

NutriTutor® Diabetes Program Descriptions

Diet Education Program Learn everything you need to know about controlling your diabetes through diet and nutrition. Food is your body's main source of glucose. You will not only learn how to control your glucose through diet, but also how to manage your blood pressure, cholesterol, triglycerides and weight using a proven weight loss system customized to your needs. Imagine making food choices without feeling insecure about your knowledge! This diet program is a strong foundation for starting to transform your health.

Diabetes Self-Management Program This comprehensive program empowers you to safely and successfully care for all aspects of your disease; from treatment to prevention. Using this program, you will develop all of the vital skills needed to manage your glucose, blood pressure, cholesterol, triglycerides and weight using a proven weight loss system customized to your needs. In addition to learning how to control glucose through diet, you will learn medication safety, how to improve your laboratory markers, the best exercise for weight loss, how to treat hypoglycemia and hyperglycemia, how to limit body damage, glucose self-monitoring for accurate results, your glucose goals, what to do when you are sick, and coordinating care with your medical team. Self-management knowledge eliminates doubt and undue reliance on the healthcare team; freeing you to focus on life again.