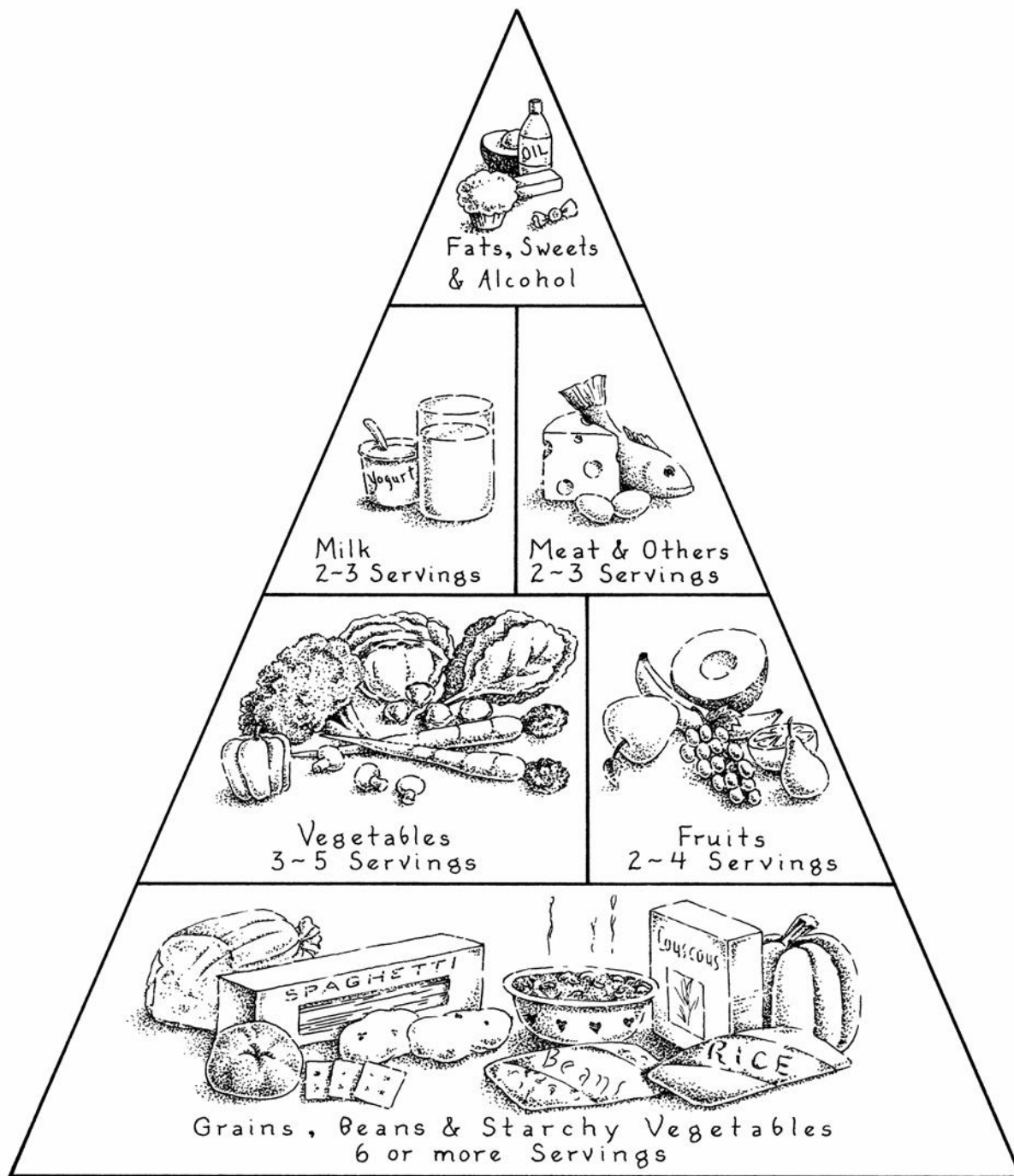


Diabetes Food Guide Pyramid



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Diabetes Food Guide Pyramid

The Diabetes Food Guide Pyramid is a tool that indicates how much of each of the food groups you should eat each day for a healthy diet. The Diabetes Food Guide Pyramid differs from the USDA Food Guide Pyramid and from MyPyramid. Until MyPyramid is modified for use by people with diabetes continue to use the Diabetes Food Guide Pyramid. The Diabetes Food Guide Pyramid places starchy vegetables such as peas, corn, potatoes, sweet potatoes, winter squash, and beans at the bottom of the pyramid with grains. This is because these foods are similar in carbohydrate content to grains. Cheese is in the Meat and Others group instead of the Milk group because cheese has little carbohydrate and is similar in protein and fat content to meat.

Foods that are high in carbohydrate increase blood glucose levels and are in the **Grains, Beans, and Starchy Vegetables** group, the **Fruit** group, and the **Milk** group. Other foods that raise blood glucose are **Sweets** found in the top of the Pyramid. Starchy and/or sweet foods, fruits and milk are high in carbohydrate. A serving of a carbohydrate food has 15 grams of carbohydrate. Foods low in carbohydrate are found in the **Vegetable** group, **Meat and Others** group, and **Fats**.

In the following PDF are examples of foods in each of the food groups and their serving sizes.