Contents

1. Introduction to Diabetes 1
2. Diabetic Diet Through Ages 7
3. Nutritional Approaches in the Management of Diabetes Mellitus 9
4. Micronutrients in Diabetes Mellitus 15
5. Non-drug Therapy in Diabetes Mellitus 23
6. General Principles of Diet in Diabetes Mellitus 31
7. Obesity and Diabetes Mellitus 43
8. Childhood and Adolescence Diabetes: Principles of Diet Therapy 59
9. Diabetes in Elderly 63
10. Diabetic Nephropathy 77
11. Hypoglycemia 95
12. Hypertension in Diabetes 99
13. Heart Disease and Diabetes 107
14. Pregnancy and Diabetes 119
15. Air Travel and Fasting 135
16. Glycemic Index 141
17. Diet for Control of Diabetes Mellitus 151
18. Impaired Glucose Tolerance 155
19. Lipoprotein Disorders 167
20. Management of Diabetes and its Complications 177
21. Food Exchanges 189
22. Sample Diets 197
23. Frequent Questions Asked on Diabetes 205
24. Nutritional Values of Common Eatables 215

Index 231