

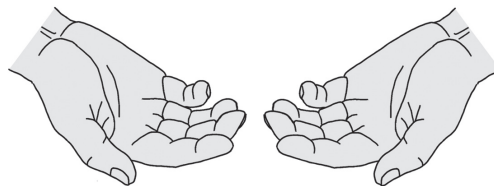
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



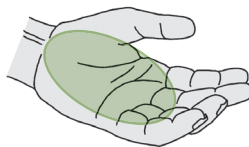
FRUITS*/GRAINS & STARCHES*:

Choose an amount the size of your fist for each of Grains & Starches, and Fruit.



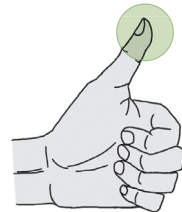
VEGETABLES*:

Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:

Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:

Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.

** Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.*