

Healthy Eating Tips for Diabetes

1. Eat 3 meals each day, including breakfast.
2. Try not to skip meals.
3. Space meals 4-6 hours apart.
4. Breakfast, lunch and supper should be about the same size.
5. Avoid very large or very small meals.
6. Have one piece of fresh fruit at each meal.
7. Limit juice to 1/2 cup per day.
8. Limit your intake of high fat foods, including deep fried or fried foods.
9. Limit meat portions to the size of the palm of your hand and choose fish or skinless poultry more often.
10. Be careful of added fats! Choose low fat or fat free dressings or spreads.



Telehealth Ontario: 1- 866- 797- 0000

Eat Right Ontario: 1- 877- 510- 5102

MAHC Diabetes Centers



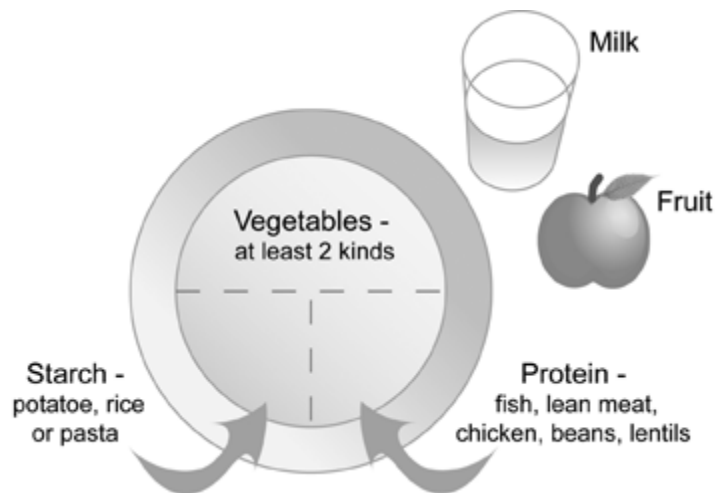
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Space on the Plate Meal Plan



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.



A **thumb** equals 25 g of most cheeses. So 2 thumbs equal a serving.

A **thumb-tip** equals a teaspoon. Three thumb-tips equal a tablespoon, about the amount of milk you'd put in coffee.



A **palm** equals a serving of meat, fish or poultry. That's without fingers and thumb!



A **fist** equals a cup. A fist would be 1 1/3 servings of yogourt. A fist size of raw leafy greens would be a serving of lettuce.

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