

Living Healthy with Diabetes



Portion Control in Diabetes: How Much Of A Good Thing Is Still A Good Thing?

Here are some examples of what portions should look like:

A medium potato = Computer mouse



An average bagel = Hockey puck



1 cup of fruit = Baseball



3 oz. of meat = Deck of playing cards



3 ounces of fish = Checkbook



1 ounce of cheese = 4 dice



1 teaspoon peanut butter = Tip of your thumb



1 cup ice cream/yogurt/veggies = Tennis ball



4" diameter Waffle or Pancake = Compact disc

