

Smart Servings






Eating better doesn't mean giving up your favorite treats. Instead, learn to balance blood glucose levels and shed extra pounds by budgeting for occasional treats. Try simple changes like putting fewer potatoes on your plate. When opting for dessert, choose smaller portions and savor each bite. Here are some easy ways to size up your servings.










Hear This	Think This	Get This
 Medium Fruit	 Baseball	15-20 grams carbs 60-80 calories
 1 oz. Cheese	 4 dice	0 grams carbs 80-100 calories
 1 cup Light Yogurt	 8 oz. Coffee Cup	12-20 grams carbs 80-100 calories
 Medium Sweet Potato	 Computer Mouse	25 grams carbs 105 calories
 1 oz. Nuts	 Golf Ball	5 grams carbs 170 calories
 1 Pancake	 CD	20 grams carbs 100 calories
 ½ cup Cooked Rice	 Lightbulb	20 grams carbs 100 calories
 1 tsp. Olive Oil	 1 Penny	0 grams carbs 50 calories
 3 oz. Grilled Chicken Breast	 Deck of Cards	0 grams carbs 110 calories
 Small Brownie	 Sticky Note	20 grams carbs 150 calories
 4 oz. Baked Fish	 Checkbook	0 grams carbs 110-220 calories

Use these same tools shown on the front to size up healthy servings without supersizing your plate.






Fruits and Veggies

- 1 cup raw veggies = 
- ½ cup cooked veggies = 
- 2 cups spinach/leafy greens = 
- 1 cup fresh-cut fruit = 
- 2 Tbsp. dried fruit = 




Whole Grains

- 1 cup whole-grain cereal = 
- ½ cup oatmeal = 
- Whole-grain roll = 
- ½ cup whole-wheat pasta = 
- 3 cups low-fat popcorn =   






Lean Protein

- ½ cup low-fat tuna salad = 
- 1 oz. turkey or ham lunchmeat = 
- 90% lean hamburger = 
- ½ cup beans or lentils = 
- 3 oz. pork loin = 







Dairy

- 1 cup light yogurt = 
- 1 cup skim/1% milk = 
- 1 cup plain, fortified soy milk = 

Fats

- 2 Tbsp. light salad dressing = 
- 1 Tbsp. peanut butter = 
- 1 tsp. butter/margarine = 
- 1 Tbsp. ground flaxseed = 
- 2 Tbsp. avocado = 

Sweets and Treats

- Serving of chips = 
- ½ cup ice cream =  
- Slice of cake = 
- Serving of gummy bears = 
- Handful of cashews = 

7 Ways to STOP Overeating

- ✓ Choose a single scoop of ice cream vs. the cone
- ✓ Request half your meal to be boxed up before you eat
- ✓ Eat cereal out of a standard-sized coffee mug
- ✓ Chew your food to applesauce consistency
- ✓ Fill half your plate with colorful veggies
- ✓ Use muffin tins to make personal meatloafs, casseroles and desserts
- ✓ Eat one less piece of pizza than usual

GLUCOCARD® Blood Glucose Meters

