

Diabetes Nutrition Placemat



milk

fruit



protein

starch

vegetable

Lifestyle Activities

30 MINUTES of Activity	Your weight 150 lbs	Your weight 200 lbs
	Calories Burned	Calories Burned
Baseball, playing catch	85	113
Basketball, shooting baskets	153	204
Bicycling – moderate	272	363
Bowling	102	136
Dancing	153	204
Gardening	136	181
Golf – riding in cart	119	159
Pushing baby stroller	85	113
Running 5 mph (12 min. per mile)	272	363
Swimming, leisure, no laps	204	272
Tai Chi	136	181
Vacuuming	119	159
Washing car	102	136
Walking a dog	102	136
Walking 3 mph (20 min. per mile)	109	145
Yoga	85	113

Portion Sizes

SERVING	
1 oz.	= 1 thumb 
3 oz.	= size of a deck of cards 
1 cup	= a fist 
1 tsp.	= a thumb tip 
1/4 cup	= a golf ball 
2 Tbsp.	= a large marshmallow 
1 oz.	= 4 dice 

*SEE BACK FOR PORTION EXAMPLES



1-800-726-9811
www.ccsmed.com

My Diabetes Educator _____
Phone () _____


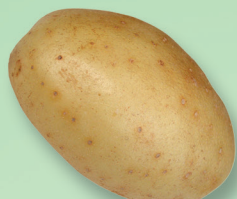





To find a Certified Diabetes Educator (CDE) Call 1-800-832-6874

Did you know*

	Added Calories
1 scoop vanilla ice cream (10% fat)	= 100
1 chocolate chip cookie	= 110
1 package potato chips	= 150
1 cafe latte with skim milk (12 oz.)	= 180
1 donut – glazed	= 250
1 slice of chocolate cake with frosting (3 oz.)	= 320
1 brownie (3 1/2 oz.)	= 420

*Ask your CDE how to fit these foods into your nutrition & exercise plan.

Pictures shown do not reflect actual portions sizes.

