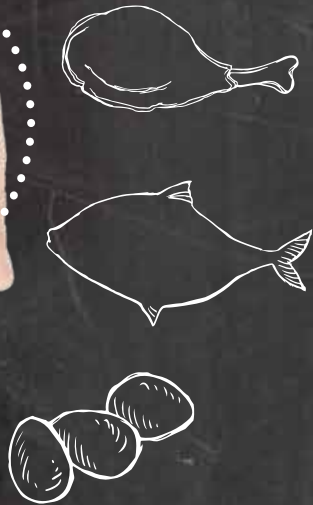


# PERFECT PORTIONS

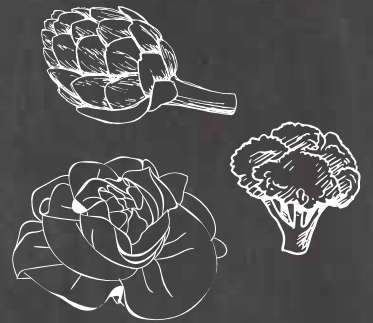
—YOUR GUIDE TO HEALTHY EATING—



## PROTEIN



## NON-STARCHY VEGETABLES



## STARCHES & GRAINS



## FATS

DRESSING/  
MAYONNAISE  
AVOCADO/  
PEANUT BUTTER



BUTTER/  
OLIVE OIL



Many dietitians recommend that people with diabetes eat two servings of fruit per day and two servings of milk or yogurt.