

The power of portion control

What is portion control?

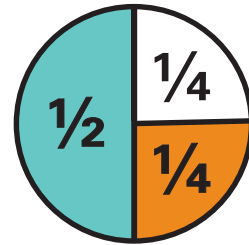
Portion control is knowing and managing how much you eat. This may help you better manage your weight and your diabetes.

Manage portion control by dividing the plate

One way to get started is by using a dinner plate and dividing it into portion sizes:

1. Use a paper plate. Draw a line down the middle of the plate.
2. Then draw a line in 1 of the halves, making that 2 halves.

1/2
nonstarchy
vegetables



1/4 protein
1/4 starches

TIP

Try the plate method for your next meal. Start changing how you eat and what you eat, one meal at a time.

