

Control your diabetes *For Life:*

Circular 631 E

NUTRITION SERIES

Diabetes Food Guide Pyramid

■ Choosing foods from the Diabetes Food Guide Pyramid can help you get the nutrients you need while keeping your blood glucose under control.

■ The Diabetes Food Guide Pyramid places starchy vegetables at the bottom of the pyramid, with grains. These foods are similar in carbohydrate content to grains.

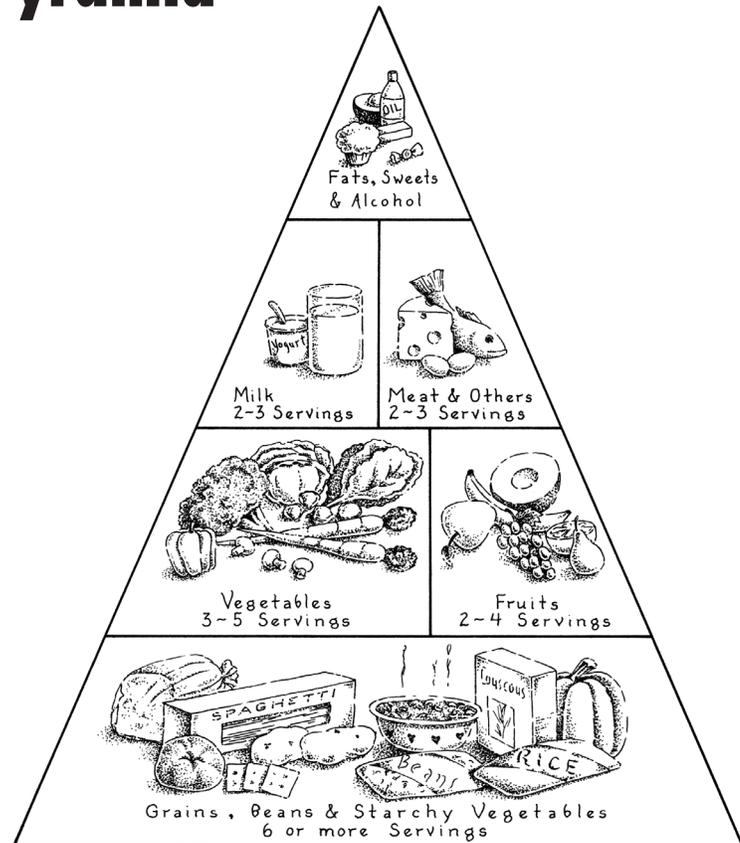
■ The Diabetes Food Guide Pyramid puts cheese in the *Meat and Others* group instead of the *Milk* group because cheese has little carbohydrate and is similar in protein and fat content to meat.

■ Knowing the serving size of high-carbohydrate foods, and choosing the right number of servings per meal, can help you manage your blood glucose.

■ One slice of bread or one starchy vegetable serving fits in the palm of a woman's hand.

■ One fruit serving is about the size of a tennis ball or small fist.

■ One milk serving is 8 ounces, about the size of a small coffee cup.



Diabetes Food Guide Pyramid. Reprinted with permission from the American Diabetes Association from *Diabetes Meal Planning Made Easy* by Hope S. Warshaw ©2000.

The Diabetes Food Guide Pyramid is a tool that shows how much you should eat each day from each food group for a healthy diet. The Diabetes Food Guide Pyramid differs from the old USDA Food Guide Pyramid and from USDA's new MyPyramid. Until MyPyramid is modified for use by people with diabetes, the Diabetes Food Guide Pyramid is the best food guide for people with diabetes. The Diabetes Food Guide Pyramid places starchy vegetables such as peas, corn, potatoes, sweet potatoes, winter squash, and beans at the bottom of the pyramid, with grains. These foods are similar in carbohydrate content to grains. Cheese is in the *Meat and Others* group instead of the *Milk* group because cheese has little carbohydrate content and is similar in protein and fat content to meat.



