

Take Control Nutrition Tools for Diabetes

50/50 plate

Portions

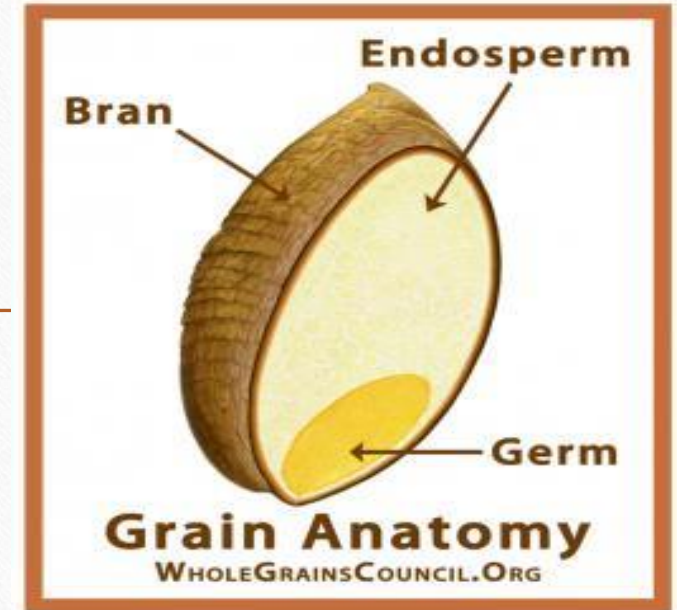
Servings

Choosing Foods to manage blood glucose

- Eat more Vegetables
 - Especially non starchy vegetables
 - Select a variety of colors and types of Vegetables
 - Choose Fresh, Frozen or Canned Vegetables
 - Canned (low in fat and salt)
 - Examples: Spinach, Green Chile broccoli, onions, tomatoes, mushrooms, lettuce, bell peppers, beets, cauliflower, Squash (summer, crookneck, spaghetti, zucchini)

Choosing Foods

- Select **Whole Grains** instead of refined grains
- Try to make half of your grains **WHOLE**.
- Try to purchase products like pasta, bread, tortillas that are whole grain.



Choosing Foods

- Select lean Protein.
- Try to have fish twice a week
- Prepare meats lean
 - Broil, grill, roast, braise, remove fat
- Examples:
 - Eggs, nuts, beans, pork loin, sirloin, tuna , chicken



Choosing Foods

- Add **Fruit** for sweetness
- Select fruits that are fresh, frozen or canned
- Beware of Added Sugar
- Examples:
 - Strawberries, bananas, apples, blueberries
 - apricots, melons



Choosing Foods

- Select low fat [Dairy](#) products
- 1% or skim milk, or unflavored soy milk are best.
- Non-fat or low-fat yogurt
- Select reduced-fat cheeses or cottage cheese.

