

# Examples of Foods in the Diabetes Food Guide Pyramid

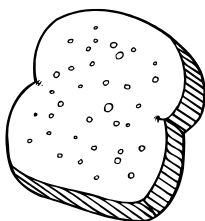
Choosing food from the Diabetes Food Guide Pyramid can help you get the nutrients you need while helping keep your blood glucose under control. Some of the food groups are high in carbohydrates. These are the Grains, Beans & Starchy Vegetables group, the Fruits group, the Milk group, and Sweets. Foods low in carbohydrates are in the Vegetables group, the Meat & Meat Substitutes group and Fats. Following are examples of foods in each of these groups and their serving sizes.

## FOODS HIGH IN CARBOHYDRATES:

### **GRAINS, BEANS & STARCHY VEGETABLES GROUP** (6 or more servings a day)

#### GRAINS

- 1 corn tortilla
- ½ flour tortilla
- ½ piece fry bread
- 1 slice bread
- ¼ bagel
- ½ English muffin
- ½ hamburger or hotdog bun
- 6 crackers
- 1 (4 in.) waffle
- 1 (2 in.) biscuit
- 1 (2 in.) corn bread
- 1 (4 in.) pancake
- ¾ c. dry cereal (flakes or puffs)
- ¼ c. Grape Nuts
- ¼ c. granola
- ½ c. cooked cereal (oatmeal, Malt-O-Meal, corn mush, Cream of Wheat, etc.)
- 1/3 c. cooked pasta
- 1/3 c. stuffing
- 1/3 c. cooked rice
- ¼ c. sweet rice
- 3 c. popcorn



#### BEANS

- ½ c. pinto, black, kidney or other cooked dry beans
- ½ c. cooked lentils
- ½ c. cooked split peas

#### STARCHY VEGETABLES

- ½ c. posole
- ½ c. corn
- ½ c. peas
- 1 small potato
- 16 French fries
- ½ c. yam or sweet potato
- 1 c. winter squash (acorn, butternut, buttercup, hubbard, etc.)
- 1 c. pumpkin



# **FOODS HIGH IN CARBOHYDRATES, continued . . .**

## **FRUITS GROUP**

**(2 – 4 servings a day)**

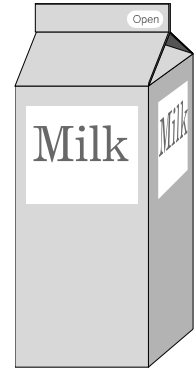
- 1 small apple
- ½ large banana
- ½ grapefruit
- 1 kiwi
- 1 small orange
- 1 small nectarine
- 1 medium peach
- 1 pear
- 1 small tangerine
- 1 c. melon (cantaloupe)
- 1 c. papaya
- 1 ¼ c. watermelon
- ¾ c. blueberries or blackberries
- 1 c. raspberries
- 1 c. frozen unsweetened strawberries
- ¾ c. fresh pineapple
- 1 c. mango
- ½ c. canned fruit or juice (peaches, pears, apricots, pineapple, plums, fruit cocktail, etc.)
- ½ c. applesauce
- 4 fresh apricots
- 8 halves dried apricots
- 12 fresh cherries
- 3 dates
- 15 grapes
- 2 small plums
- 3 dried prunes
- 2 tablespoons raisins



## **MILK GROUP**

**(2 – 3 servings a day)**

- 1 c. milk (cow's or goat's milk)
- 1 c. no-sugar-added yogurt
- 3 oz. fruit-flavored yogurt
- 1 c. rice milk(unsweetened)
- ½ c. evaporated milk
- ⅓ c. nonfat dry milk



## **SWEETS GROUP**

**(just a little)**

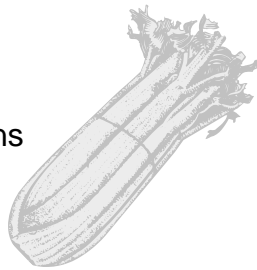
- 1 tablespoon jam or jelly
- 1 tablespoon honey
- 1 tablespoon syrup
- 1 tablespoon sugar
- ½ c. ice cream
- 2 in. piece of cake or brownie (no frosting)
- 1 small cupcake or muffin
- 3 graham cracker squares
- 1 sandwich cookie
- 3 ginger snaps
- 5 vanilla wafers
- 1 fig newton
- 1 Rice Krispie bar
- 1 rice or popcorn cake



## **FOODS LOW IN CARBOHYDRATES:**

### **VEGETABLES GROUP** (3 – 5 servings a day)

- 1 c. lettuce
- 1 c. raw spinach or raw greens
- ½ c. cooked spinach, quelites or greens
- ½ c. cooked cabbage or cabbage slaw
- ½ c. cooked brussels sprouts
- 1 c. raw celery
- 1 c. raw jicama
- ½ c. salsa
- 1 green chile
- ½ c. diced green chile
- ½ c. red chile sauce
- 1 c. raw green pepper strips
- 1 c. raw broccoli
- ½ c. cooked broccoli
- ½ c. cooked beets
- ½ c. cooked asparagus
- ½ c. cooked green beans
- 1 c. raw onion slices
- ½ c. cooked onions
- ½ c. cooked okra
- 1 c. raw nopales
- ½ c. cooked nopales
- 1 c. raw radishes
- ½ c. cooked summer squash (zucchini, crookneck, spaghetti squash, scallop, etc.)
- 1 medium tomato
- ½ c. cooked tomatoes
- ½ c. cooked turnips
- 1 c. cucumber slices
- ½ c. cooked eggplant
- ½ c. cooked mushrooms
- 1 c. raw mushrooms
- 1 c. carrot sticks
- ½ c. cooked carrots
- 1 c. raw cauliflower
- ½ c. cooked cauliflower
- 1 c. raw snow peas
- ½ c. cooked snow peas



### **MEAT & MEAT SUBSTITUTES GROUP** (2 – 3 servings a day)

- 2-3 oz. cooked beef (hamburger, steak, roast, etc.)
- 2-3 oz. cooked pork (pork chop, roast, ham, ground pork, etc.)
- 2-3 oz. cooked chicken
- 1 chicken drumstick
- 2-3 oz. cooked turkey
- 2-3 oz. cooked fish (trout, catfish, salmon, mackerel, etc.)
- ½ c. tuna
- 2-3 oz. cooked shellfish (shrimp, lobster, clams, etc.)
- 2-3 oz. cooked game meats (venison, elk, turkey, etc.)
- 1 egg (½ serving)
- 2 tablespoons peanut butter (½ serving)
- 1 oz. peanuts (½ serving)
- 1 oz. nuts (pecans, almonds, walnuts) (½ serving)
- 4 oz. tofu (½ serving)
- 2 oz. cheese
- ¼ c. shredded cheese
- ½ c. cottage cheese



### **FATS GROUP** (just a little)

- 1/8 avocado
- 8 olives
- 2 Tablespoons flaked coconut
- 1 teaspoon vegetable oil
- 1 teaspoon margarine
- 1 teaspoon butter
- 1 teaspoon lard
- 1 teaspoon shortening
- 1 teaspoon mayonnaise
- 1 Tablespoon salad dressing or Miracle Whip
- 2 Tablespoons reduced-fat salad dressing
- 1 tablespoon cream cheese
- 1 tablespoon sour cream
- 1 strip bacon

