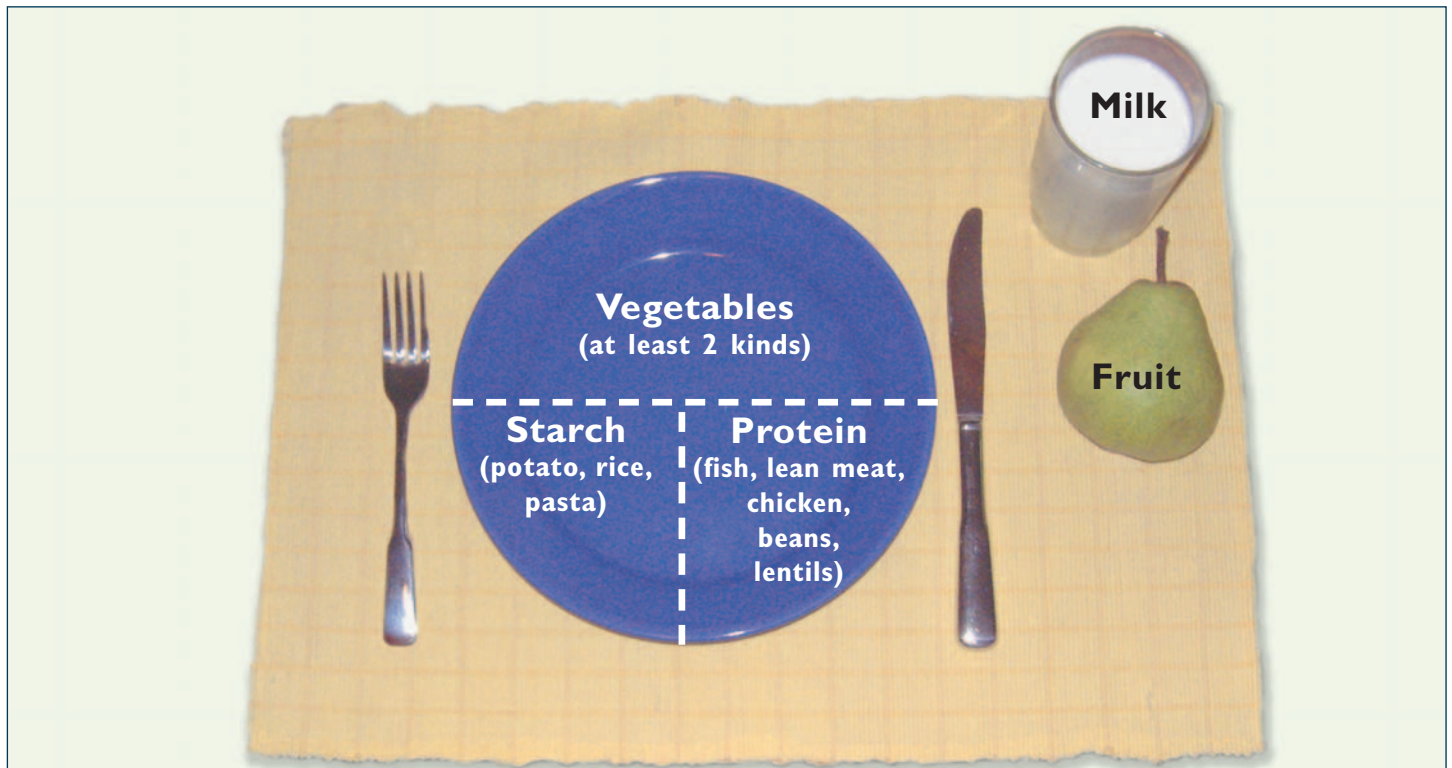




Eat Healthy!