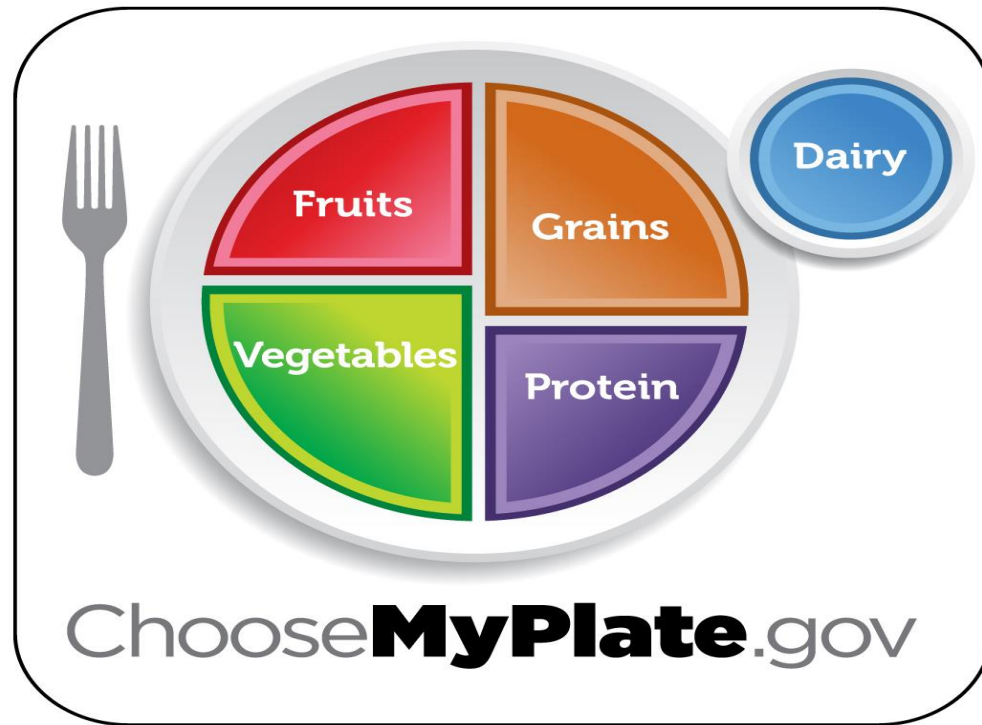


Choosing Foods

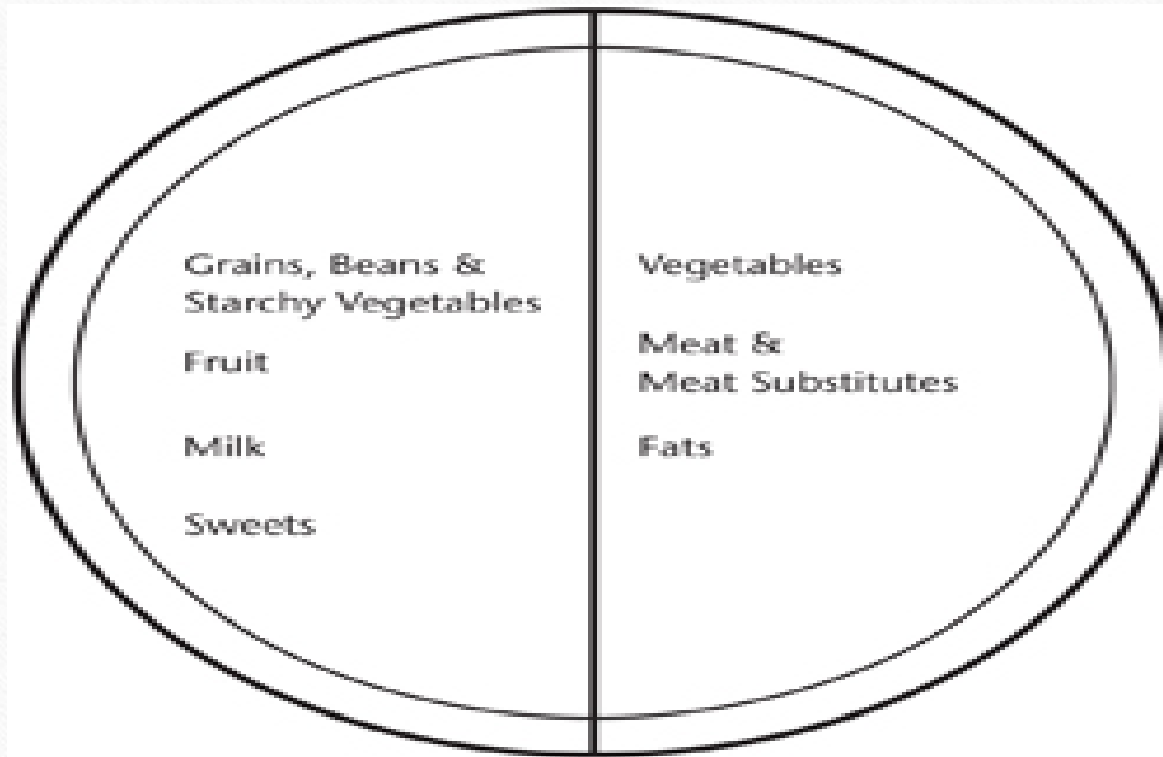
- What about **Fats**?
- Most fats occur in other food groups
- Healthy fats include vegetable oils, mayonnaise, avocado, olives, nuts, and seeds.



