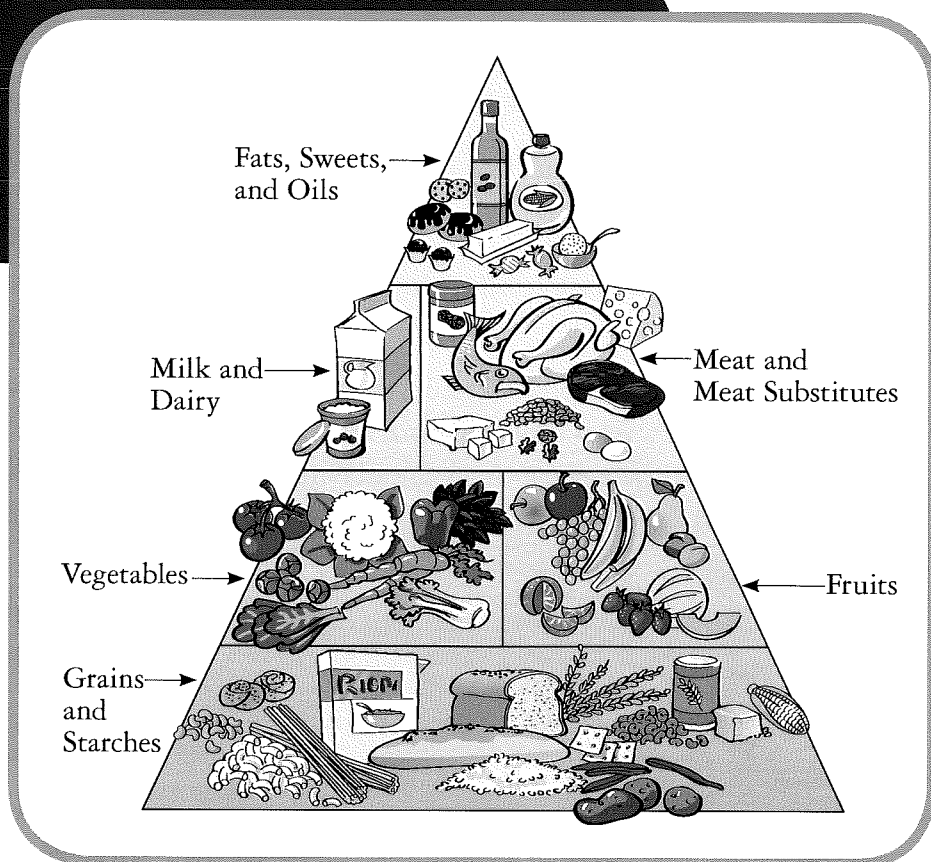


DIABETES

Diabetes food pyramid

The Diabetes Food Pyramid helps you understand the types and amounts of food a person with diabetes should eat.



The Diabetes Food Pyramid, developed by the American Diabetes Association (ADA), divides food into 6 groups. The group that forms the base of the pyramid—grains, beans, and starchy vegetables—requires the most servings per day. The group that forms the very top of the pyramid—fats, sweets, and oils—requires the fewest amount of servings per day.

For each group, a range of servings per day is listed. If you follow the smallest number of servings per day for each food group, you would be eating about 1600 calories per day. If you follow the largest number of servings per day for each food group, you would be eating about 2800 calories per day.

To avoid gaining weight, most women should eat the number of servings at the lower end of the range and most men would eat the number of servings at the middle or higher end of the range, depending on physical activity. Talk to your doctor about the plan that is right for you.

The exact number of servings you need depends on your diabetes goals, calorie and nutrition needs, lifestyle, and the foods you like to eat. Divide the number of servings you should eat among the meals and snacks you eat each day.

Diabetes food pyramid

Grains and Starches

Choose 6 to 11 servings per day. A serving is

- 1 slice of bread
- $\frac{3}{4}$ cup dry cereal
- $\frac{1}{2}$ cup cooked cereal
- $\frac{1}{2}$ cup potato, yam, peas, corn, or cooked beans
- $\frac{1}{3}$ cup rice or pasta

At the base of the pyramid are bread, cereal, rice, and pasta—the starchy vegetables and beans are included here because they have about as much carbohydrates in 1 serving as a slice of bread.

Vegetables

Choose 3 to 5 servings per day. A serving is

- 1 cup raw
- $\frac{1}{2}$ cup cooked

All vegetables are low in fat and are full of vitamins, minerals, and fiber.

Fruits

Choose 2 to 4 servings per day. A serving is

- $\frac{1}{2}$ cup canned fruit
- 1 small fresh fruit
- 2 tablespoons dried fruit
- 1 cup melon or raspberries
- $1\frac{1}{4}$ cups whole strawberries

Fruits also contain carbohydrates. Like vegetables, fruits have plenty of vitamins, minerals, and fiber.

Milk and Dairy

Choose 2 to 3 servings per day. A serving is

- 1 cup nonfat or low-fat milk or yogurt

Milk products contain a lot of protein, calcium, and vitamins. Choosing nonfat or low-fat dairy products gives you all the nutrition without the saturated fat.

Meat and Meat Substitutes

Choose 4 to 6 ounces per day divided between meals.

Three ounces of meat is about the size of a deck of cards.

A meat substitute serving equal to 1 ounce of meat is

- $\frac{1}{4}$ cup cottage cheese
- 1 egg
- 1 tablespoon peanut butter
- $\frac{1}{2}$ cup tofu

Lean meats, poultry, and fish are great sources of protein and have a lot of vitamins and minerals.

Fats, Sweets, and Oils

Keep your servings small and don't eat these often.

Serving sizes include

- $\frac{1}{2}$ cup ice cream
- 1 small cupcake or muffin
- 2 small cookies

Foods like potato chips, candy, cookies, cakes, crackers, and fried foods usually contain a lot of fat or sugar. They aren't nearly as nutritious as other food groups. In fact, some provide no nutrients.

Remember to discuss what you should eat with your health care team. Eating a variety of foods from the 6 food groups can help you manage your diabetes.

