

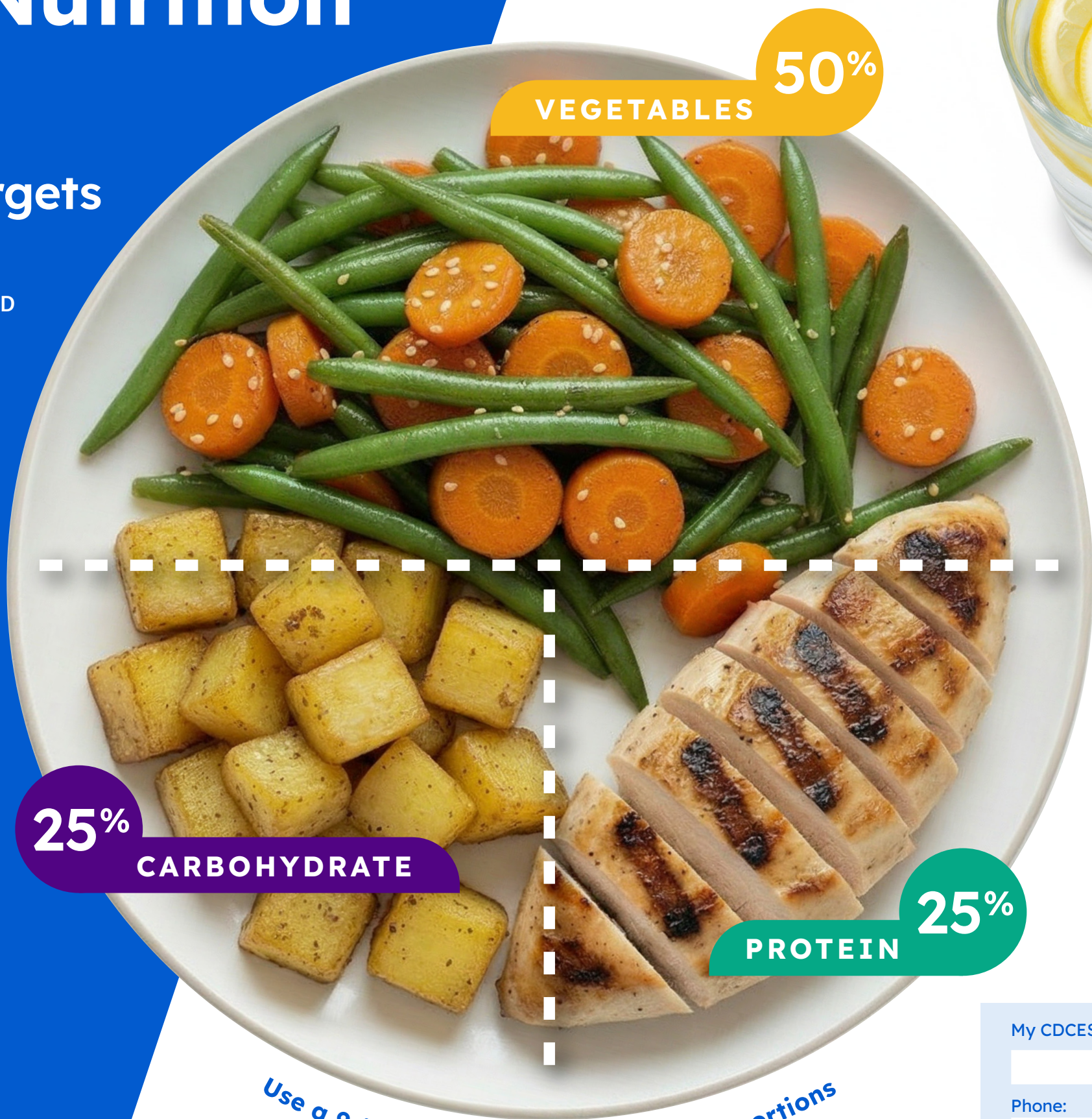


Diabetes Nutrition Placemat

Time-in-Range Targets

- A** Most Adults with T1D/T2D
- B** Older or High-Risk Adults with T1D/T2D
- C** Pregnancy with T1D

A	B	C
Target Range 70-180 mg/dL	Target Range 70-180 mg/dL	Target Range 63-140 mg/dL
≥70%	≥50%	≥70%
>180 mg/dL <25%	>180 mg/dL <50%	
>250 mg/dL <5%	>250 mg/dL <10%	>140 mg/dL <25%
<70 mg/dL <4%	<70 mg/dL <1%	<63 mg/dL <4%
<54 mg/dL <1%		<54 mg/dL <1%
TARGET	HIGH	VERY HIGH
		LOW
		VERY LOW



PORTION SIZES

- 1 oz. = 1 domino
- 3 oz. = deck of cards
- 1 cup = a fist
- 1 tsp. = thimble
- 1/4 cup = a golf ball
- 2 tbsp. = a walnut

My CDCES:

Phone:

Protein	Carbs	Fruit	Milk	Fat	Free Food
 1 serving = 2-3 oz. of protein 1 oz. meat contains $\left\{ \begin{array}{l} 0 \text{ g of carbs*} \\ 7 \text{ g of protein} \\ 3-8 \text{ g of fat} \\ 45-100 \text{ calories} \end{array} \right.$	 1 serving = 15 g carbs*	 1 serving = 15 g carbs*	 1 serving = 12 g carbs* (8 g protein)	 1 serving = 5 g fat*	 1 serving = 5 g fat* Vegetables are considered a free food, unless consuming greater than a cup and a half

