

Diabetes Management: Portion Sizes Are Key When Carbohydrate Counting

Now, a Health Minute.

Accurately estimating portion sizes is key to carb counting. It's a skill you will improve over time. Tools can help.

Use measuring cups or spoons and a scale to weigh and measure your foods. The more you do this, the better you will be able to eyeball a serving size.

Everyday items can also be a guide. For example, half a cup of cooked broccoli is the size of a light bulb.

One medium size fruit equals a tennis ball.

And a baked potato serving is the size of a computer mouse.

You can also use your hand to measure foods.

One serving of non-starchy vegetables like green beans is the size of your fist.

And a serving of starches or fruits can fit in your cupped hand.

Use these guidelines to help you feel more confident about carb counting.