

The Diabetes Food Pyramid:

building blocks to diabetes control

Following the suggestions of the Diabetes Food Pyramid

is a good way to make sure your diet is healthy.

Talk to your healthcare provider or dietitian about planning a diet that is right for you.

A healthy diet is a very important part of controlling diabetes. But many people with diabetes need help in learning how to eat healthier. That's where the Diabetes Food Pyramid can make a difference.

Here's how the Diabetes Food Pyramid helps you:

- It puts foods into 6 groups. The food groups at the top of the pyramid are smaller. This means you should eat less of them. The groups at the bottom are larger. This means you should eat more of them.
- It makes sure that your carbohydrates, or "carbs," are balanced among all of the food groups.
 - Carbs come from a lot of the foods you eat. Sugars, starches, and fiber are all carbs. Your body breaks down carbs and uses them for energy. Good carbs come from vegetables, whole grains, and fruits. Bad carbs come from foods near the top of the food pyramid, such as candy, cookies, and crackers.
 - If you are not balancing your carbs, your blood sugar may get too high. You have to watch your blood sugar to stay in control of your diabetes.
- It also tells you how many servings of each type of food you should have each day.
 - For example, you should have 2 to 4 servings of fruit a day. It gives you a range of servings because everyone is different. The number of servings that are right for you might be different for someone else. It all depends on your diabetes goals, calorie and nutrition needs, and lifestyle.

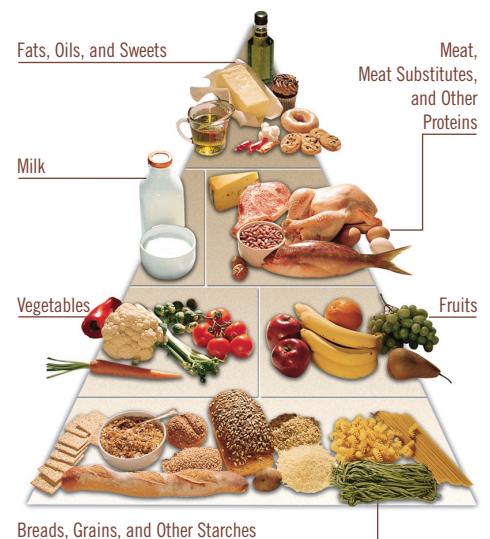
The Breads, Grains, and Other Starches Group: 6 to 11 servings a day

Foods that are made from wheat, rye, and oats are in this group. Starchy vegetables like potatoes, peas, and corn are also in this group. These foods contain carbohydrates, which your body uses for energy.

Here are examples of serving sizes:

- 1 slice of bread
- 1 6-inch tortilla
- $\frac{1}{3}$ cup of rice or pasta
- $\frac{1}{4}$ (1 ounce) of a bagel
- $\frac{3}{4}$ cup of dry cereal
- $\frac{1}{2}$ cup of potatoes, peas, beans, or corn

When you're having grains, choose whole-grain versions. Whole grains are very healthy. They contain more fiber, vitamins, and minerals than processed grains. If it's not whole grain, you risk making your blood sugar higher.



The Vegetables Group: 3 to 5 servings a day

Vegetables are low in fat and calories. They supply your body with vitamins, minerals, and fiber.

Here are examples of foods in this group:

- Lettuce
- Carrots
- Tomatoes
- Cucumbers
- Broccoli

A serving size is either 1 cup of raw vegetables or ½ cup of cooked vegetables.

The Fruits Group: 2 to 4 servings a day

Fruits contain carbohydrates and are loaded with vitamins, minerals, and fiber.

Here are examples of foods in this group:

- Apples
- Strawberries
- Grapes
- Watermelon
- Oranges

Servings in this group include:

- ½ cup of canned fruit
- 1 small piece of whole fruit, like an apple or an orange
- 1 cup of melon
- 1¼ cups of whole strawberries

The Milk Group: 2 to 3 servings a day

Milk products supply you with protein, calcium, and vitamins. It's a good idea to keep your milk group choices fat free or low fat.

Servings in this group include:

- 1 cup of fat-free (skim) or low-fat (1%) milk
- 1 cup of yogurt

The Meat, Meat Substitutes, and Other Proteins Group: 4 to 6 ounces a day

This group is important because it gives you the protein you need to stay healthy. You should choose lean meats and low-fat proteins and keep the portions small.

Here are examples of foods in this group:

- Beef
- Eggs
- Chicken
- Dried beans
- Turkey
- Cheese
- Fish
- Tofu

The Fats, Oils, and Sweets Group

This group includes foods like potato chips, candy, cookies, cake, and oils. These types of foods contain a lot of fat or sugar. If you eat any of these foods, keep the serving size small.

Servings in this group include:

- ½ cup of ice cream
- 1 small muffin or cupcake
- 2 small cookies
- 4-ounce glass of wine



Eating the right foods, and the right amounts of food, can help you better control your disease.

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