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## Revised Diabetes Food Guide Pyramid

Revised Diabetes Food Guide Pyramid.pdf diabetes food pyramid: lower blood sugar & a1c your new diabetes food pyramid vegetables, herbs & spices. by volume, non-starchy vegetables should make up the largest proportion of your diet. healthy fats. a higher fat content in your diet is a natural

## Revised Diabetes Food Guide Pyramid

The Diabetes Food Guide Pyramid is a helpful, modified version of the USDA's Food Guide Pyramid and updated MyPyramid model. It places certain foods in categories that

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might not seem logical—such as placing cheese in the Meat and Others group instead of the Milk group—as the guide considers carbohydrate content, protein, and fat content instead of tradition food classifications.

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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. Choosing foods from the Diabetes Food Guide Pyramid can help you get the nutrients you need while ...

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Revised Diabetes Food Guide Pyramid.pdf is similar in protein and fat content to meat. choosing foods from the diabetes food guide pyramid can help you get the nutrients you need while using the diabetes food pyramid - family practice this group includes spinach, chicory, sorrel, swiss chard, broccoli, cabbage, bok

## Revised Diabetes Food Guide Pyramid

This group includes spinach, chicory, sorrel, Swiss chard, broccoli, cabbage, bok choy, brussels sprouts, cauliflower, and kale, carrots, tomatoes, cucumbers, and lettuce. Starchy vegetables such as potatoes, corn, peas, and lima beans are counted in the starch and grain group for diabetes meal planning.

## Using the Diabetes Food Pyramid - Family Practice

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Revised Diabetes Food Guide Pyramid explained in Section II of this chapter, the 1989 RDAs are being substantially revised as part of the process of setting the new DRIs. In addition, the dietary guidelines have been modified and expanded twice (in 1995 and 2000) since the pyramid was developed.

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## Revised Diabetes Food Guide Pyramid

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Revised Diabetes Food Guide Pyramid Milk  $\square$  RDA 2 to 3 servings per day. Low- or non-fat milk or dairy alternatives. Meat and meat substitutes  $\square$  4 to 6 ounces per day, divided between meals. Meat replacements include tofun, eggs, dried beans, cheese, cottage cheese, and nut butters.

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The Food Guide Pyramid is based on the 1989 RDAs and on the 1990 dietary guidelines. As explained in Section II of this chapter, the 1989 RDAs are being substantially revised as part of the process of setting the new DRIs. In addition, the dietary guidelines have been modified and expanded twice (in 1995 and 2000) since the pyramid was developed.

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