

NUTRITION THERAPY VS DIABETES MANAGEMENT CLASSES



BENEFITS OF MEDICAL NUTRITION THERAPY



PERSONALIZED NUTRITION APPROACH

m.shaffer@amnutritionservices.com

An RDN can help you understand your condition and how the foods you choose might affect it. Plus, a registered dietitian nutritionist works with you to create an eating plan that has the nutrients needed to manage your condition.



HELPING UNDERSTAND HOW DIABETES CAN FIT YOUR LIFESTYLE

DSMES can help people with diabetes navigate their condition by making daily self-management decisions to manage blood sugar, improve overall health, and prevent or delay complications.



BENEFITS OF DIABETES SELF- MANAGEMENT EDUCATION & SUPPORT CLASSES



BENEFITS OF BOTH MNT & DSMES



COMPLIMENTING EACH OTHER

DSMES and MNT are separate but complimentary services used to improve diabetes care. Research suggests that MNT & DSMES combined may be more medically effective than just receiving one of these services offered.