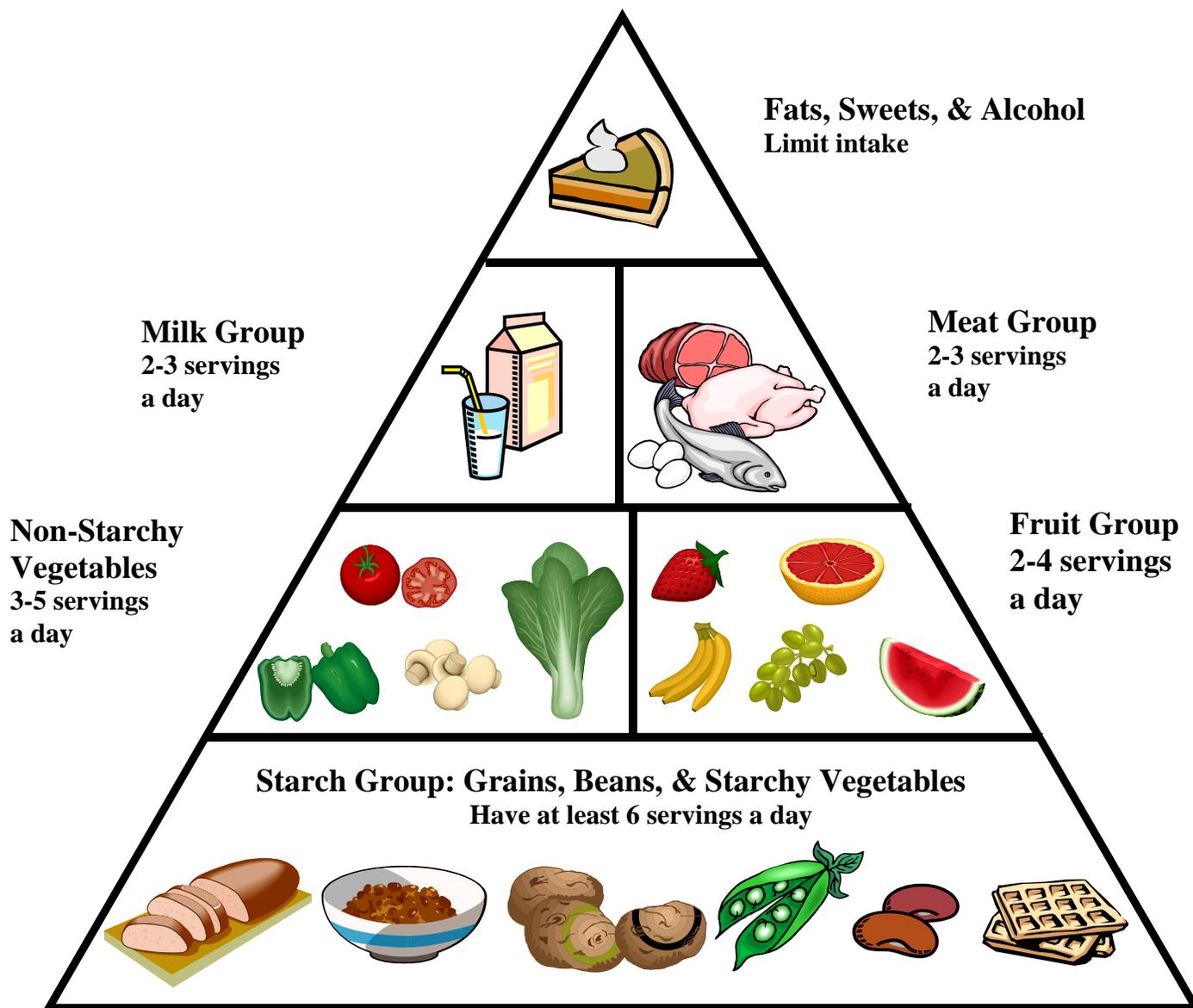


What is the Diabetes Food Guide Pyramid?



Dietary Changes You Can Make

You can make a difference in your blood glucose control through your food choices. You do not need special or diet foods. The food that is good for you is good for your whole family.

Eat a wide variety of foods every day. Try new foods. Eat high-fiber foods, such as fruits, vegetables, grains, and beans. Use less added fat, sugar and salt.

Do not skip meals. You need to eat at least three meals a day at regular times. You may need a bedtime snack if you take diabetes medicines.

Ask to see a dietitian to get more help in planning your diet.

What are Some Common Serving Sizes from the Food Pyramid?

Fats, Sweets, and Alcohol Limit intake

- ◆ Oils like canola oil or olive oil
- ◆ Margarine (choose soft or liquid margarine instead of stick margarine)
- ◆ Mayonnaise
- ◆ Nuts and seeds
- ◆ Salad dressing
- ◆ Cream cheese, sour cream, butter, shortening, lard, and meat fat (which are not recommended for good heart health)

Milk Group Have 2-3 servings a day

- ◆ 1 cup of milk (low fat)
- ◆ 6 ounces of yogurt (low fat, unsweetened)

Meat Group Have 2-3 servings a day

- ◆ 2 to 3 ounces of cooked meat, poultry, or fish
- ◆ 1/2 to 3/4 cup tuna or cottage cheese
- ◆ 2 to 3 ounces of cheese
- ◆ 1 egg, 2 egg whites, or 1/4 cup egg substitute count as 1 ounce of meat
- ◆ 2 tablespoons peanut butter count as 1 ounce of meat

Non-Starchy Vegetables Have 3-5 servings a day

- ◆ 1 cup of raw vegetables
- ◆ 1/2 cup cooked vegetables
- ◆ 1/2 cup of tomato or vegetable juice

Fruit Group Have 2-4 servings a day

- ◆ 1/2 cup fruit juice
- ◆ 1 small piece of fresh fruit
- ◆ 1/2 cup canned fruit
- ◆ 1/4 cup dried fruit

Starch Group Have at least 6 servings a day

- ◆ 1 slice of bread or 1 small roll
- ◆ 1/2 hamburger or hot dog bun, bagel or English muffin
- ◆ 1 small piece of cornbread
- ◆ 3/4 cup dry cereal (unsweetened)
- ◆ 1/2 cup cooked cereal
- ◆ 1 small waffle
- ◆ 1 small (4 inch) pancakes
- ◆ 1/3 cup cooked rice
- ◆ 1/3 cup cooked noodles
- ◆ 1/2 cup white or sweet potato or 1/2 small baked potato
- ◆ 1/2 cup corn or 1 small corn on the cob
- ◆ 1/2 cup beans or peas (beans and peas are starchy except for green beans, wax beans, Italian beans and pea pods)
- ◆ 4 to 6 crackers
- ◆ 3 graham cracker squares
- ◆ 3 cups popcorn