

Diabetes Nutrition Placemat



milk

fruit



Lifestyle Activities

	Your weight 150 lbs	Your weight 200 lbs
Duration: 30 minutes	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
Wii Fit™ (Low-intensity)	84	114
Yoga	85	113
Zumba®	268	357

Portion Sizes

SERVING

1 oz. = 1 thumb



3 oz. = size of a deck of cards



1 cup = a fist



1 tsp. = a thumb tip



¼ cup = a golf ball



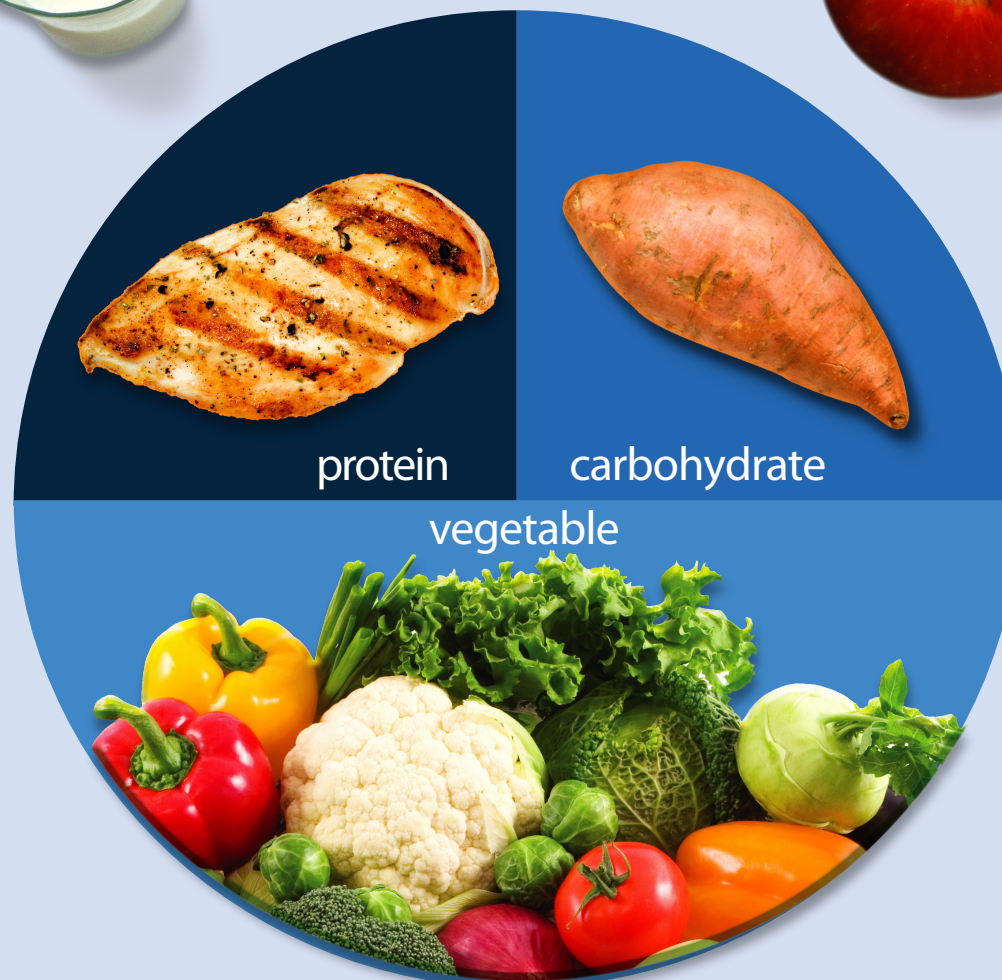
2 Tbsp. = a walnut (in shell)



1 oz. = 4 dice



*SEE BACK FOR PORTION EXAMPLES



protein

carbohydrate

vegetable



1.800.726.9811
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My Diabetes Educator _____

Phone () _____

To speak with a Certified Diabetes Educator (CDE) Call 1.800.498.0274









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 ½ oz.)	=	420

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

Pictures shown do not reflect actual portions sizes.

