

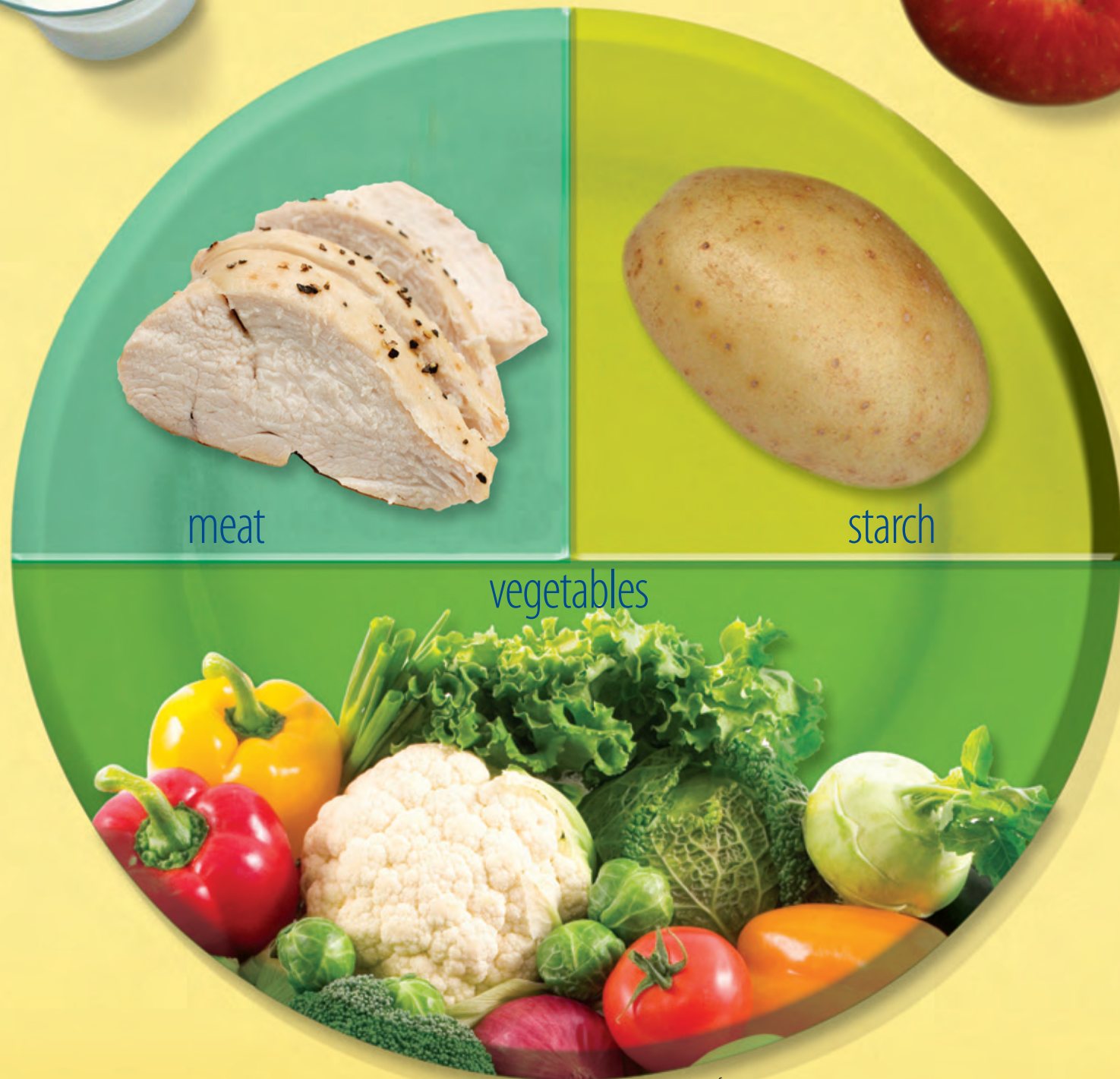
# Diabetes Nutrition Placemat



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



¼ cup = a golf ball



2 Tbsp. = a large marshmallow



1 oz. = 4 dice



\*SEE BACK FOR PORTION EXAMPLES

*nova* Max Link™  
*nova* Max PLUS™  
Blood Glucose Monitoring System  
 Advanced Technology



Live Life to the Max!

