

# 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.

<https://www.amnutritionservices.com/>