

DIABETES AWARE



Information Sheet 6b – Diabetes and Diet 3

Diabetes and diet 3 - Portions

What is a portion?

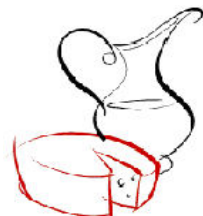
N. B. One cup = 8oz.

Breads, Cereals, Rice and Pasta:
6-11 portions per day – one portions equals
1 slice bread
1oz. ready-to-eat cereal
½ cup of cooked cereal, rice or pasta.



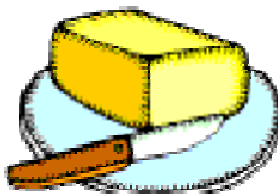
Vegetables:
3-5 portions per day - one portion equals
1 cup of raw leafy vegetables
½ cup of other vegetables (cooked or chopped raw)
¾ cup of vegetable juice.

Fruits:
2-4 portions per day - one portion equals
1 medium piece of fresh fruit
½ cup of chopped, cooked or canned fruit
¾ cup of fruit juice.



Milk, Yogurt and Cheese:
2-3 portions per day - one portion equals
1 cup milk, 1 cup yogurt
1 - 1 ½ oz. hard cheese
2 oz. processed cheese.

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts:
2-3 portions per day – one portion equals
2-3 oz. cooked lean meat, poultry or fish or 1 egg
2 tbsp. peanut butter or ½ cup cooked dry beans
4 oz. Tofu is equal to 1 oz. of meat.



Fats, Oils and Sweets:
Use sparingly - one portion equals
1 tsp. margarine, butter, oil or mayonnaise
1 tbsp. salad dressing
1 tsp. sugar or honey
1 tbsp. jelly or syrup
1 cup soft drink.