

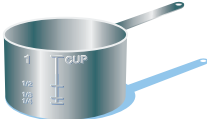







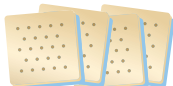
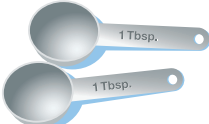

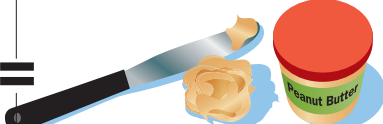







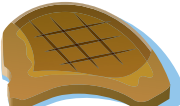




Portion Estimator

Manage portions so you can manage your diabetes. Meal planning is a big part of living with diabetes. It does not have to be hard. Learning to estimate how much to eat and drink can help. Use things you see every day for comparison to make this easier.

- Plan how much you will eat, so you can follow your meal plan.
- Keep accurate food diaries of what you have eaten and drank.

Portion Equivalents:

1 cup	=	 one-cup measure	=	 size of baseball	=	 2 scoops mashed potatoes
1/2 cup	=	 half-cup measure	=	 size of lightbulb	=	 a scoop of ice cream
1/3 cup	=	 third-cup measure	=	 size of egg	=	 small handful of crackers
2 Tablespoons	=	 2 T measuring spoons	=	 size of golf ball	=	 small scoop of peanut butter
1 Tablespoon	=	 Tablespoon measure	=	 size of thumb	=	 dollop of Miracle Whip
1 teaspoon	=	 teaspoon measure	=	 size of penny	=	 pat of butter
3 ounces (oz)	=	size and thickness of a deck of cards	=		=	 small pork chop
1 ounce (oz)	=	size of 4 dice	=		=	 meat, fish fillet, chicken

Diabetes Educators: Call **1-800-635-2288** for information or patient brochures.

Medicare Part B patients: Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.

Website: www.PrescriptionSolutions.com/diabetes

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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