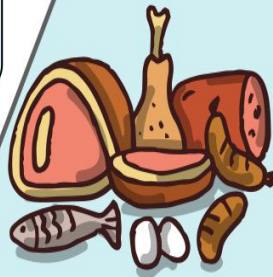


# Diabetes Food Pyramid

Fats, oils  
& sweets



Meat, meat substitutes  
& other proteins



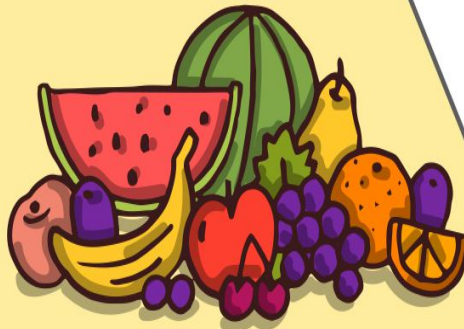
Milk



Vegetables



Fruits



Bread, grains & other starches

