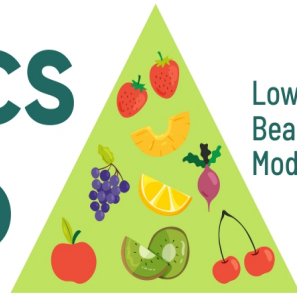
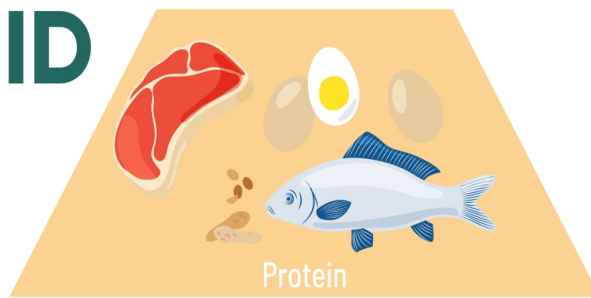


DIABETICS FOOD PYRAMID



Lower Carb Fruits
Beans & Legumes
Moderate Carb Veggies



Protein



Healthy Fat



Non Starchy Lower Carb Vegetables, Herbs & Spices