

Prediabetes: Managing Portion Sizes

When you have prediabetes, making healthy food choices is one way to manage blood glucose levels, reduce insulin resistance and control your weight. And an important part of making healthy food choices includes managing your portion sizes. Remember – everything in moderation.

Here are some tips to get you started:

When cooking, measure your food. This will help you keep track of exactly how much you are eating.

Use tools like a scale and measuring cups to help you get the recommended portion.

Knowing what a serving size looks like can also help. For example, a serving size of meat is about the size of a deck of cards. One serving of fruit is about the size of your cupped hand. And a serving of cheese is the size of four dice.

Make your plate at the stove or counter so you aren't easily tempted to reach for seconds.

And when snacking, choose healthy options like fruits, vegetables, yogurt, nuts or air popped popcorn. Remember to measure your portion size so you don't mindlessly munch on too much! And don't snack while you are doing other things. Take the time to enjoy your food and you may naturally eat less.

When dining out, many restaurant portions are enough for two servings. Ask your server to bring you half the dish and pack the rest to take home. Or pack it up "to go" yourself.

You may choose to order a smaller lunch size serving instead of the huge dinner size. This can help both your waistline and your pocketbook. Or ask to order from the children's menu. You'll get the taste you are looking for without the extra calories.

Maybe have an appetizer with a soup or salad instead of a heavy entrée. Just make sure that your choices are healthy: low fat, rich in healthy carbohydrates, vegetables and lean protein.

If you choose to treat yourself to dessert, share it with a friend. Or choose fruit for a healthier option.

Making small changes to control your portion sizes when you're eating at home or dining out can make a big difference in your glucose levels and insulin resistance. Talk to your healthcare team about more ways to manage your portion sizes in order to delay or prevent Type 2 diabetes.