

# NUTRITION THERAPY VS DIABETES MANAGEMENT CLASSES



**WE OFFER IN\_PERSON AND VIRTUAL CLASSES FOR DIABETES. CONTACT US TODAY. CONTACT:**

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## **BENEFITS OF MEDICAL NUTRITION THERAPY**



### **PERSONALIZED NUTRITION APPROACH**

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 OF 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.