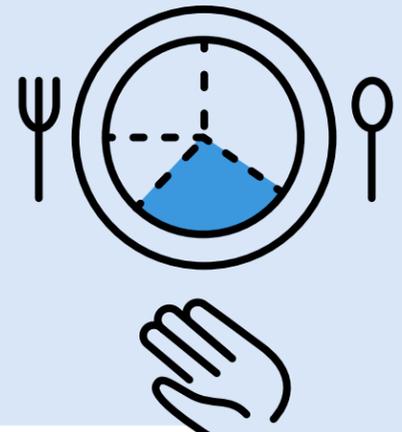
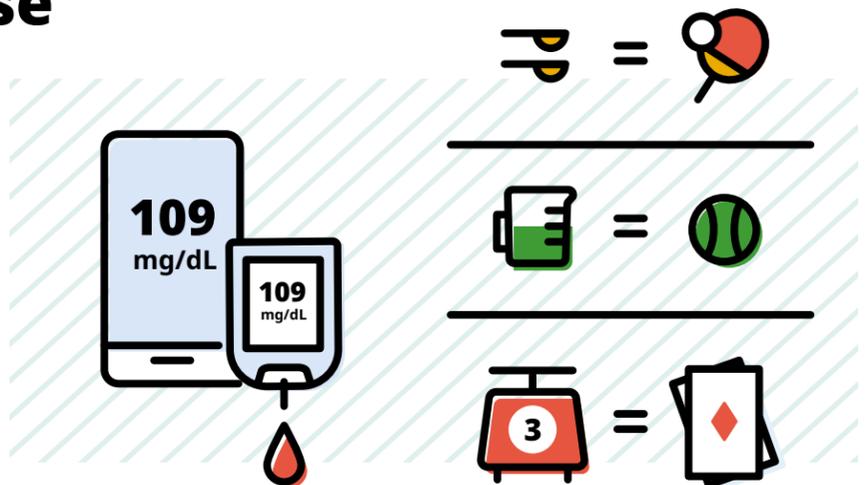


Managing Portions and Serving Sizes



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.)



2 tablespoons

of peanut butter or salad dressing is comparable to a **ping-pong ball**



¼ cup

of dried fruit or nuts is about the size of a **golf ball**



½ cup

of cooked rice, oatmeal, or pasta is about as big as a **tennis ball**



1 cup

of milk, plain yogurt, or cut raw fruits or vegetables is comparable to a **baseball**



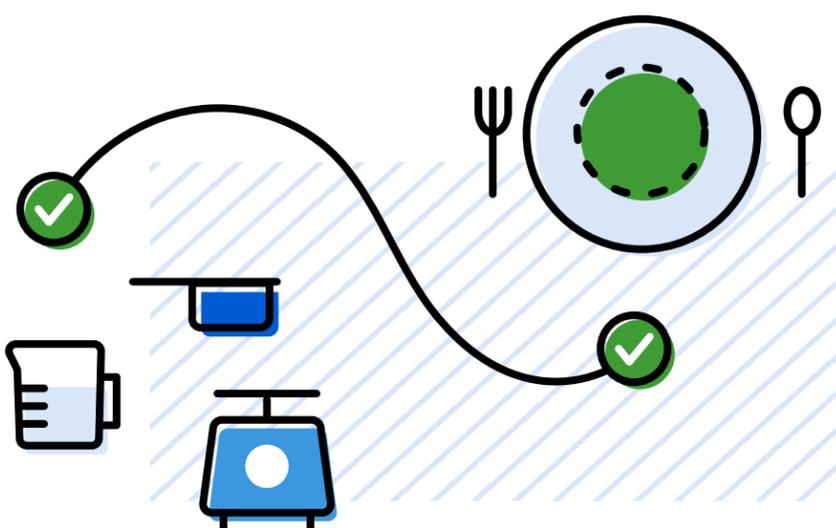
3 ounces of meat or poultry

roughly compares to a **deck of cards**



3 ounces of fish

roughly compares to a **checkbook** (remember those?)



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



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