EXAMPLES OF MEAT • Beef • Fish • Pork • Turkey • Seafood • Chicken • Lamb • Wild game • Veal	• Bagel (large) ¼ (1 oz.) • Beans (black, navy, kidney, pinto; cooked) ½ cup • Bread, white or wheat 1 slice • English muffin ½ • Hamburger/ hot dog bun ½ (1 oz.) • Pasta (cooked) 1/3 cup • Peas, green or corn ½ cup • Pita pocket - 6" ½ of pita • Popcorn (un-buttered) 3 cups • Potato (large) ¼ (3 oz.) • Quinoa 1/3 cup • Rice, white or brown (cooked) 1/3 cup • Tortilla, corn/flour - 6" 1 tortilla • Yam, sweet potato (plain) ½ cup	• Apple (small) 1 - 4 oz. • Banana ½ • Canned fruit (unsweetened) ½ cup • Grapefruit ½ large • Grapes 17 grapes • Melon, cubed (honeydew, cantaloupe) 1 cup • Orange (small) 1 (6 ½ oz.) • Raisins 2 Tbsp. • Strawberries (whole) 1 ¼ cups • Watermelon (cubed) 1 ¼ cups	FAT-FREE & LOW-FAT=100 cal.** (0-3 g fat per serving) • Fat-free (skim) milk 1 cup (8 oz.) • Evaporated, low fat milk ½ cup • 1 % milk 1 cup • Soy milk, light 1 cup • Yogurt, with sugar substitute 6 oz. REDUCED-FAT = 120 calories (5 g fat per serving) • 2% milk 1 cup • Soy milk, plain 1 cup • Yogurt, plain 6 oz. WHOLE = 160 calories (8 g fat per serving, high in saturated fats and cholesterol) • Whole milk 1 cup • Evaporated, whole milk ½ cup • Yogurt, plain 8 oz.	MONOUNSATURATED • Oil (canola, olive, peanut) 1 tsp. • Almonds/cashews 6 nuts • Peanuts 10 nuts • Pecans 4 halves POLYUNSATURATED • Margarine: - regular 1 tsp. - lower-fat spread 1 Tbsp. • Oil (corn, safflower, soybean) 1 tsp. • Mayonnaise: - regular 1 tsp. - reduced-fat 1 Tbsp. • Salad dressing: - regular 1 Tbsp. - reduced-fat 2 Tbsp. SATURATED (may raise cholesterol levels) • Butter 1 tsp. • Shortening or lard 1 tsp. • Cream cheese: - regular 1 Tbsp. - reduced-fat 1½ Tbsp. • Sour cream: - regular 2 Tbsp. - reduced-fat 3 Tbsp.	UNLIMITED SERVINGS • Club soda • Diet soft drink, sugar-free • Garlic • Gum, sugar-free • Hot pepper sauce • Sugar substitutes • Tonic water, sugar-free • Coffee • Drink mixes, sugar-free • Gelatin dessert, sugar-free • Herbs, fresh or dried • Mustard • Tea • Worcestershire sauce These servings can be taken 3 times per day, but not all at the same time: • 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 ¼ cup • Syrup, sugar-free 2 Tbsp. • Whipped topping, light or fat-free 2 Tbsp.
EACH PORTION LOOKS LIKE: 3 oz. Grilled fish or Chicken = a deck of cards 3 oz. Beef patty = palm of a woman's hand 1 Tbsp. Peanut butter = 1 thumb	30 GRAMS OF CARBOHYDRATE Cookies / Baked Treats • 2 small cookies (such as shortbread or small sugar cookies) = 15 g • 1 small brownie bite (about 1 inch square) = 15 g • 1 small slice angel food cake (about 1 oz) = 15 g Ice Cream / Frozen Treats • Ice cream (regular) - ½ cup = 15 g • Sherbet - 1/3cup = 15 g Candy • Hershey's Kisses - 5 pieces = 15 g • Starburst - 4 pieces = 15-16 g • Gummy bears - 15-17 bears = 15 g • Jellybeans - 15 beans = 15 g • Hard candy - 3-4 pieces = 15 g • Lollipop (regular size) - 1 = 15 g	EACH PORTION LOOKS LIKE: 1 apple = 1 baseball ½ cup of canned fruit = ½ baseball 2 Tbsp. of raisins = 1 large marshmallow	EACH PORTION LOOKS LIKE: 1 cup milk = 1 fist 6 oz. yogurt = 1 lightbulb	EACH PORTION LOOKS LIKE: 1 tsp. butter = 1 thumb tip 1 Tbsp. reduced fat mayonnaise = 1 whole thumb	Vegetables 1 CUP RAW or ½ CUP COOKED • Beans (green, wax) • Beets • Carrots • Cauliflower • Cauliflower rice • 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 ½ cup • Zucchini EACH PORTION LOOKS LIKE: 1 cup of raw vegetables = 1 tennis ball ½ cup of cooked vegetables = ½ tennis ball



Please consult your CDCES or physician for medical advice. This information is for general education only, and should not replace the relationship you have with your health care professional.

REFERENCE: Choose Your Foods: Food Lists for Diabetes, Academy of Nutrition and Dietetics, American Diabetes Association, Copyright 2026. All marks are the property of their respective owners. ©2026, CCS Medical.

DID YOU KNOW?

1 scoop vanilla ice cream (10% fat)	= 100 added calories
1 chocolate chip cookie	= 110 added calories
1 package potato chips	= 150 added calories
1 cafe latte with skim milk (12 oz.)	= 180 added calories
1 donut - glazed	= 250 added calories
1 slice of chocolate cake w/frosting (3 oz.)	= 320 added calories
1 brownie (3.5 oz.)	= 420 added calories

Ask your CDCES how to fit these foods into your nutrition and exercise plan.