

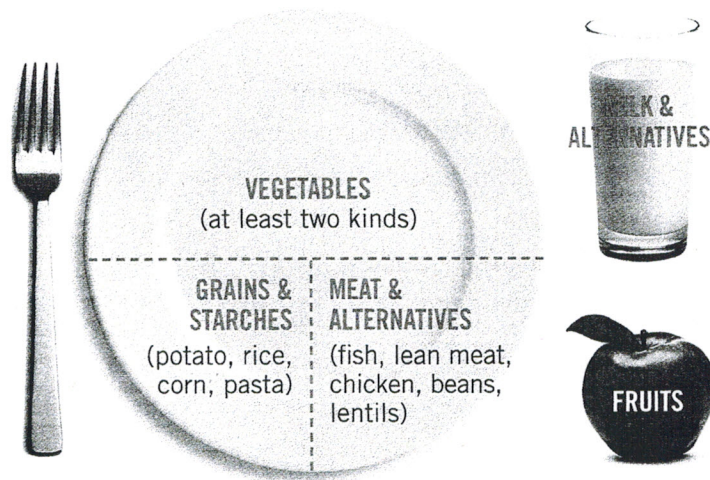
## 1. Eat at the right time

Eat meals and healthy snacks at regular times.  
Avoid going longer than four to six hours without eating.

## 2. Eat smaller portions

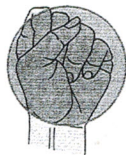
Portions are much bigger now than they were in the past. Big portions of any food can lead to weight gain.

### WHAT'S A HEALTHY PORTION SIZE?

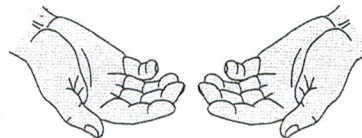


*The Plate Method*® Canadian Diabetes Association, 2005. Reproduced with permission.

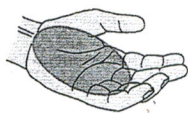
### WHAT'S A SERVING SIZE?



**FRUITS/GRAINS & STARCHES**  
Choose an amount the size of your fist.



**VEGETABLES**  
Choose as much as you can hold in both hands.



**MEAT & ALTERNATIVES**  
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



**FATS**  
Limit fat to an amount the size of the tip of your thumb.

*Handy Portion Guide*® Canadian Diabetes Association, 2005. Reproduced with permission.