

96 Diabetes Program Introduction

Introducing the Masters In Dietetics, LLC 96 Diabetes Program.
We provide MNT for Diabetes Self-Management Training (DSMT) to family members and patients diagnosed with one of the followings:

- Gestational Diabetes
- Pre-Diabetes
- Type 1 and Type 2 Diabetes

Group Diabetes Map Topics

- Session 1 – Individual Assessment Session
- Session 2 – Group Food Portions Lesson
- Session 3 – On the Road to Better Managing Your Diabetes
- Session 4 – Diabetes and Healthy Eating
- Session 5 – Monitoring Your Blood Glucose
- Session 6 – Continuing Your Journey with Diabetes

All diabetes patients take the Metabolism Assessment so the RDN knows the exact calories you need to eat to control your diabetes. All sessions promote the AADE 7 focus areas including healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and most importantly, **REDUCING RISKS**.

- Each week, individual goals are assessed, and Diabetes Map topic reviewed.
- U.S. Diabetes Conversation Maps developed by Healthy Interactions in collaboration with the American Diabetes Association.
- Group program also available in Spanish