# Portion Control and Diabetes

# The secret to serving size is in your hand.



## A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice 1 oz. of cold cereal 2 oz. of cooked cereal, rice or pasta 8 oz. of milk or yogurt



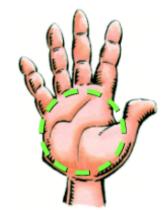
Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group. 1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



#### Handful = 1-2 oz. of snack food



Snacking can add up.
Remember, 1 handful equals
1 oz. of nuts and small candies.
For chips and pretzels,
2 handfuls equal 1 oz.



### Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.



Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = 1/2 cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