Putting it All Together



50/50 Plate



50/50 Method

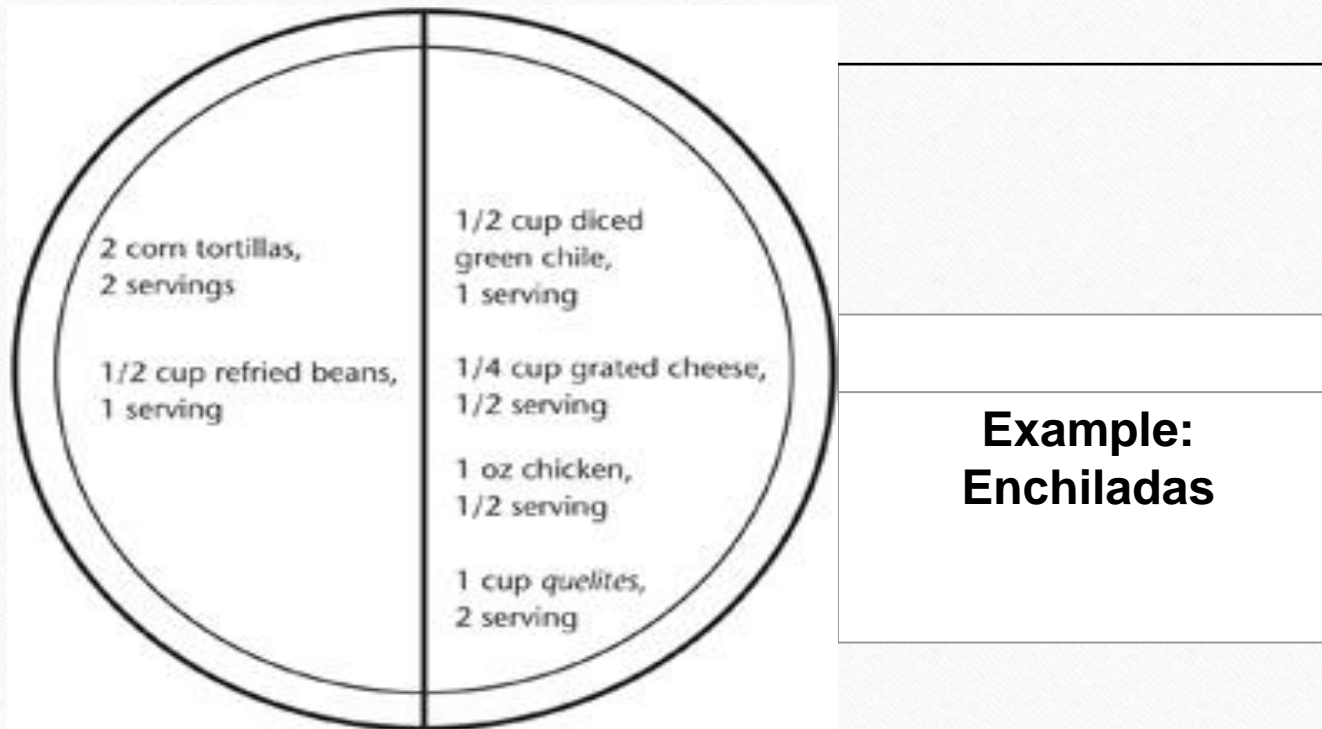
- Helps make meal planning EASY!
- Balances foods High in carbs with foods Low in carbs.
- Helps to think of placing foods high in carbs on one side and foods low in carbs on the other side at meal time.

Total Carbohydrate

Remember that 15 grams of carbohydrates is a serving. You can figure out how many servings of carbs

Carbohydrate servings	Target grams of carbohydrates	Range of grams of carbohydrates
1	15	8–22
2	30	23–37
3	45	38–52
4	60	53–65

50/50 plate Example



Servings and Portions

- What is a serving and portion?
 - The amount of food you eat from the food groups. Serving sizes are more strictly defined and DO NOT vary from person to person. Serving sizes make it easier to identify how many calories, and how much carbohydrate, fat, and protein are in foods.
 - Portion sizes may vary from person to person and are typically not exact but they can be a good way to measure what goes on a plate.

Grains and Starchy Vegetables

(6 Servings)

Grains

- **Examples of one serving from this group would include:**
- One slice of bread
- Half of a bun or small bagel
- 1/4 of a baked potato
- 1/3 cup pasta (cooked)
- 1/3 cup rice (cooked)

Starchy Vegetable

- **One serving of any starchy vegetable is about 1/2 cup cooked vegetable. Starchy vegetables include**
- Corn
- Dried beans
- Lima beans
- Peas
- Potatoes
- Sweet potatoes
- Winter squash

Vegetables

(3-5 Servings)

- **Examples of one serving from this group would include:**
- 1/2 cup cooked vegetables (cooked spinach or cooked broccoli)
- 1 cup raw vegetables (lettuce or mushrooms)
- 1/2 cup of vegetable juice

Protein

(2-3 Servings)

- **Examples of one serving from this group would include:**
- 1 ounce cooked lean meat, poultry, or fish
- 1 ounce cheese
- 1/2 cup tofu
- 1 egg
- 1 tablespoon of peanut butter
- 1 ounce of soyburger
- The serving sizes of foods in this group are very small. Servings (3 ounces) of food from this group is usually considered to be a portion.

Fruit

(2-4 Servings)

- **Examples of one serving from this group would include:**
- One small piece of fresh fruit (like an apple or orange that is the size of a tennis ball)
- 1/2 cup of canned or fresh fruit (like fresh pears or peaches canned in water)
- 1/2 cup of unsweetened fruit juice (like unsweetened orange juice)
- 1/3 cup of some fruit juice that is naturally higher in carbohydrates (like prune juice or cranberry juice)
- 1/4 cup dried fruit (like raisins)

Dairy

(2-3 Servings)

- **Examples of one serving from this group would include:**
- 1 cup milk (fat-free, 1/2%, 1%, 2% or whole)
- 1 cup soy milk (low fat, or fat-free)
- 2/3 fat-free yogurt (flavored or plain)
- 3/4 cup low-fat yogurt

Food Labels

Nutrition Facts

Serving Size (114g)
Servings Per Container **1**

Amount Per Serving

Calories 350 **Calories from Fat 160**

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 3g **16%**

Trans Fat 4g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 45g **15%**

Dietary Fiber 5g **19%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Questions



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- References

- New Mexico State University Cooperative Extension. Control your diabetes for life: Nutrition Series.
- University of Illinois Extension. Your Guide to Diet and Diabetes.