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Do you remember learning about the food groups in school? You may have been taught using the Food Wheel, Food Guide Pyramid or MyPyramid depending on your age. Kids today learn about the food groups from MyPlate. Now that the back-to-school season is settling down, the nutritionists at MyPlate are offering

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a back-to-basics refresher lesson on the food groups.

Back to Basics: All About MyPlate Food Groups | USDA

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Fruit juice contains a large amount of sugar which raises blood sugar levels very quickly. Therefore, people with diabetes are usually best to avoid drinking fruit juice. As a general rule, eating whole fruit is healthier than drinking fruit juice or fruit smoothies. Once regarded as a healthy drink, recent research indicates that that regular [...]

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Fruit Juice and Diabetes - What Juice Can Diabetics Drink

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