Managing Portions and Serving Sizes

Overdoing it on portion size can affect your blood glucose

To build balanced, diabetes-friendly meals, it’s helpful to know the size of the portions you’re getting. But if you don’t have a kitchen scale or measuring cup handy, how do you judge? These simple visual comparisons can help. (Be sure to double-check recommended serving sizes—they may vary from item to item.)

Tips for everyday portion control

Portion sizes have gotten bigger over the past few decades. To stick to recommended portion sizes, it can help to:

- Weigh or measure whenever possible
- Use smaller plates and dishes
- Avoid “supersize” portions

Looking for more about diabetes-friendly eating? Visit NovoCare.com for recipes, tips, and more.