The diabetes portion plate

How to divide your plate

The diabetes portion plate is an easy to use tool that can help you visualize your portion sizes and make smart, healthy choices about what you eat.

¼

¼

½

Use a 9-inch plate.

Nonstarchy vegetables

Fill 1/2 of your plate with nonstarchy vegetables, such as tomatoes, green beans, peppers, zucchini, artichokes, and broccoli.
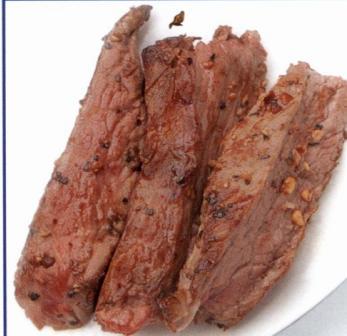
Whole grains and starches

Fill 1/4 of your plate with grains and starchy foods, such as whole-grain breads, high-fiber cereal, brown rice, whole-grain pasta, potatoes, and dried beans.

Protein

Fill 1/4 of your plate with protein, such as skinless chicken, lean cuts of beef or pork, fish, shrimp, eggs, and tofu.