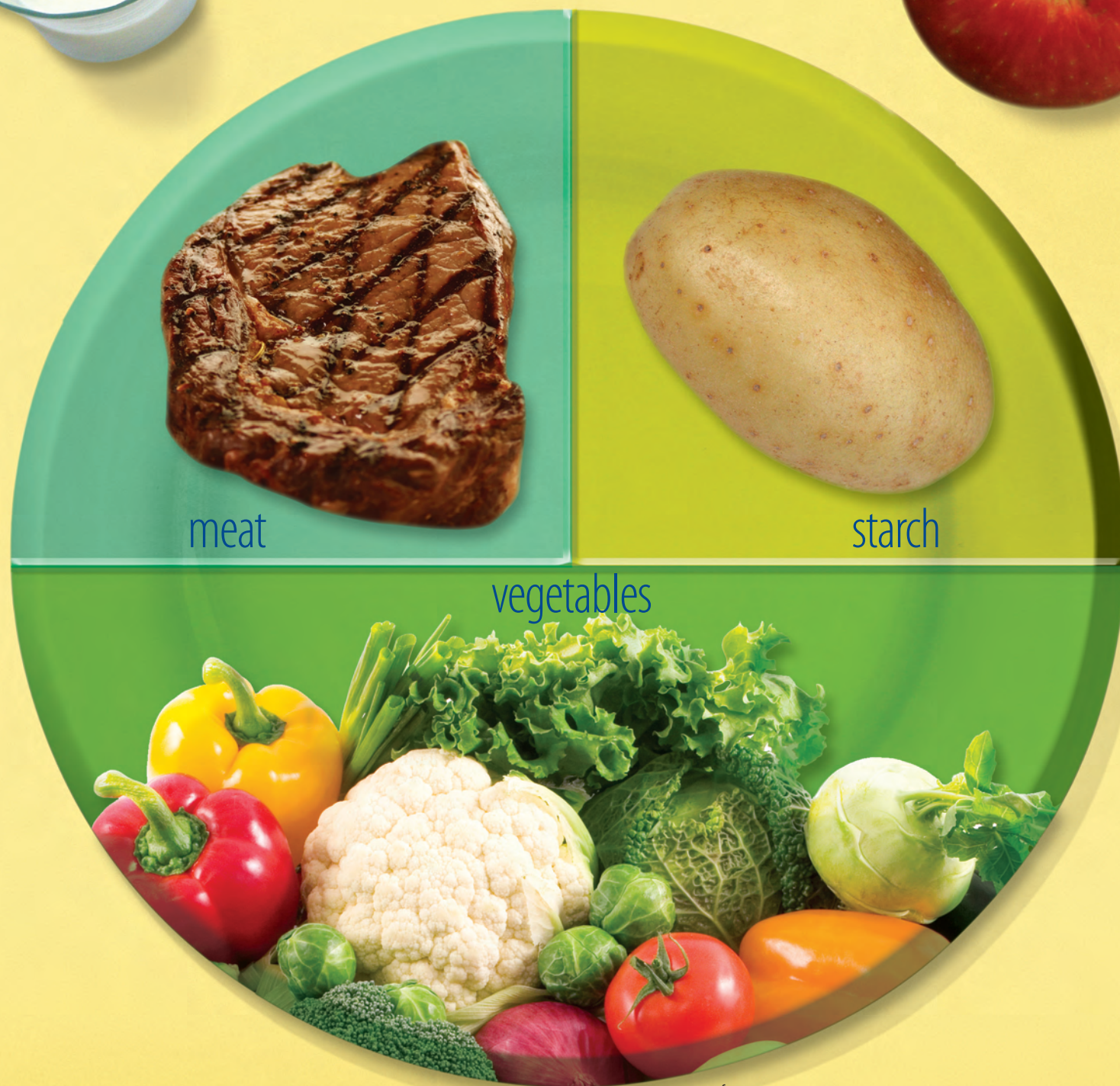


Diabetes Nutrition Placemat



milk

fruit



meat

starch

vegetables

Pictures shown do not reflect actual portions sizes.

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

nova Max
Blood Glucose Monitoring System
Qu...le. Smart.
Live Life to the Max!