College of Agriculture
and Home Economics
Cooperative Extension Service

Karen Halderson, MPH, RD, LD, CDE
Extension Diabetes Coordinator

Martha Archuleta, PhD, RD
Extension Food and Nutrition Specialist

Table 1. Foods High in Carbohydrates

Grains, Beans and Starchy Vegetables Group (6 or more servings a day)

Grains

1	corn tortilla
1/2	flour tortilla
1/2 piece	fry bread
1 slice	bread
1/4	bagel
1/2	English muffin
1/2	hamburger bun or hotdog bun
6	crackers
1	4-inch waffle
1	2-inch biscuit
1	2-inch corn bread
1	4-inch pancake
3/4 c.	dry cereal (flakes or puffs)
1/4 c.	Grape Nuts
1/4 c.	granola
1/2 c.	cooked cereal (oatmeal, Malt-O-Meal, corn mush, Cream of Wheat)
1/3 c.	cooked pasta
1/3 c.	stuffing
1/3 c.	cooked rice
1/4 c.	sweet rice
3 c.	popcorn

Beans

1/2 c.	pinto, black, kidney or other cooked dry beans
1/2 c.	cooked lentils
1/2 c.	cooked split peas

Starchy Vegetables

1/2 c.	posole
1/2 c.	corn
1/2 c.	peas
1	small potato
16	french fries
1/2 c.	yam or sweet potato
1 c.	winter squash (acorn, butternut, buttercup, hubbard)
1 c.	pumpkin

Milk Group (2–3 servings a day)

1 c.	milk (cow's or goat's)
1 c.	no-sugar-added yogurt
3 oz.	fruit-flavored yogurt
1 c.	rice milk (unsweetened)
1/2 c.	evaporated milk
1/3 c.	nonfat dry milk
1 c.	plain soy milk

Fruits Group (2–4 servings a day)

1	small apple
1/2	large banana
1/2	grapefruit
1	kiwi, pear or peach
1	small orange, nectarine, or tangerine
1 c.	melon (cantaloupe)
1 c.	papaya
1 1/4 c.	watermelon
3/4 c.	blueberries or blackberries
1 c.	raspberries
1 c.	unsweetened strawberries, frozen
3/4 c.	fresh pineapple
1 c.	mango
1/2 c.	canned fruit (peaches, pears, apricots, pineapple, plums, fruit cocktail) or juice
1/2 c.	applesauce
4	fresh apricots
8 halves	dried apricot
12	cherries
3	dates
15	grapes
2	small plums
3	dried prunes
2 tbsp.	raisins

Sweets Group (just a little)

1 tbsp.	jam or jelly
1 tbsp.	honey
1 tbsp.	syrup
1 tbsp.	sugar
1/2 c.	ice cream
1	2-inch piece of cake or brownie (no frosting)
1	small cupcake or muffin
3	graham cracker squares
1	sandwich cookie
3	ginger snaps
5	vanilla wafers
1	Fig Newton
1	Rice Krispie bar
1	rice or popcorn cake

Table 2. Foods Low in Carbohydrates

Vegetables Group (3–5 servings a day)

1 c.	lettuce
1 c.	raw spinach or raw greens
1/2 c.	cooked spinach, <i>quelites</i> or greens
1/2 c.	cooked cabbage or cabbage slaw
1/2 c.	cooked brussels sprouts
1 c.	raw celery
1 c.	raw jicama
1/2 c.	salsa
1	green chile
1/2 c.	green chile, diced
1/2 c.	red chile sauce
1 c.	raw green pepper strips
1 c.	raw broccoli
1/2 c.	cooked broccoli
1/2 c.	cooked beets
1/2 c.	cooked asparagus
1/2 c.	cooked green beans
1 c.	raw onion slices
1/2 c.	cooked onions
1/2 c.	cooked okra
1 c.	raw <i>nopales</i>
1/2 c.	cooked <i>nopales</i>
1 c.	raw radishes
1/2 c.	cooked summer squash (zucchini, crookneck)
1	medium tomato
1/2 c.	cooked tomatoes
1/2 c.	cooked turnips
1 c.	cucumber slices
1/2 c.	cooked eggplant
1/2 c.	cooked mushrooms
1 c.	raw mushrooms
1 c.	carrot sticks
1/2 c.	cooked carrots
1 c.	raw cauliflower
1/2 c.	cooked cauliflower
1 c.	raw snow peas
1/2 c.	cooked snow peas

