



Portion Size

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To managing your gestational diabetes it's really important to think about portion sizes. When thinking about your portion sizes a great way to really help you is to use your hands. With the healthy plate, and how you should be distributing the food on your plate, divide your plate into into 3 sections.

1. One quarter of your plate should consist of your starches. Ideally your starches should be about the size of your fist.
2. The other quarter of your plate should consist of your proteins. To estimate the portion size of proteins, simply use the size of your palm. Think about what would be an appropriate protein serving that would kind of fit on your palm of your hand.
3. For the remaining half of your plate try to think about how much vegetables you can fit into two hands.

Just to keep in mind that everyone has different size hands so really the size of your hands is an estimation of your needs.