

Portion Size Tips



Why does portion size matter?

Eating the right amount of food helps manage blood sugar, maintain a healthy weight, and reduce complications.

What should I watch for?

- Carbohydrates: Too much at once can spike blood sugar.
- Calories: Large portions can lead to weight gain.
- Fats and sugars: Even healthy foods can affect blood sugar if portions are too big.

Tips for managing portions

- Use smaller plates to help control serving sizes.
- Check serving size on food labels, not just how much is in the package.
- Measure or weigh foods until you can estimate portions accurately.
- Fill half your plate with vegetables, a quarter with lean protein, a quarter with carbs.
- Eat slowly and stop when you feel satisfied, not stuffed.

Practical Portion Size Tips (Hand-Guide)

- Protein (lean meat, fish, poultry, tofu): A palm-sized portion is about one serving (~75 g cooked). This is similar to a deck of cards and matches a Food Guide serving.
- Vegetables & Fruit: A closed fist ≈ 1 cup (about a full serving of vegetables or fruit). Aim for at least two fists of vegetables per meal when possible.
- Grains / Starches (rice, pasta, cereal): A cupped hand ≈ 1/2 cup cooked, which is one Food Guide serving. Your closed fist can equal about 1 cup cooked.
- Fats (oils, butter, salad dressing): Your thumb (whole) ≈ 1 tablespoon of oil or dressing - a good portion for healthy fats each meal.
- Cheese & Nuts: Two thumbs worth of cheese is about one serving (~50 g). A cupped hand holds ~1/4 cup of nuts or seeds - a high-calorie but nutrient-dense choice, so portion carefully.

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist