

**5%**

Fat, oil, sugar,  
sweets

**20%**

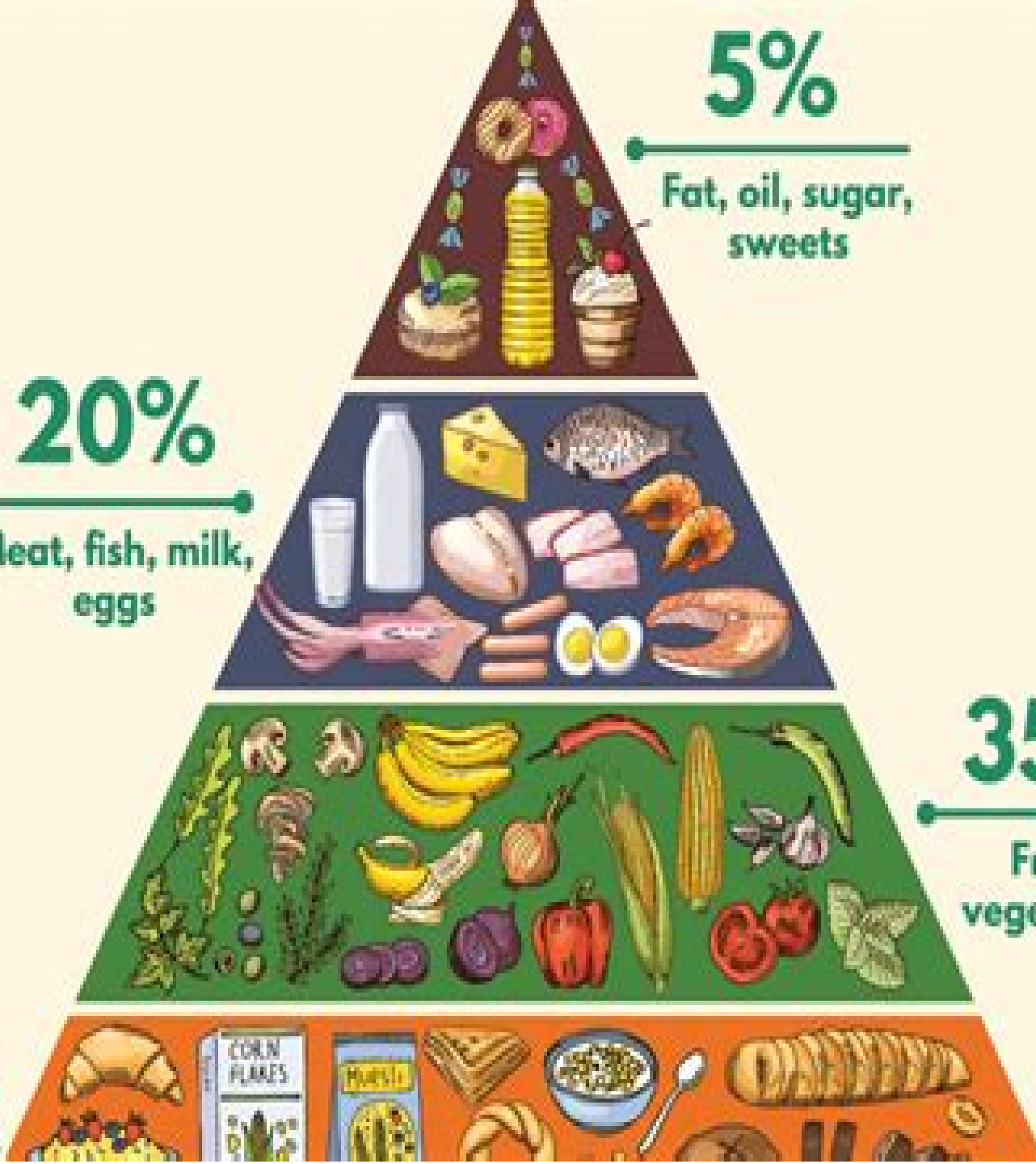
Meat, fish, milk,  
eggs

**35%**

Fruit,  
vegetables

**40%**

Bread, pasta,



# Revised Diabetes Food Guide Pyramid

**RM Cervero**

A decorative red circular graphic with a gradient, partially obscured by the light blue bar, located to the right of the author's name.

## **Revised Diabetes Food Guide Pyramid:**

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