Meat and Meat Substitutes Group (2–3 servings a day)

2–3 oz.	cooked beef (hamburger, steak, roast)
2–3 oz.	cooked pork (pork chop, roast, ham, ground)
2–3 oz.	cooked chicken
1	chicken drumstick
2–3 oz.	cooked turkey
2–3 oz.	cooked fish (trout, catfish, salmon, mackerel)
1/2 c.	canned tuna
2–3 oz.	cooked shellfish (shrimp, lobster, clams)
2–3 oz.	cooked game meats (venison, elk, turkey)
1	egg (1/2 serving)
2 tbsp.	peanut butter (1/2 serving)
1 oz.	peanuts (1/2 serving)
1 oz.	nuts (pecans, almonds, walnuts) (1/2 serving)
4 oz.	tofu (1/2 serving)
2 oz.	cheese
1/4 c.	shredded cheese
1/2 c.	cottage cheese

Fats Group (just a little)

1/8	avocado
8	olives
2 tbsp.	flaked coconut
1 tsp.	vegetable oil or shortening
1 tsp.	margarine, butter or lard
1 tsp.	mayonnaise
1 tbsp.	salad dressing or Miracle Whip
2 tbsp.	reduced-fat salad dressing
1 tbsp.	cream cheese
1 tbsp.	sour cream
1 strip	bacon

Choosing foods from the Diabetes Food Guide Pyramid can help you get the nutrients you need while keeping your blood glucose under control. You need foods from all the food groups to have a healthy diet. Refer to Circular 631A, *Choosing Foods at Meals and Snacks*, in the *Control your Diabetes for Life Nutrition Series*, for information on getting the right balance of low- and higher carbohydrate foods at meals and snacks.

Foods that are high in carbohydrates increase blood glucose levels and are in the *Grains, Beans, and Starchy Vegetables* group, the *Fruits* group, and the *Milk* group. Other foods that raise blood glucose are *Sweets*, found in the top of the Pyramid. Starchy foods, sweet foods, fruits and milk are

high in carbohydrate. Foods low in carbohydrates are found in the *Vegetables* group, *Meat and Others* group and *Fats*. These foods do not raise blood glucose. Table 1 shows examples of foods high in carbohydrates and their serving sizes. Table 2 shows examples of foods low in carbohydrates and their serving sizes.

What is a Carbohydrate Serving Size?

Knowing the serving size of high-carbohydrate foods, and choosing the right number of servings per meal, can help you manage your blood glucose. Table 3 can help you estimate carbohydrate servings.

Remember

- One slice of bread or 1 starchy vegetable serving fits in the palm of a woman's hand.
- One fruit serving is about the size of a tennis ball or small fist.
- One milk serving is 8 ounces, about the size of a small coffee cup.

Table 3. Carbohydrate servings

Carbohydrate servings	Target grams of total carbohydrate	Range of grams of total carbohydrate
1	15	8–22
2	30	23–37
3	45	38–52
4	60	53–65

Where to go for more information

- Your health care provider
- American Diabetes Association:
1-800-DIABETES
www.diabetes.org
- National Diabetes Education Program:
1-800-438-5383
or visit the World Wide Web at **ndep.nih.gov** or **www.cdc.gov**
- New Mexico Diabetes Prevention and Control Program
www.diabetesnm.org
- Your county Extension office

This publication was made possible by grants from New Mexico State University's Cooperative Extension Service and the Diabetes Prevention and Control Program.

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

March 2008

Las Cruces, NM

This publication is scheduled to be updated and reissued March 2013.