



The USDA has replaced the food pyramid icon with a plate icon to help Americans make better menu choices. While the plate is a good start, the proportions of food it depicts may not be right for everyone. People with diabetes will still benefit from working with a registered dietitian to design an individualized meal plan that supports their carbohydrate needs and blood glucose management efforts.

*Diabetes Self-Management*, "Dietary Guidelines for Americans, 2010" by Patti Geil, MS, RD, FADA, CDE

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