fat mayonnaise. The thumb tip is about 1 teaspoon, which you can use as a portion of margarine, mayonnaise, or other fats and oils.



Different people have hands that are different sizes. But this way of checking your portion sizes can get you started. Later, you may decide to measure or weigh your food.

YOUR NEXT MOVE

Practice using the hand method for your next meal. Compare your serving size to the portions shown above.

To get more tips on portion control and serving sizes, go to www.LillyDiabetes.com.