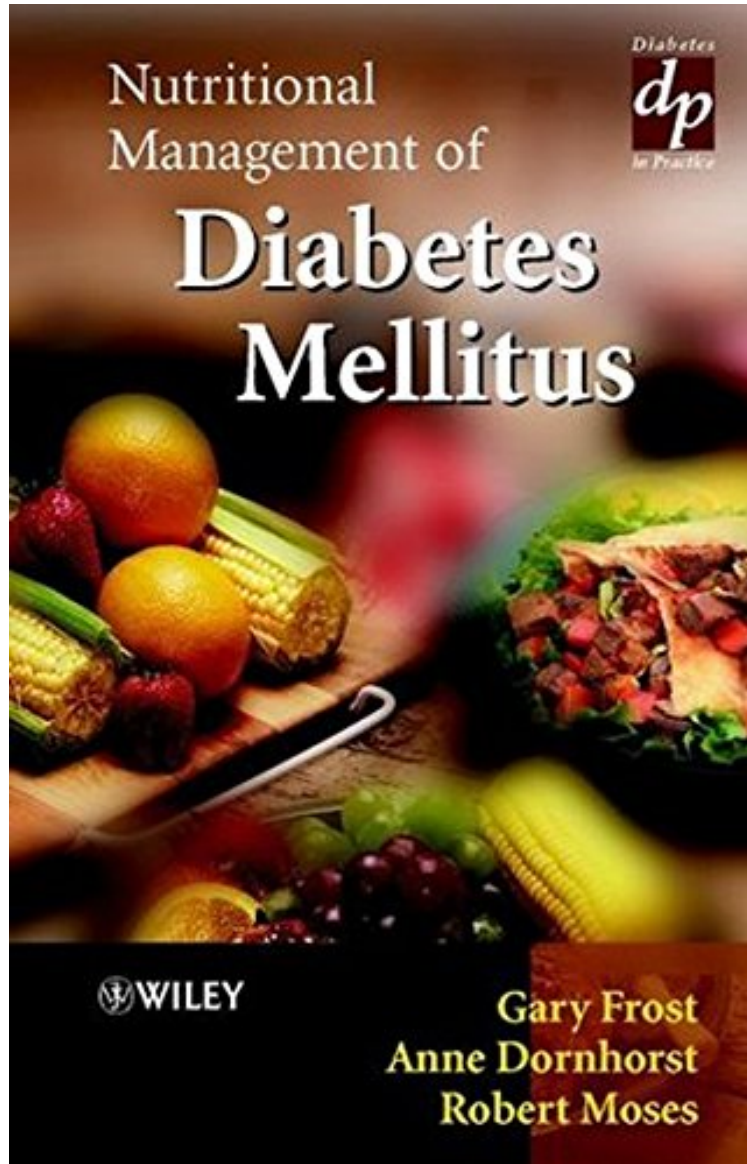


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## Nutritional Management of Diabetes Mellitus (Practical Diabetes)

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Diabetes mellitus is a common disorder where the body is no longer able to regulate blood glucose levels correctly owing to defects in insulin secretion or action. While some people require treatment with insulin, many are able to control their diabetes through management of diet, e.g. by decreasing the fat intake and increasing the amount of fibre. This book provides an up-to-date review of the dietary management of diabetes looking at general topics, such as the metabolic principles of nutrition, as well as more specific topics, such as nutritional management of diabetic children, pregnant women and the elderly. A specialist text on the nutritional management of diabetes A practical book, useful in clinical practice Written by well respected clinicians within the field

"...good evidence base...appeal to those working in the field...useful book to have on the bookshelves..." (Practical Diabetes International, Vol 21(5), June 2004)From the Back CoverSince the first descriptions of diabetes mellitus by the Ancient Greeks, diet has played a major role in the management of this disease. This has been reinforced over the last 20 years by guidelines on the management of diabetes, which continue to recognise that many people living with diabetes are able to manage their diabetes through their diet. There are few texts that are totally focused on the nutritional management of this condition. Nutritional Management of Diabetes Mellitus discusses the nutritional recommendations for control of blood sugar levels through regulation of food intake. It also highlights the importance of exercise for short and long-term benefits for people with diabetes, particularly if complicated by obesity. This book provides the necessary knowledge for healthcare professionals to adapt the diabetic diet around the medical and individual needs and constraints of the patient. It will be of interest to dietitians, diabetes specialist nurses and diabetes teams as well as other health care professionals. The book features chapters on Nutritional management for diabetic children, elderly and pregnant women