CARBOHYDRATES						
PROTEIN	STARCH	VEGETABLE	FRUIT	MILK	FAT	FREE FOOD
 <p>1 serving = 2-3 oz. of protein</p> <p>1 oz. meat contains</p> <ul style="list-style-type: none"> 0 gms of carbs* 7 gms of protein 3-8 gms of fat 45-100 calories 	 <p>1 serving = 15 gms carbs* 80 calories</p>	 <p>1 serving = 5 gms of carbs* 25 calories</p>	 <p>1 serving = 15 gms carbs* 60 calories</p>	 <p>1 serving = 12 gms of carbs* 8 gms protein</p>	 <p>1 serving = 5 gms fat* 45 calories</p>	 <p>UNLIMITED SERVINGS</p> <p>Club soda</p> <p>Coffee</p> <p>Diet soft drink, sugar-free</p> <p>Drink mixes, sugar-free</p> <p>Garlic</p> <p>Gelatin dessert, sugar-free</p> <p>Gum, sugar-free</p> <p>Herbs, fresh or dried</p> <p>Hot pepper sauce</p> <p>Mustard</p> <p>Sugar substitutes</p> <p>Tea</p> <p>Tonic water, sugar-free</p> <p>Worcestershire sauce</p>
<p>EXAMPLES OF MEAT</p> <p>Beef Chicken</p> <p>Fish Lamb</p> <p>Pork Wild game</p> <p>Turkey Veal</p> <p>Seafood</p>	<p>Bagel (large) ¼ (1 oz.)</p> <p>Beans (black, navy, kidney, pinto; cooked) ½ cup</p> <p>Bread, white or wheat 1 slice</p> <p>English muffin ½</p> <p>Hamburger/ hot dog bun ½ (1 oz.)</p> <p>Pancake (4" across) 1 pancake</p> <p>Pasta (cooked) ⅓ cup</p> <p>Peas, green or corn ½ cup</p> <p>Pita pocket - 6" ½ of pita</p> <p>Popcorn (un-buttered) 3 cups</p> <p>Potato (large) ¼ (3 oz.)</p> <p>Rice, white or brown (cooked) ⅓ cup</p> <p>Tortilla, corn/flour - 6" 1 tortilla</p> <p>Yam, sweet potato (plain) ½ cup</p>	<p>1 CUP RAW or ½ CUP COOKED</p> <p>Beans (green, wax)</p> <p>Beets</p> <p>Carrots</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Greens (collard, kale, mustard)</p> <p>Mixed vegetables (without corn, peas, or pasta)</p> <p>Mushrooms</p> <p>Peppers</p> <p>Radishes</p> <p>Salad greens</p> <p>Summer squash</p> <p>Tomato</p> <p>Tomatoes (canned)</p> <p>Tomato/vegetable juice ½ cup</p> <p>Zucchini</p>	<p>Apple (small) 1 - 4 oz.</p> <p>Banana ½</p> <p>Canned fruit (unsweetened) ½ cup</p> <p>Grapefruit ½ large</p> <p>Grapes 17 grapes</p> <p>Melon, cubed (honeydew, cantaloupe) 1 cup</p> <p>Orange (small) 1 (6 ½ oz.)</p> <p>Raisins 2 Tbsp.</p> <p>Strawberries (whole) 1 ¼ cups</p> <p>Watermelon (cubed) 1 ¼ cups</p> <p>FRUIT JUICE</p> <p>Apple, orange ½ cup</p> <p>Grapefruit, pineapple ½ cup</p> <p>Grape, peach, pear, prune ⅓ cup</p> <p>Cranberry (juice cocktail) ½ cup</p>	<p>FAT-FREE & LOW-FAT=100 cal.** (0-3 gms fat per serving)</p> <p>Fat-free (skim) milk 1 cup (8 oz.)</p> <p>Evaporated, low fat milk ½ cup</p> <p>1 % milk 1 cup</p> <p>Soy milk, light 1 cup</p> <p>Yogurt, with sugar substitute 6 oz.