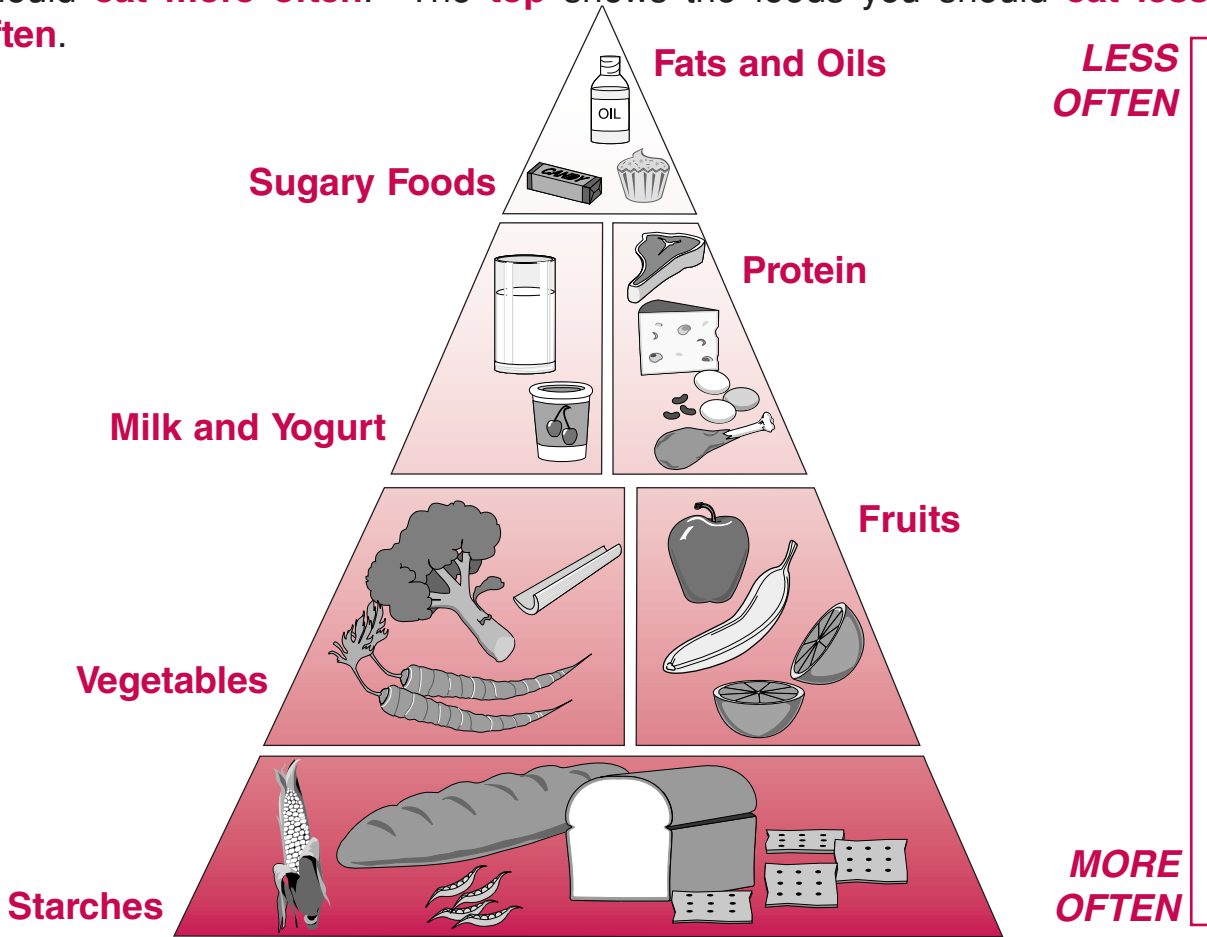


Understanding Diabetes: The Basics

MEAL PLANNING WITH THE DIABETES FOOD GUIDE PYRAMID

You can make a difference in your diabetes control through your food choices. The Diabetes Food Guide Pyramid gives examples of foods and serving sizes from each food group. Eating a variety of foods from each group is recommended. The **bottom** of the pyramid shows the foods you should **eat more often**. The **top** shows the foods you should **eat less often**.



The back of this sheet takes a closer look at each of the food groups.

Provided by the



Starch Group

6 – 11 servings each day

- 1 serving = 1 slice of bread, 1/4 cup dry cereal, 1/2 cup cooked cereal or 1 small baked potato
- 15 grams of carbohydrate per serving
- Choose whole grains for extra fiber

Vegetable Group

3-5 servings each day

- 1 serving = 1/2 cup cooked vegetables or 1 cup raw vegetables
- 5 grams of carbohydrate per serving
- Choose dark green and yellow vegetables for the most vitamins

Fruit Group

2-4 servings each day

- 1 serving = 1 small piece fruit, 1/2 cup canned fruit or 1/2 cup fruit juice
- 15 grams of carbohydrate per serving
- Choose fresh fruit as often as possible for more fiber

Milk Group

2-3 servings each day

- 1 serving = 1 cup milk or 1 cup plain, non-fat yogurt
- 12 grams of carbohydrate per serving
- Great source of calcium

Meat and Other Protein Group

2-3 servings each day

- 1 serving = 2 to 3 ounces of meat or fish or 2 ounces of cheese
- Provides protein and fat
- Select lean cuts of meat, poultry and fish

Fats

Limit to 1-2 servings per meal

- 1 serving = 1 slice bacon or 1 teaspoon oil, butter or margarine
- Small amounts of fat have lots of calories! Use them sparingly.

Sugary Foods

Select sugary foods in moderation

- 1 serving = 1 plain cake donut, 4 chocolate kisses or 1 tablespoon syrup
- Foods in this group are usually high in fat and calories but provide few essential nutrients. Choose wisely!

Combine this information with your individualized calorie level from “How much should I eat?” another piece in this series. This will help you select how many servings you should have from each food group daily.

Where can you learn more?

- A variety of books about diabetes and nutrition are available for loan to members of the Diabetes Association of Greater Cleveland. You are welcome to visit our library between 9 AM and 5 PM Monday through Friday.
- Ask your doctor, diabetes educator or registered dietitian.

- Contact the:



3601 S. Green Road, #100
Cleveland, Ohio 44122-5719

Phone: (216) 591-0800
FAX: (216) 591-0320

E-mail: diabetes@dagc.org
Visit our website: www.dagc.org