

# 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:**



## **Grains and starches\*/Fruits\***

Choose an amount the size of your fist for grains or starches, or fruit.

## **Milk and alternatives\***

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



## **Vegetables\***

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



## **Meat and alternatives\***

Choose an amount the size of the palm of your hand and the thickness of your little finger.



## **Fat\***

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, 2014.