</p> <p>REDUCED-FAT = 120 calories (5 gms fat per serving)</p> <p>2% milk 1 cup</p> <p>Soy milk, plain 1 cup</p> <p>Yogurt, plain 6 oz.</p> <p>WHOLE = 160 calories (8 gms fat per serving, high in saturated fats and cholesterol)</p> <p>Whole milk 1 cup</p> <p>Evaporated, whole milk ½ cup</p> <p>Yogurt, plain 8 oz.</p>	<p>MONOUNSATURATED</p> <p>Oil (canola, olive, peanut) 1 tsp.</p> <p>Almonds/cashews 6 nuts</p> <p>Peanuts 10 nuts</p> <p>Pecans 4 halves</p> <p>POLYUNSATURATED</p> <p>Margarine:</p> <ul style="list-style-type: none"> - regular 1 tsp. - lower-fat spread 1 Tbsp. <p>Oil (corn, safflower, soybean) 1 tsp.</p> <p>Mayonnaise:</p> <ul style="list-style-type: none"> - regular 1 tsp. - reduced-fat 1 Tbsp. <p>Salad dressing:</p> <ul style="list-style-type: none"> - regular 1 Tbsp. - reduced-fat 2 Tbsp. <p>SATURATED (may raise cholesterol levels)</p> <p>Butter 1 tsp.</p> <p>Shortening or lard 1 tsp.</p> <p>Cream cheese:</p> <ul style="list-style-type: none"> - regular 1 Tbsp. - reduced-fat 1½ Tbsp. <p>Sour cream:</p> <ul style="list-style-type: none"> - regular 2 Tbsp. - reduced-fat 3 Tbsp. 	<p>These servings can be taken 3 times per day, but not all at the same time:</p> <p>Catsup or honey mustard 1 Tbsp.</p> <p>Cream cheese, fat-free 1 Tbsp.</p> <p>Creamer, nondairy, liquid 1 Tbsp.</p> <p>Jam or jelly, light 2 tsp.</p> <p>Mayonnaise, fat-free 1 Tbsp.</p> <p>Margarine, spread fat-free 1 Tbsp.</p> <p>Pickle relish 1 Tbsp.</p> <p>Salad dressing, fat-free, Italian 2 Tbsp.</p> <p>Salsa ¼ cup</p> <p>Syrup, sugar-free 2 Tbsp.</p> <p>Whipped topping, light or fat-free 2 Tbsp.</p>
<p>MEAT SUBSTITUTES (Equal to 1 oz. portion of meat)</p> <p>Cottage cheese ¼ cup</p> <p>Cheese 1 oz.</p> <p>Egg 1 egg</p> <p>Peanut butter 1 Tbsp.</p> <p>Tofu ½ cup</p> <p>Tempeh ¼ cup</p> <p>Soy-based sausage patties 1½ oz.</p>	<p>EACH PORTION LOOKS LIKE:</p> <p>3 oz. Grilled fish = size of a checkbook</p> <p>3 oz. Chicken = a deck of cards</p> <p>3 oz. Beef patty = palm of a woman's hand</p> <p>1 Tbsp. Peanut butter = 1 thumb</p>	<p>EACH PORTION LOOKS LIKE:</p> <p>1 cup of raw vegetables = 1 tennis ball</p> <p>½ cup of cooked vegetables = ½ tennis ball</p>	<p>EACH PORTION LOOKS LIKE:</p> <p>1 apple = 1 baseball</p> <p>½ cup of canned fruit = ½ baseball</p> <p>2 Tbsp. of raisins = 1 large marshmallow</p>	<p>EACH PORTION LOOKS LIKE:</p> <p>1 cup milk = 1 fist</p> <p>6 oz. yogurt = 1 lightbulb</p>	<p>EACH PORTION LOOKS LIKE:</p> <p>1 tsp. butter = 1 thumb tip</p> <p>1 Tbsp. reduced fat mayonnaise = 1 whole thumb</p>	 <p>1.800.726.9811</p> <p>ccsmed.com</p>

*carbs = carbohydrates
**cal = calories