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Exchange lists

National Diabetes Information Clearinghouse (NDIC)

Definitions

Diabetes

Defined by National Diabetes Information Clearinghouse (NDIC)

Carbohydrate

Defined by National Diabetes Information Clearinghouse (NDIC)

Fat

Defined by National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

One of several approaches for [diabetes](#) meal planning. Foods are categorized into three groups based on their nutritional content. Lists provide the serving sizes for [carbohydrates](#), meat and meat substitutes, and [fats](#). These lists allow for substitution for different groups to keep the nutritional content fixed.