Lifestyle Activities

30 MINUTES of Activity	Your weight	Your weight
	150 lbs	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







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.**

My Diabetes Educator _____
Phone () _____

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

MEAT	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 of 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> <ul style="list-style-type: none"> 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 																																																																																																																						
<p>EXAMPLES OF MEAT</p> <table border="0"> <tr><td>Beef</td><td>Chicken</td></tr> <tr><td>Fish</td><td>Lamb</td></tr> <tr><td>Pork</td><td>Wild game</td></tr> <tr><td>Turkey</td><td>Veal</td></tr> <tr><td>Seafood</td><td></td></tr> </table>	Beef	Chicken	Fish	Lamb	Pork	Wild game	Turkey	Veal	Seafood		<table border="0"> <tr><td>Potato (large)</td><td>¼ (3 oz.)</td></tr> <tr><td>Bagel (large)</td><td>¼ of bagel (1 oz.)</td></tr> <tr><td>English muffin</td><td>½</td></tr> <tr><td>Hamburger/ hot dog bun</td><td>½ (1 oz.)</td></tr> <tr><td>Popcorn, un-buttered</td><td>3 cups</td></tr> <tr><td>Pita pocket - 6"</td><td>½ of pita</td></tr> <tr><td>Pancake (4" across)</td><td>1 pancake</td></tr> <tr><td>Tortilla, corn - 6"</td><td>1 tortilla</td></tr> <tr><td>Tortilla, flour - 6"</td><td>1 tortilla</td></tr> <tr><td>White or wheat bread</td><td>1 slice</td></tr> <tr><td>Rice, white or brown, cooked</td><td>⅓ cup</td></tr> <tr><td>Peas, green or corn</td><td>½ cup</td></tr> <tr><td>Yam, sweet potato, plain</td><td>½ cup</td></tr> </table>	Potato (large)	¼ (3 oz.)	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(0-3 gms fat per serving)</p> <table border="0"> <tr><td>Fat-free (skim) milk</td><td>1 cup (8 oz.)</td></tr> <tr><td>Evaporated, low fat milk</td><td>½ cup</td></tr> <tr><td>1 % milk</td><td>1 cup</td></tr> <tr><td>Soy milk, light</td><td>1 cup</td></tr> <tr><td>Yogurt, with sugar substitute</td><td>6 oz.</td></tr> </table> <p>REDUCED-FAT = 120 calories (5 gms fat per serving)</p> <table border="0"> <tr><td>2% milk</td><td>1 cup</td></tr> <tr><td>Soy milk, plain</td><td>1 cup</td></tr> <tr><td>Yogurt, plain</td><td>6 oz.</td></tr> </table> <p>WHOLE = 160 calories (8 gms fat per serving)</p> <table border="0"> <tr><td>Whole milk</td><td>1 cup</td></tr> <tr><td>Evaporated whole milk</td><td>½ cup</td></tr> <tr><td>Yogurt, plain</td><td>8 oz.</td></tr> </table>	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.	2% milk	1 cup	Soy milk, plain	1 cup	Yogurt, plain	6 oz.	Whole milk	1 cup	Evaporated whole milk	½ cup	Yogurt, plain	8 oz.	<p>MONOSATURATED</p> <table border="0"> <tr><td>Oil (canola, olive, peanut)</td><td>1 tsp.</td></tr> <tr><td>Almonds/cashews</td><td>6 nuts</td></tr> <tr><td>Peanuts</td><td>10 nuts</td></tr> <tr><td>Pecan</td><td>4 halves</td></tr> </table> <p>POLYUNSATURATED</p> <p>Margarine:</p> <table border="0"> <tr><td>- regular</td><td>1 tsp.</td></tr> <tr><td>- lower-fat spread</td><td>1 Tbsp.</td></tr> </table> <p>Oil (corn, safflower, soybean)</p> <table border="0"> <tr><td></td><td>1 tsp.</td></tr> </table> <p>Mayonnaise:</p> <table border="0"> <tr><td>- regular</td><td>1 tsp.</td></tr> <tr><td>- reduced-fat</td><td>1 Tbsp.</td></tr> </table> <p>Salad dressing:</p> <table border="0"> <tr><td>- regular</td><td>2 tsp.</td></tr> <tr><td>- reduced-fat</td><td>1 Tbsp.</td></tr> </table> <p>SATURATED (may raise cholesterol levels)</p> <table border="0"> <tr><td>Butter</td><td>1 tsp.</td></tr> <tr><td>Shortening or lard</td><td>1 tsp.</td></tr> </table> <p>Cream cheese:</p> <table border="0"> <tr><td>- regular</td><td>1 Tbsp.</td></tr> <tr><td>- reduced-fat</td><td>1½ Tbsp.</td></tr> </table> <p>Sour cream:</p> <table border="0"> <tr><td>- regular</td><td>2 Tbsp.</td></tr> <tr><td>- reduced-fat</td><td>3 Tbsp.</td></tr> </table>	Oil (canola, olive, peanut)	1 tsp.	Almonds/cashews	6 nuts	Peanuts	10 nuts	Pecan	4 halves	- regular	1 tsp.	- lower-fat spread	1 Tbsp.		1 tsp.	- regular	1 tsp.	- reduced-fat	1 Tbsp.	- regular	2 tsp.	- reduced-fat	1 Tbsp.	Butter	1 tsp.	Shortening or lard	1 tsp.	- regular	1 Tbsp.	- reduced-fat	1½ Tbsp.	- 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> <ul style="list-style-type: none"> 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 1 Tbsp. Salsa ¼ cup Syrup, sugar-free 2 Tbsp. Whipped topping, light or fat-free 2 Tbsp.
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<p>EACH PORTION LOOKS LIKE:</p> <ul style="list-style-type: none"> 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 	<p>EACH PORTION LOOKS LIKE:</p> <ul style="list-style-type: none"> 1 cup of corn flakes = fist 1 pancake = compact disc ⅓ cup of cooked rice, pasta = 1 lemon ½ cup cooked potato = ½ baseball 	<p>EACH PORTION LOOKS LIKE:</p> <ul style="list-style-type: none"> 1 cup of raw vegetables = 1 tennis ball ½ cup of cooked vegetables = ½ tennis ball 	<p>EACH PORTION LOOKS LIKE:</p> <ul style="list-style-type: none"> 1 apple = 1 baseball ½ cup of canned fruit = ½ baseball 2 Tbsp. of raisins = 1 large marshmallow 	<p>EACH PORTION LOOKS LIKE:</p> <ul style="list-style-type: none"> 1 cup milk = 1 fist 6 oz. yogurt = 1 lightbulb 	<p>EACH PORTION LOOKS LIKE:</p> <ul style="list-style-type: none"> 1 tsp. butter = 1 thumb tip 1 Tbsp. reduced fat mayonnaise = 1 whole thumb 	<p>nova Max Blood Glucose Monitoring System Quick. Simple. Smart.</p> <p>1-800-681-7390</p> <p>www.novacares.com</p>																																																																																																																						
<p>Please consult your certified diabetes educator 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.</p> <p>REFERENCE: Choose Your Foods: Exchange Lists for Diabetes, American Dietetic Association, American Diabetes Association, Copyright 2008. Nova Max is a registered trademark of Nova Biomedical. ©2008 Sanvita. All Rights Reserved.</p>																																																																																																																												