



FUNCTIONAL NUTRITION AND DIABETES

FOOD AS MEDICINE

Functional Nutrition is a science-based, personalised approach to nutrition that treats underlying causes of illness through individually tailored **Nutritional Care Plans** and **Comprehensive Patient Education** to restore health and improve function.

COMPREHENSIVE PATIENT EDUCATION

The focus of nutritional education for diabetics revolves around:

- What is normal blood sugar?
- Consequences of continuously high blood sugar levels/organ damage.
- How to lower blood sugar levels.
- Micronutrient and macronutrient education (PFC-MVP: protein, fats & oils, carbohydrates, minerals, vitamins and phytonutrients).

NUTRITIONAL CARE PLANS

Diabetic nutrition plans take into consideration each patient's anthropometrics, biomarkers, clinical indicators and lifestyle factors to create customized meal plans. Nutritional advice is centred around:

- how to make better food decisions,
- how to substitute healthy foods for unhealthy ones,
- focus on wholefoods,
- removing processed food products from the diet.

This approach empowers patients to succeed in creating long-term changes in diet and lifestyle.