My Diabetes Educator \_\_\_\_\_

Phone ( ) \_\_\_\_\_

## 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 ½ oz.)	= 420

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

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

MEAT	STARCH	VEGETABLE	FRUIT	MILK	FAT	FREE FOOD
 <p><b>1 serving</b> = 2-3 oz. of protein</p> <p><b>1 oz. meat contains</b></p> <ul style="list-style-type: none"> <li>0 gms of carbs</li> <li>7 gms of protein</li> <li>3-8 gms of fat</li> <li>45-100 calories</li> </ul>	 <p><b>1 serving</b> = 15 gms carbs 80 calories</p>	 <p><b>1 serving</b> = 5 gms of carbs 25 calories</p>	 <p><b>1 serving</b> = 15 gms of carbs 60 calories</p>	 <p><b>1 serving</b> = 12 gms of carbs 8 gms protein</p>	 <p><b>1 serving</b> = 5 gms fat 45 calories</p>	 <p><b>UNLIMITED SERVINGS</b></p> <ul style="list-style-type: none"> <li>Club soda</li> <li>Coffee</li> <li>Diet soft drink, sugar-free</li> <li>Drink mixes, sugar-free</li> <li>Garlic</li> <li>Gelatin dessert, sugar-free</li> <li>Gum, sugar-free</li> <li>Herbs, fresh or dried</li> <li>Hot pepper sauce</li> <li>Mustard</li> <li>Sugar substitutes</li> <li>Tea</li> <li>Tonic water, sugar-free</li> <li>Worcestershire sauce</li> </ul>
<p><b>EXAMPLES OF MEAT</b></p> <ul style="list-style-type: none"> <li>Beef</li> <li>Chicken</li> <li>Fish</li> <li>Lamb</li> <li>Pork</li> <li>Wild game</li> <li>Turkey</li> <li>Veal</li> <li>Seafood</li> </ul>	<ul style="list-style-type: none"> <li>Potato (large) ¼ (3 oz.)</li> <li>Bagel (large) ¼ of bagel (1 oz.)</li> <li>English muffin ½</li> <li>Hamburger/hot dog bun ½ (1 oz.)</li> <li>Popcorn, un-buttered 3 cups</li> <li>Pita pocket - 6" ½ of pita</li> <li>Pancake (4" across) 1 pancake</li> <li>Tortilla, corn - 6" 1 tortilla</li> <li>Tortilla, flour - 6" 1 tortilla</li> <li>White or wheat bread 1 slice</li> <li>Rice, white or brown, cooked ½ cup</li> <li>Peas, green or corn ½ cup</li> <li>Yam, sweet potato, plain ½ cup</li> </ul>	<p><b>1 CUP RAW or ½ CUP COOKED</b></p> <ul style="list-style-type: none"> <li>Beans (green, wax)</li> <li>Beets</li> <li>Carrots</li> <li>Cauliflower</li> <li>Celery</li> <li>Cucumber</li> <li>Greens (collard, kale, mustard)</li> <li>Mixed vegetables (without corn, peas, or pasta)</li> <li>Mushrooms</li> <li>Peppers</li> <li>Radishes</li> <li>Salad greens</li> <li>Summer squash</li> <li>Tomato</li> <li>Tomatoes, canned</li> <li>Tomato/vegetable juice ½ cup</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Apple, small 1 - 4 oz.</li> <li>Banana, small 1 - 4 oz.</li> <li>Canned fruit (unsweet.) ½ cup</li> <li>Grapefruit ½ large</li> <li>Grapes 17 grapes</li> <li>Melon (cubed) 1 cup</li> <li>Orange, small 1 (6½ oz.)</li> <li>Raisins 2 Tbsp.</li> <li>Strawberries, whole 1 ¼ cup</li> </ul> <p><b>FRUIT JUICE</b></p> <ul style="list-style-type: none"> <li>Apple, orange ½ cup</li> <li>Grapefruit, pineapple ½ cup</li> <li>Grape, peach, pear, prune ⅓ cup</li> <li>Cranberry (juice cocktail) ½ cup</li> </ul>	<p><b>FAT-FREE &amp; LOW-FAT=100 cal.</b> (0-3 gms fat per serving)</p> <ul style="list-style-type: none"> <li>Fat-free (skim) milk 1 cup (8 oz.)</li> <li>Evaporated, low fat milk ½ cup</li> <li>1 % milk 1 cup</li> <li>Soy milk, light 1 cup</li> <li>Yogurt, with sugar substitute 6 oz.