

## 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.

The 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 balances your carbohydrate intake 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. Exercise has other benefits independent of weight loss such as improved insulin sensitivity, lower blood glucose, increased HDL (good) cholesterol and improved emotional well-being.

### 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. **Attain at least a 10% weight loss.**
2. **Control and balance the total amount of carbohydrates in meals and snacks.**
3. **Regulate meal times.**
4. **Reduce total fat to promote weight loss and improved lipid levels.**
5. **Choose a variety of fiber-containing foods such as whole grains, fruits, and vegetables.**
6. **Consume lean protein with meals and snacks.**
7. **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.

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# Linda Farr

Registered & Licensed  
Dietitian

“The Nutrition Expert  
to Trust”



## Diabetes Medical Nutrition Therapy

For Type 2, Gestational, and  
Metabolic Syndrome

[www.NutritiousTable.com](http://www.NutritiousTable.com)

210-735-2402