



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

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