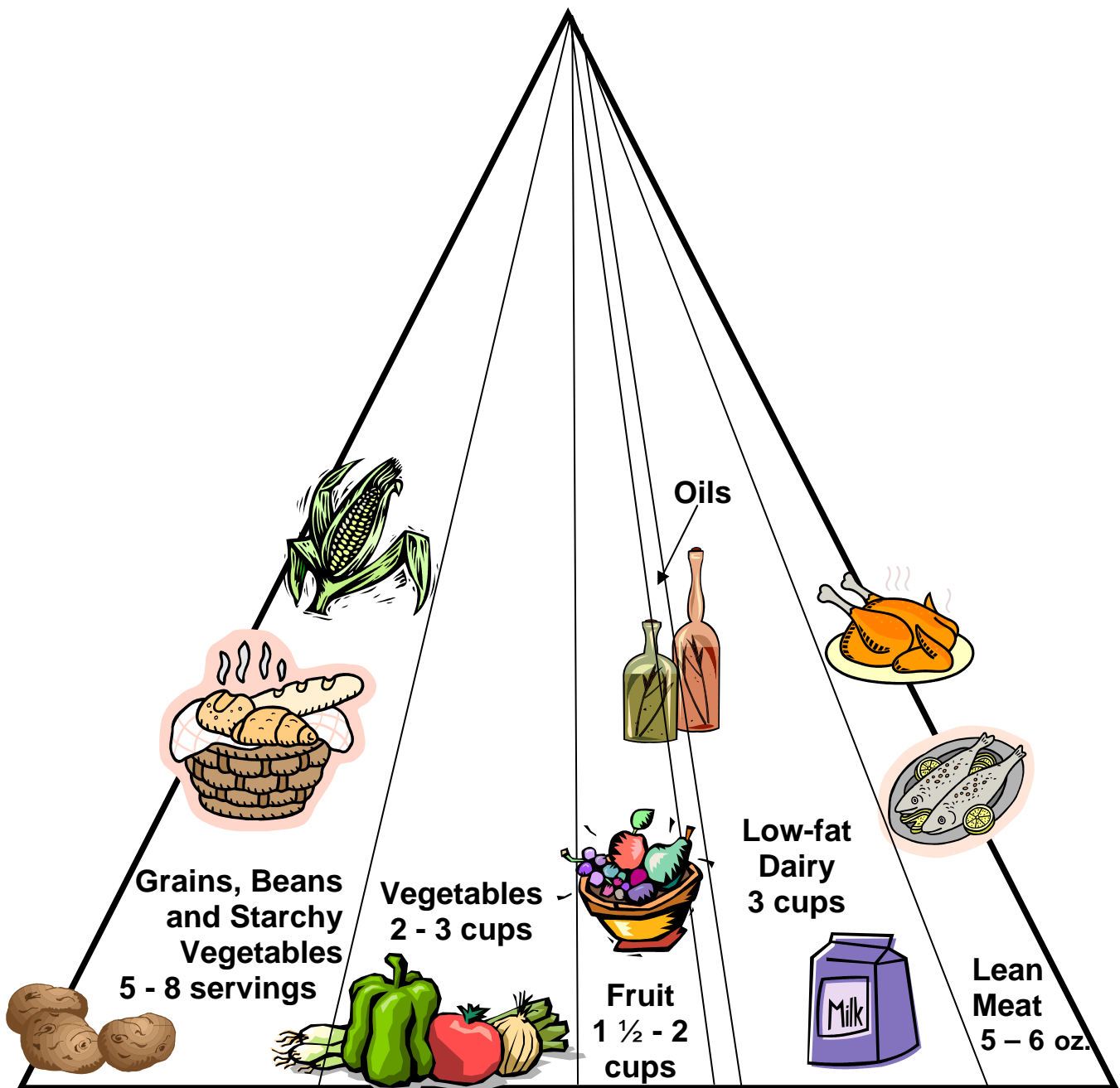


Meal Planning with the Diabetes Food Guide Pyramid

Your food choices make a difference in your diabetes control. The Diabetes Food Guide Pyramid gives you an idea of how to plan your meals based on the food groups. Eating a variety of foods from each group is recommended. On the pyramid, carbohydrate foods can be found in the grains/beans/starchy vegetables, fruits, and milk groups. Foods in the vegetable group also contain a small amount of carbohydrate.



Food Group:	Serving Size:	Grams of Carbohydrate:
Grains, beans, and starchy vegetables (Choose whole grains for extra fiber)	1 slice bread ½ small bagel or English muffin ½ cup cooked cereal or pasta 1 cup cold cereal 1 pancake (4½ inches) 3 cups plain popped popcorn 1 tortilla (6 inches)	15
Fruit (Choose a variety of fresh fruit as often as possible for more fiber)	1 small fresh fruit ½ cup canned fruit ½ cup fruit juice ¼ cup dried fruit, prunes, or raisins	15
Vegetable (Choose dark green and yellow vegetables for the most vitamins)	1 cup raw vegetables ½ cup cooked vegetables ½ cup tomato or vegetable juice	5
Milk and yogurt (Choose low-fat or non-fat over full-fat milk products)	1 cup milk or yogurt	12
Meat, cheese, fish, and other proteins (Select lean cuts of meat, poultry and fish)	1 oz. cooked lean meat, fish, or poultry 1 slice lunchmeat 1 oz. cheese 1 egg 1 T. peanut butter	0
Oils (Mono- and poly-unsaturated fats found in most oils can help lower “bad” cholesterol levels)	1 tsp. canola, olive, cottonseed, safflower, soybean, corn, or sunflower oil	0

Where to learn more?

Visit our website: www.dagc.org and our Aronoff Library and Resource Center, from 10:00 a.m. To 4:00 p.m. Monday through Friday.

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