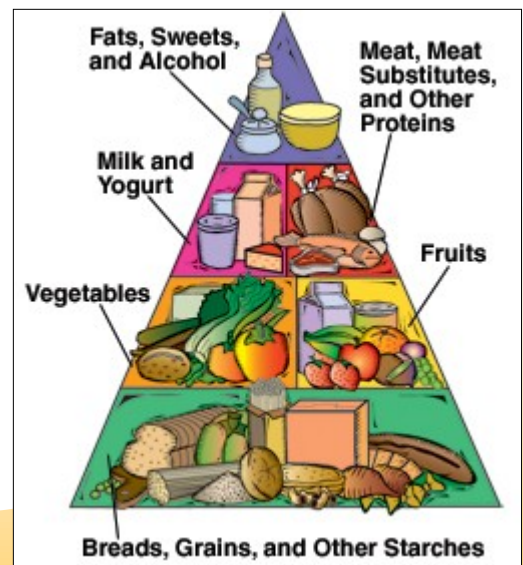


Diabetes Food Pyramid

Managing diabetes requires paying close attention to nutrition and meal planning. A Registered Dietician (RD) can help diabetics choose the types and amounts of foods to eat so that they can control their blood glucose levels.

The Diabetes Food Pyramid is a useful tool for planning a healthy diet. It is based on carbohydrate and protein content and categorizes food by six groups:

- **Breads, Grains and Other Starches** – this is the base of the Diabetes Food Pyramid, meaning that most of a diabetic person's consumption should be from foods in this group. It includes grains and cereals, such as rice, pasta, bread, bagels, English muffins, cooked cereals, and tortillas. Starchy vegetables are also included in this food group because of the high level of carbohydrates. Eating potatoes, peas, corn, and squash will help a diabetic reach their goal of **6 to 11 daily servings** from this food group.
- **Vegetables** – Low in fat and high in fiber and nutrients, vegetables should be included in most meals. This group includes: tomatoes, carrots, lettuce, cabbage, cucumbers, spinach, and cauliflower. (In the diabetic diet, remember that starchy vegetables such as potatoes, peas, and corn are included in the "Breads, Grains and Other Starches" food group.) Aim for **3 to 5 daily servings** of vegetables.
- **Fruits** – Fruits are rich in carbohydrates, vitamins, minerals, and fiber. Included in this food group are: bananas, oranges, apples, blueberries, grapes, strawberries, apricots, and cantaloupe. Aim for **2 to 4 daily servings** from this group.
- **Milk** – Milk and milk-based food products are good sources of protein and calcium. Heart-healthy choices include non-fat (or low-fat) milk or yogurt. Aim for **2 to 3 daily servings** from this group.
- **Meat and Meat Substitutes** – These foods are sources of protein, vitamins, and minerals. This group includes: fish, beef, chicken, turkey, cheese, cottage cheese, dried beans, tofu, peanut butter, and eggs. Choose lean cuts of meat and keep portions small. Baking, roasting or grilling the meat is preferable to frying. Choose **4 to 6 ounces per day** from this food group, divided between meals.
- **Fats, Sweets, and Alcohol** – This category of the Diabetes Food Pyramid falls under the heading of "a special treat." These foods don't have much nutritional value, so keep portion sizes small and enjoy them only occasionally. This group includes ice cream, cake, cookies, potato chips, and alcoholic beverages.



Following a diabetic diet is important in managing diabetes and delaying the complications caused by that disease. Contact a doctor or Registered Dietician for more information.

For more information on the diabetes food pyramid, please visit:

<http://www.diabetes.org/nutrition-and-recipes/nutrition/foodpyramid.jsp>

http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/