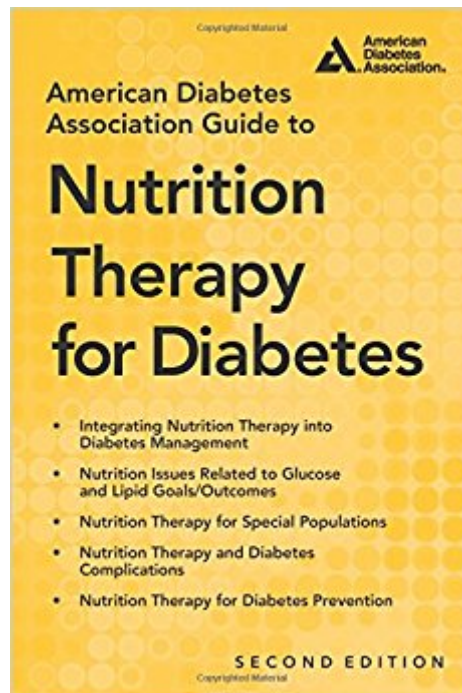


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# American Diabetes Association Guide To Nutrition Therapy For Diabetes



## Synopsis

Diabetes greatly affects how people's bodies manage the food they eat. It is essential that people with diabetes follow a carefully structured meal plan and learn specific skills in order to better control their blood glucose levels. The tactics for helping people manage their diabetes through how they eat is called medical nutrition therapy (MNT). Here the American Diabetes Association presents all of the key information and strategies for effectively teaching patients how to manage their diets.

Drawing on the knowledge and expertise of dozens of experts in the field, this book covers all of the key topics for implementing successful medical nutrition therapy. Topics include: Thorough discussion of nutrients Description of MNT for type 1 and type 2 diabetes Discussion of providing MNT to special populations, including youth and older individuals Explanation of the different complications of diabetes, such as kidney disease, celiac disease, and cystic fibrosis, and how they impact MNT Latest details on new technology used in MNT Guidelines and strategies for teaching patients about nutrition therapy and how to use it in their daily lives Using MNT to help prevent diabetes

## Book Information

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## Customer Reviews

Written for nutritionists and medical professionals by the American Diabetes Association (ADA), this book is a detailed reference for diabetes nutrition therapy. I am not a medical professional, but as a technically oriented person, I have found patient references on diabetes disappointing. This book provides an excellent summarization of the research and detailed practices for diabetes nutritional

therapy. Most of the section authors carry Registered Dietician and Certified Diabetes Educator (RD and CDE) certification. Chapter topics make it easy to find the specific information that I need to deal with particular diabetes issues. Additionally, I have found the ADA's "Medical Management of Type 2 Diabetes" to be a highly useful reference. I purchased the Kindle version to add to my diabetes bookshelf that includes food nutrition reference books. The Kindle is a wonderful tool, as it allows me to carry a virtual bookshelf of diabetes information to help me be an informed participant in my care.

boring

A landmark title, an essential book in the history of nutrition therapy of diabetes. The best!

excellent

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