PLAN YOUR PORTIONS



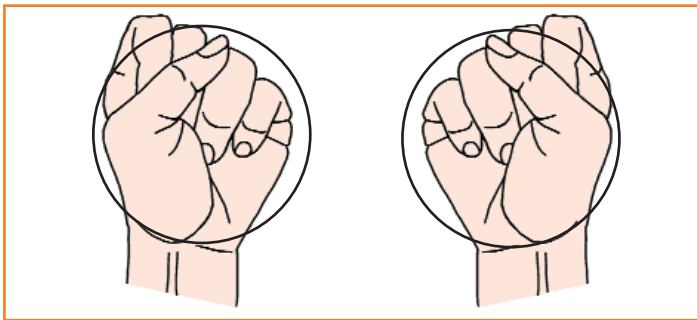
- Eat more vegetables. These are very high in nutrients and low in calories.
- Choose starchy foods such as whole grain breads and cereals, rice, noodles, or potatoes at every meal. Starchy foods are broken down into glucose that your body needs for energy.
- Include fish, lean meats, low fat cheeses, eggs, or vegetarian protein choices as part of your meal.
- Have a glass of milk and a piece of fruit to complete your meal.
- Alcohol can affect blood glucose levels and cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.

It's natural to have questions about what food to eat. A registered dietitian can help you include your favourite foods in a personalized meal plan.

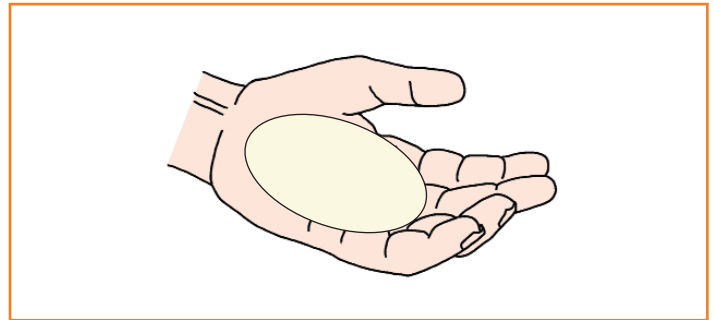
Handy Portion Guide

YOUR HANDS. THEY'RE ALWAYS WITH YOU,
AND THEY'RE ALWAYS THE SAME SIZE!

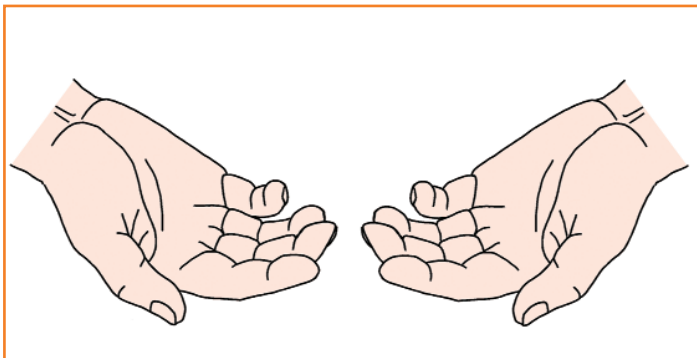
Your hands can be very useful in estimating appropriate portions. When planning a meal, use these portion sizes as a guide.



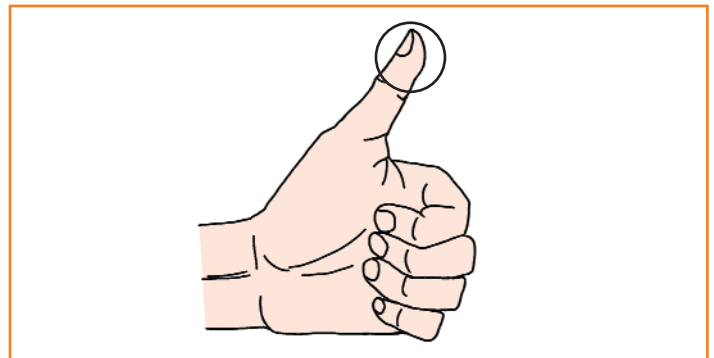
CARBOHYDRATES (grains and starches): Choose an amount the size of your 2 fists. For fruit, use 1 fist.



PROTEIN: Choose an amount the size of the palm of your hand and the thickness of your little finger.



VEGETABLES: Choose as much as you can hold in both hands. Choose low-carbohydrate vegetables (e.g. green or yellow beans, broccoli, lettuce).



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