</li> </ul> <p><b>REDUCED-FAT = 120 calories</b> (5 gms fat per serving)</p> <ul style="list-style-type: none"> <li>2% milk 1 cup</li> <li>Soy milk, plain 1 cup</li> <li>Yogurt, plain 6 oz.</li> </ul> <p><b>WHOLE = 160 calories</b> (8 gms fat per serving)</p> <ul style="list-style-type: none"> <li>Whole milk 1 cup</li> <li>Evaporated whole milk ½ cup</li> <li>Yogurt, plain 8 oz.</li> </ul>	<p><b>MONOSATURATED</b></p> <ul style="list-style-type: none"> <li>Oil (canola, olive, peanut) 1 tsp.</li> <li>Almonds/cashews 6 nuts</li> <li>Peanuts 10 nuts</li> <li>Pecan 4 halves</li> </ul> <p><b>POLYUNSATURATED</b></p> <p>Margarine:</p> <ul style="list-style-type: none"> <li>- regular 1 tsp.</li> <li>- lower-fat spread 1 Tbsp.</li> </ul> <p>Oil (corn, safflower, soybean) 1 tsp.</p> <p>Mayonnaise:</p> <ul style="list-style-type: none"> <li>- regular 1 tsp.</li> <li>- reduced-fat 1 Tbsp.</li> </ul> <p>Salad dressing:</p> <ul style="list-style-type: none"> <li>- regular 2 tsp.</li> <li>- reduced-fat 1 Tbsp.</li> </ul> <p><b>SATURATED</b> (may raise cholesterol levels)</p> <ul style="list-style-type: none"> <li>Butter 1 tsp.</li> <li>Shortening or lard 1 tsp.</li> <li>Cream cheese: <ul style="list-style-type: none"> <li>- regular 1 Tbsp.</li> <li>- reduced-fat 1½ Tbsp.</li> </ul> </li> <li>Sour cream: <ul style="list-style-type: none"> <li>- regular 2 Tbsp.</li> <li>- reduced-fat 3 Tbsp.</li> </ul> </li> </ul>	<p><b>These servings can be taken 3 times per day, but not all at the same time:</b></p> <ul style="list-style-type: none"> <li>Catsup or honey mustard 1 Tbsp.</li> <li>Cream cheese, fat-free 1 Tbsp.</li> <li>Creamer, nondairy, liquid 1 Tbsp.</li> <li>Jam or jelly, light 2 tsp.</li> <li>Mayonnaise, fat-free 1 Tbsp.</li> <li>Margarine, spread fat-free 1 Tbsp.</li> <li>Pickle relish 1 Tbsp.</li> <li>Salad dressing, fat-free, Italian 1 Tbsp.</li> <li>Salsa ¼ cup</li> <li>Syrup, sugar-free 2 Tbsp.</li> <li>Whipped topping, light or fat-free 2 Tbsp.</li> </ul>
<p><b>MEAT SUBSTITUTES</b></p> <ul style="list-style-type: none"> <li>Cottage cheese ¼ cup</li> <li>Cheese 1 oz.</li> <li>Egg 1 egg</li> <li>Peanut Butter 1 Tbsp.</li> <li>Tofu ½ cup</li> </ul>	<p><b>EACH PORTION LOOKS LIKE:</b></p> <ul style="list-style-type: none"> <li>3 oz. Grilled fish = size of a checkbook</li> <li>3 oz. Chicken = a deck of cards</li> <li>3 oz. Beef patty = palm of a woman's hand</li> <li>1 Tbsp. Peanut butter = 1 thumb</li> </ul>	<p><b>EACH PORTION LOOKS LIKE:</b></p> <ul style="list-style-type: none"> <li>1 cup of raw vegetables = 1 tennis ball</li> <li>½ cup of cooked rice, pasta = 1 lemon</li> <li>½ cup cooked potato = ½ baseball</li> </ul>	<p><b>EACH PORTION LOOKS LIKE:</b></p> <ul style="list-style-type: none"> <li>1 apple = 1 baseball</li> <li>½ cup of canned fruit = ½ baseball</li> <li>2 Tbsp. of raisins = 1 large marshmallow</li> </ul>	<p><b>EACH PORTION LOOKS LIKE:</b></p> <ul style="list-style-type: none"> <li>1 cup milk = 1 fist</li> <li>6 oz. yogurt = 1 lightbulb</li> </ul>	<p><b>EACH PORTION LOOKS LIKE:</b></p> <ul style="list-style-type: none"> <li>1 tsp. butter = 1 thumb tip</li> <li>1 Tbsp. reduced fat mayonnaise = 1 whole thumb</li> </ul>	<p><b>novas Max<sup>PLUS</sup></b> Blood Glucose Monitoring System Advanced Technology</p> <p>1-800-681-7390</p> <p>www.novacares.com</p>
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