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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 Othersgroup instead of the Milkgroup because cheese has little carbohydrate content and is similar in protein and fat con- tent to meat. Choosing foods from the Diabetes Food Guide Pyramid can help you get the nutrients you need while ...

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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.

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Download File PDF Revised Diabetes Food Guide Pyramid Revised Diabetes Food Guide Pyramid Milk

- RDA 2 to 3 servings per day. Low- or non-fat milk or dairy alternatives. Meat and meat substitutes
- 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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