



Taking Control of Diabetes with Nutrition Therapy

There are many approaches to managing diabetes – one being making dietary modifications for your overall health with the support of health care professionals.

What is nutrition therapy?

Nutrition therapy aims to improve overall health and manage diabetes by focusing on healthful food choices and portion control. This can be done by following a meal plan and achieving weight management goals with the support of a dietitian or other care provider.

Why nutrition therapy works

Studies show that nutrition therapy can help lower HgA1c (how much sugar is in the blood) by up to 2% for those with type 2 diabetes, and 1.9% for type 1 diabetes.

Nutrition therapy can play an essential role by helping with:

- Achieving and maintaining healthy blood sugar levels
- Reaching weight management goals
- Improving heart health and managing blood pressure and cholesterol levels

Getting personalized support

For expert nutrition advice and guidance tailored to your needs, schedule a time to meet our Registered Dietitian and Certified Diabetes Care and Education Specialist, Joanna Daughety!

Call today: (740) 568-1702

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