

Agenda

01

Current Nutrition Guidelines in Diabetes

02

Other Food Factors that Influence Glycemia

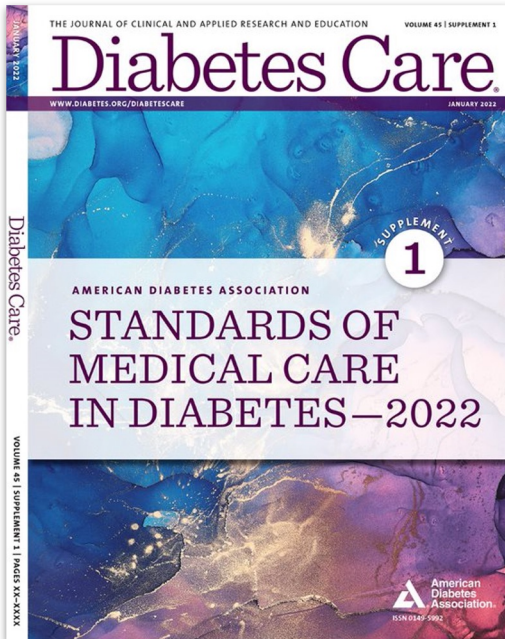
03

Alternative “Guidelines” - Literature Review

04

Strategies for Care

Nutrition Therapy Guidelines in Diabetes



AACE/ACE Consensus Statement

CONSENSUS STATEMENT BY THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS AND AMERICAN COLLEGE OF ENDOCRINOLOGY ON THE COMPREHENSIVE TYPE 2 DIABETES MANAGEMENT ALGORITHM – 2020 EXECUTIVE SUMMARY

Alan J. G... MD, PhD, MACEP, MLE, LL.M., FACP, FIDC, FIDC, FIDC, FIDC, FIDC
 Georg...
 Martin J. Abraham...
 Michael A. Bus...
 W. Timothy...
 Janet B. Mc...
 Le...
 Susan Sams...

Diabetologia
<https://doi.org/10.1007/s00125-021-05568-3>

CONSENSUS REPORT

The management of type 1 diabetes in adults. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)

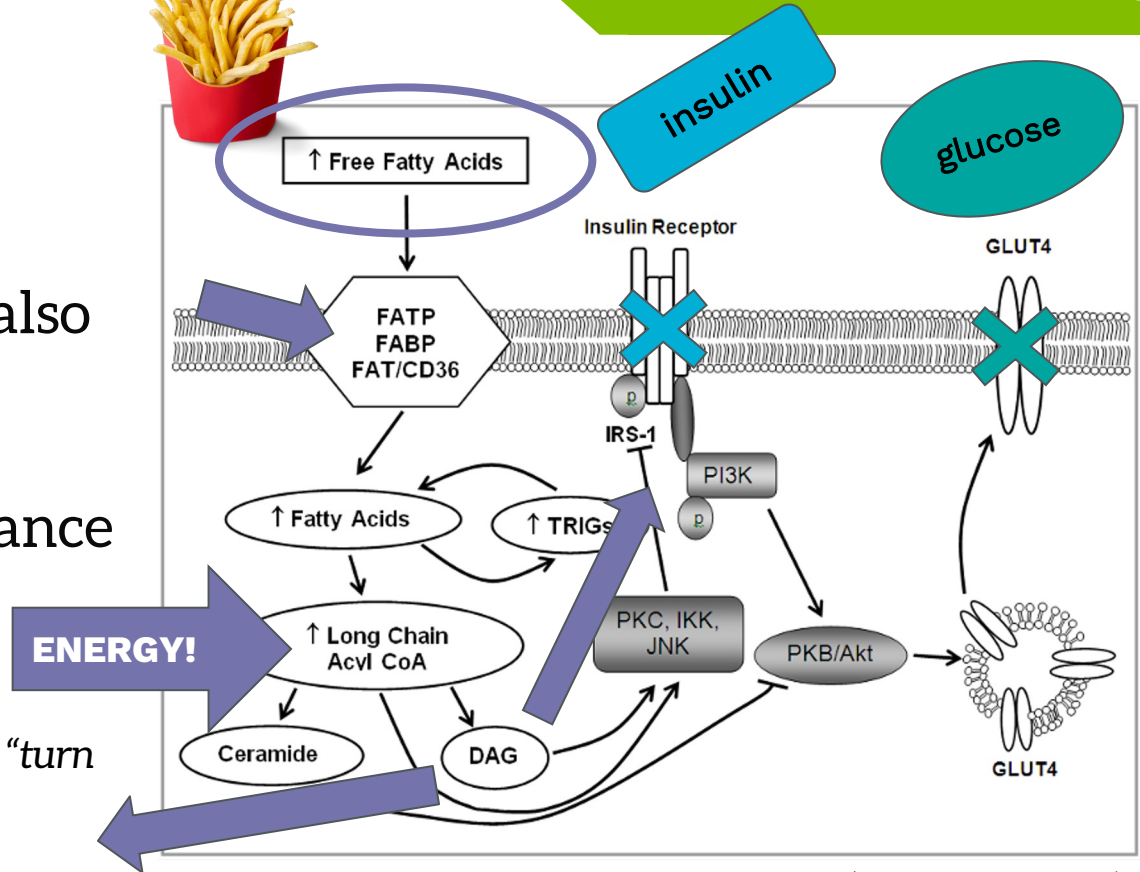
Richard I. G. Holt^{1,2} · J. Hans DeVries^{3,4} · Amy Hess-Fischl⁵ · Irl B. Hirsch⁶ · M. Sue Kirkman⁷ · Tomasz Klupa⁸ · Barbara Ludwig⁹ · Kirsten Nørgaard^{10,11} · Jeremy Pettus¹² · Eric Renard^{13,14} · Jay S. Skyler¹⁵ · Frank J. Snoek¹⁶ · Ruth S. Weinstock¹⁷ · Anne L. Peters¹⁸

Fat

- ↑FFA in obesity, but also with high fat consumption
- Mimics insulin resistance



Impairs liver's ability to "turn off" glucose production



FAT - Bell et al., 2015

- Objective: Aggregate available data on fat-glucose relationship to develop a dosing recommendation
- Methods: systematic review
- Findings: For HF meals (>40g fat) = ↑ insulin by 30-35%, in pumps - use a combo (dual wave) 50/50 over 2-2.5 hrs, in MDI - give additional bolus 1 hr after meal

Strategies for your Practice

1. Comprehensive & Holistic Nutrition Assessment
2. Use of Modified Diabetic Exchange System
3. PPBG Beyond 2 hours
4. Split or Increased Bolus Dosing (Dual Wave)
5. Bells Approach