PROTEIN	STARCH	VEGETABLE	FRUIT	MILK	FAT	FREE FOOD
<div></div> <div>1 serving = 2-3 oz. of protein</div> <div>1 oz. meat contains { 0 gms of carbs* 7 gms of protein 3-8 gms of fat 45-100 calories**</div>	<div></div> <div>1 serving = 15 gms carbs 80 calories</div>	<div></div> <div>1 serving = 5 gms of carbs 25 calories</div>	<div></div> <div>1 serving = 15 gms of carbs 60 calories</div>	<div></div> <div>1 serving = 12 gms of carbs 8 gms protein</div>	<div></div> <div>1 serving = 5 gms fat 45 calories</div>	<div></div> <div>UNLIMITED SERVINGS</div> <div>Club soda Coffee Diet soft drink, sugar-free Drink mixes, sugar-free Garlic Gelatin dessert, sugar-free Gum, sugar-free Herbs, fresh or dried Hot pepper sauce Mustard Sugar substitutes Tea Tonic water, sugar-free Worchestershire sauce</div>
<div>EXAMPLES OF MEAT</div> <div>Beef Chicken Fish Lamb Pork Wild game Turkey Veal Seafood</div> <div>MEAT SUBSTITUTES</div> <div>Cottage cheese 1/4 cup Cheese 1 oz. Egg 1 egg Peanut Butter 1 Tbsp. Tofu 1/2 cup Tempeh 1/4 cup Soy-based sausage patties 1 1/2 oz.</div> <div>*carbs = carbohydrates **cal = calories</div>	<div>Potato (large) 1/4 (3 oz.) Bagel (large) 1/4 of bagel (1 oz.) English muffin 1/2 Hamburger/ hot dog bun 1/2 (1 oz.) Popcorn, un-buttered 3 cups Pita pocket - 6" 1/2 of pita Pancake (4" across) 1 pancake Tortilla, corn - 6" 1 tortilla Tortilla, flour - 6" 1 tortilla White or wheat bread 1 slice Rice, white or brown, cooked 1/3 cup Peas, green or corn 1/2 cup Yam, sweet potato, plain 1/2 cup</div>	<div>1 CUP RAW or 1/2 CUP COOKED</div> <div>Beans (green, wax) Beets Carrots Cauliflower Celery Cucumber Greens (collard, kale, mustard) Mixed vegetables (without corn, peas, or pasta) Mushrooms Peppers Radishes Salad greens Summer squash Tomato Tomatoes, canned Tomato/vegetable juice 1/2 cup Zucchini</div>	<div>Apple, small 1 - 4 oz. Banana, small 1 - 4 oz. Canned fruit (unsweet.) 1/2 cup Grapefruit 1/2 large Grapes 17 grapes Melon (cubed) 1 cup Orange, small 1 (6 1/2 oz.) Raisins 2 Tbsp. Strawberries, whole 1 1/4 cup</div> <div>FRUIT JUICE</div> <div>Apple, orange 1/2 cup Grapefruit, pineapple 1/2 cup Grape, peach, pear, prune 1/3 cup Cranberry (juice cocktail) 1/2 cup</div>	<div>FAT-FREE & LOW-FAT = 100 cal. (0-3 gms fat per serving)</div> <div>Fat-free (skim) milk 1 cup (8 oz.) Evaporated, low fat milk 1/2 cup 1 % milk 1 cup Soy milk, light 1 cup Yogurt, with sugar substitute 6 oz.</div> <div>REDUCED-FAT = 120 calories (5 gms fat per serving)</div> <div>2% milk 1 cup Soy milk, plain 1 cup Yogurt, plain 6 oz.</div> <div>WHOLE = 160 calories (8 gms fat per serving, high in saturated fats and cholesterol)</div> <div>Whole milk 1 cup Evaporated whole milk 1/2 cup Yogurt, plain 8 oz.</div>	<div>MONOUNSATURATED</div> <div>Oil (canola, olive, peanut) 1 tsp. Almonds/cashews 6 nuts Peanuts 10 nuts Pecans 4 halves</div> <div>POLYUNSATURATED</div> <div>Margarine: - regular 1 tsp. - lower-fat spread 1 Tbsp. Oil (corn, safflower, soybean) 1 tsp.</div> <div>Mayonnaise: - regular 1 tsp. - reduced-fat 1 Tbsp.</div> <div>Salad dressing: - regular 1 Tbsp. - reduced-fat 2 Tbsp.</div> <div>SATURATED (may raise cholesterol levels)</div> <div>Butter 1 tsp. Shortening or lard 1 tsp. Cream cheese: - regular 1 Tbsp. - reduced-fat 1 1/2 Tbsp. Sour cream: - regular 2 Tbsp. - reduced-fat 3 Tbsp.</div>	<div>These servings can be taken 3 times per day, but not all at the same time:</div> <div>Catsup or honey mustard 1 Tbsp. Cream cheese, fat-free 1 Tbsp. Creamer, nondairy, liquid 1 Tbsp. Jam or jelly, light 2 tsp. Mayonnaise, fat-free 1 Tbsp. Margarine, spread fat-free 1 Tbsp. Pickle relish 1 Tbsp. Salad dressing, fat-free, Italian 2 Tbsp. Salsa 1/4 cup Syrup, sugar-free 2 Tbsp. Whipped topping, light or fat-free 2 Tbsp.</div>
<div>EACH PORTION LOOKS LIKE:</div> <div>3 oz. Grilled fish = size of a checkbook 3 oz. Chicken = a deck of cards 3 oz. Beef patty = palm of a woman's hand 1 Tbsp. Peanut butter = 1 thumb</div>	<div>EACH PORTION LOOKS LIKE:</div> <div>1 pancake = compact disc 1/3 cup of cooked rice, pasta = 1 lemon 1/2 cup cooked potato = 1/2 baseball</div>	<div>EACH PORTION LOOKS LIKE:</div> <div>1 cup of raw vegetables = 1 tennis ball 1/2 cup of cooked vegetables = 1/2 tennis ball</div>	<div>EACH PORTION LOOKS LIKE:</div> <div>1 apple = 1 baseball 1/2 cup of canned fruit = 1/2 baseball 2 Tbsp. of raisins = 1 large marshmallow</div>	<div>EACH PORTION LOOKS LIKE:</div> <div>1 cup milk = 1 fist 6 oz. yogurt = 1 lightbulb</div>	<div>EACH PORTION LOOKS LIKE:</div> <div>1 tsp. butter = 1 thumb tip 1 Tbsp. reduced fat mayonnaise = 1 whole thumb</div>	<div></div> <div>1-800-726-9811 www.ccsmed.com</div>