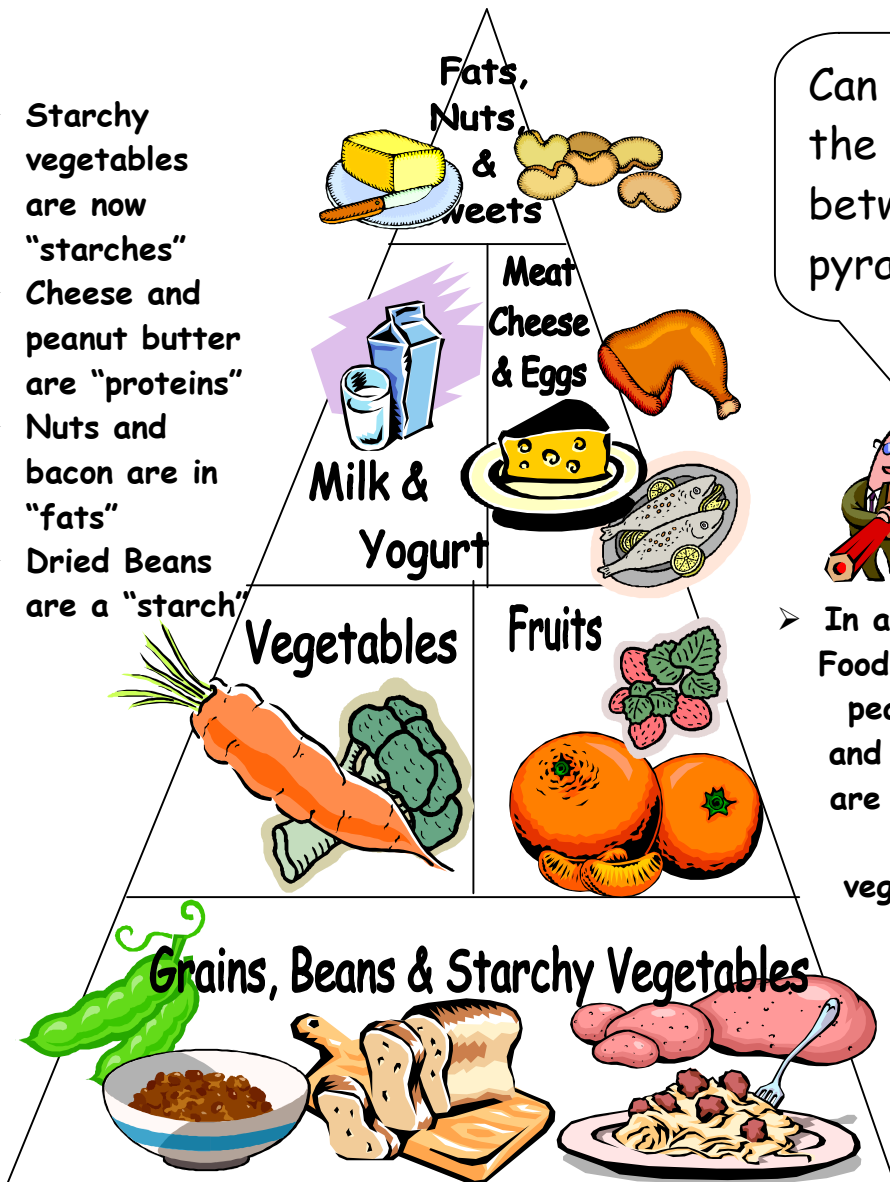


Food Pyramid

- Starchy vegetables are now "starches"
- Cheese and peanut butter are "proteins"
- Nuts and bacon are in "fats"
- Dried Beans are a "starch"

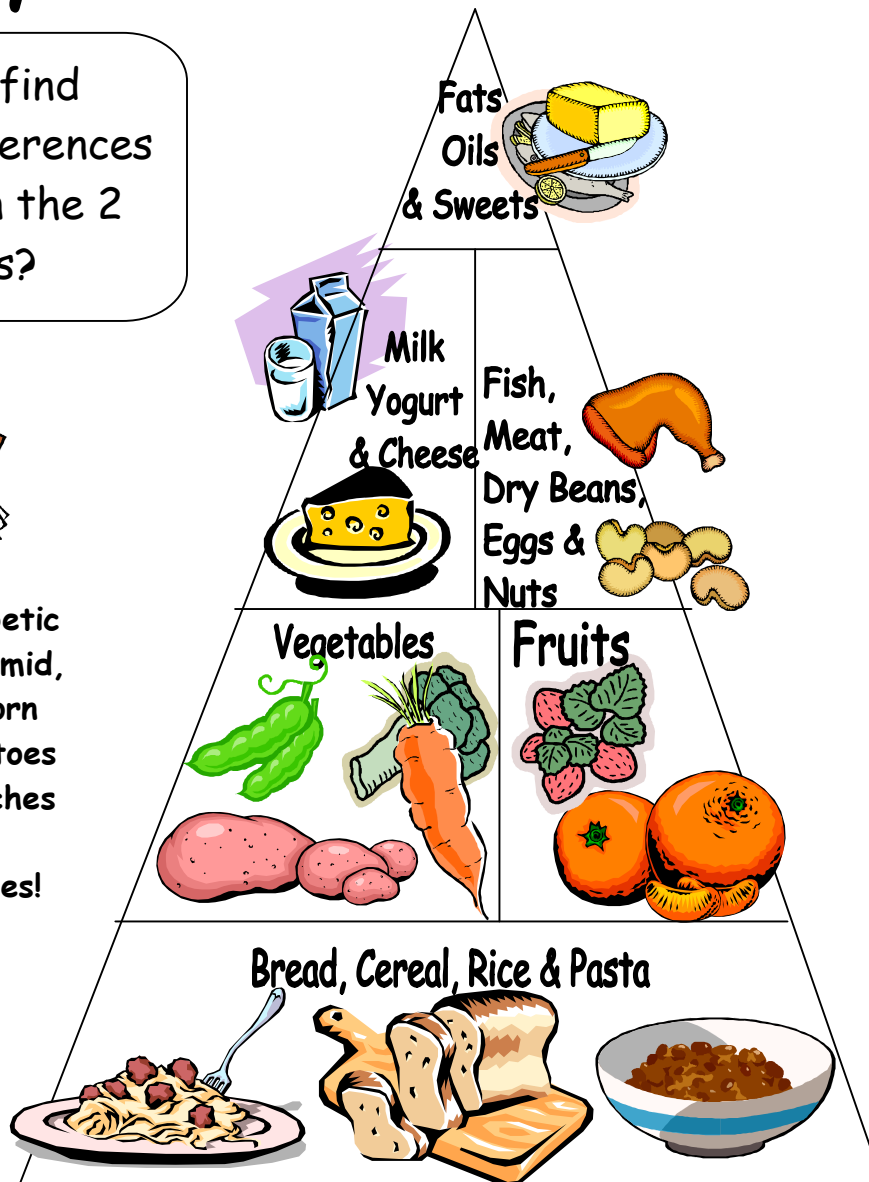


Diabetic Food Pyramid

Can you find the differences between the 2 pyramids?



- In a Diabetic Food Pyramid, peas, corn and potatoes are starches NOT vegetables!



Regular Food Pyramid