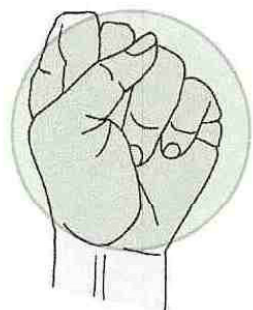


# Handy portion guide

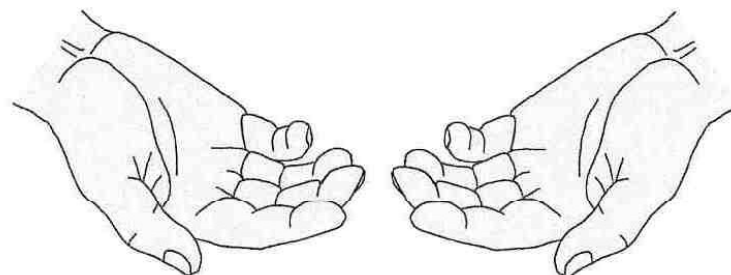
Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



## **FRUITS\*/GRAINS & STARCHES\*:**

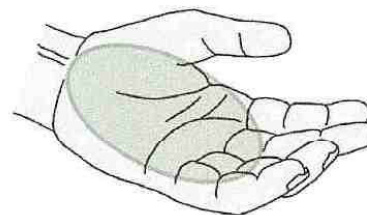
Choose an amount the size of your fist for each of Grains & Starches, and Fruit.

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



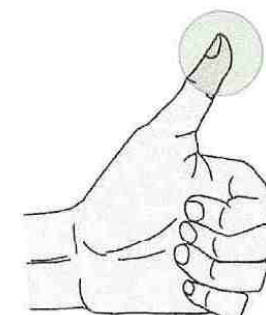
## **VEGETABLES\*:**

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.

*\* 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.*