

The Facts

- ◆ 20.8 million Americans, or about 7% of the population, have diabetes.
- ◆ Complications of diabetes include heart disease, stroke, kidney disease, blindness, foot problems, and nerve damage.
- ◆ Obesity is a major health risk for diabetes, heart disease, and stroke,
- ◆ A modest weight loss of 10% can decrease health risks and improve blood pressure, blood sugar and cholesterol levels.
- ◆ Managing blood sugar can keep diabetes under control and reduce the risk of developing complications.

What Causes Type 2 Diabetes ?

Genetic Factors

Families share genes and body types.

Obesity/Overweight

Increases risk of diabetes and related complications.

Ethnicity

African American, Hispanic, American Indian, Asian American, Pacific Islander descent

Environmental Factors

Inactive Lifestyle, Poor Diet, Chronic Stress

Other Reasons

Previous Diagnosis of Gestational Diabetes or Pre-diabetes, Age over 65.

Comprehensive Strategies for Successful Diabetes Management

Medical Nutrition Therapy that incorporates dietary changes, physical activity, & lifestyle modifications results in the most successful diabetes management.

DIETARY CHANGES

If you are overweight, losing even a small amount of weight can help decrease the risk of developing diabetes and complications of diabetes. Your calorie needs will be based on your weight and percent of body fat. These will be measured and monitored at each visit. A personalized meal plan that regulates the type and amount of carbohydrate and includes the proper amount of protein and heart healthy fat will be developed. You will learn about sugars, fiber, meal timing, carbohydrate counting, label reading, portion sizes, heart healthy protein and fats, and healthy cooking and dining out tips.

PHYSICAL ACTIVITY

Exercise increases the number of calories your body burns, boosts your metabolic rate and increases your lean body mass. The more muscle and less fat you have, the more energy (calories) your body will use. Regular physical activity has other benefits independent of weight loss such as improved insulin sensitivity, lower blood glucose, lower blood pressure, increased HDL (good) cholesterol and improved emotional well-being. Exercise should be approved by your doctor.

LIFESTYLE MODIFICATION

You will keep a daily food & activity diary and your weight should be recorded weekly for self-monitoring. Studies say that weight loss without lifestyle modifications (exercise and behavior changes) will result in poor long-term outcomes. In fact, there is a tendency to regain about 2/3 of the weight loss within one year and almost all by five years if lifestyle changes are not adopted. Consider your weight loss a lifetime commitment to diabetes management and healthful living.

Nutritional Focus for Diabetes

1. **Improved hemoglobin A1c, blood pressure and cholesterol.**
“Diabetic ABCs”
2. **Attain at least a 10% weight loss.**
3. **Control the type and amount of carbohydrates in meals and snacks.**
4. **Regulate meal times.**
5. **Adjust fat intake to promote weight loss and improve lipid profile.**
6. **Increase fiber-containing foods: whole grains, fruits, and vegetables.**
7. **Consume lean protein with meals and snacks.**
8. **Increase structured physical activity, as medically permitted.**

*Diabetes Medical
Nutrition Therapy*

Linda provides Diabetes Medical Nutrition Therapy that is based on scientific knowledge and is personalized to meet individual health concerns and food & cultural preferences. She will work with you to ensure that your diet is properly balanced to promote optimal outcomes. If you are experiencing complications from diabetes, such as high cholesterol, triglycerides or blood pressure, Linda will work these nutritional recommendations into one complete meal plan.

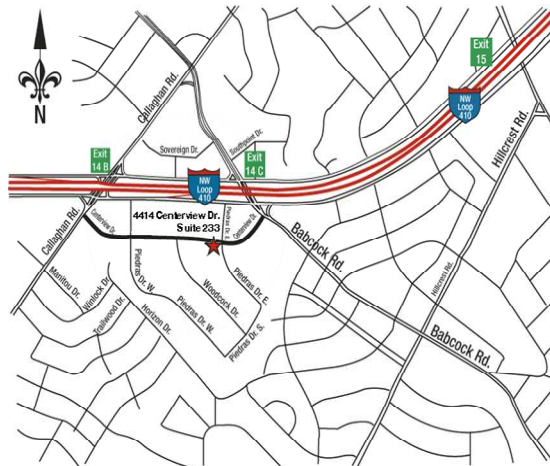
Goals of Medical Nutrition Therapy

- ◆ Facilitate changes in eating & physical activity that reduce insulin resistance and improve metabolic status
- ◆ Improve the nutritional content of the diet by developing a meal plan based on individual food preferences and nutrient needs

*How To Schedule
an Appointment*

1. Call Linda Farr at (210) 735-2402
9:30 – 6 Monday – Thursday
9:30 – 4 Friday
2. Schedule an appointment that fits your availability. Parking is free.
3. Payment may be made by cash or check.

Linda Farr, R.D., L.D.
Nutrition Associates of San Antonio
4414 Centerview Drive, Suite 233
San Antonio, TX 78228
www.NutritiousTable.com
Phone: 735-2402 FAX: 735-1176



Linda Farr
*Registered & Licensed
Dietitian*

*“The Nutrition Expert
to Trust”*



*Diabetes Medical
Nutrition Therapy
For Type 2, Gestational, and
Metabolic Syndrome*

www.NutritiousTable.com
210-735-2402