

Everything for a *diabetes clinic* — plus the carb workbook.

4 files · Clinical Guide · 15 handouts · 46 recipes · the Carb Counting Workbook.

Built on ADA 2026 · Diabetes UK · SEMDSA.

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and a handout sample, the Carb Counting Workbook cover, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

Volume

Nº 04

VOL. Nº 04

ENDOCRINE CATALOG
EDITION · 2026.06

A CLINICAL GUIDE

The *Diabetes* Nutrition Handbook

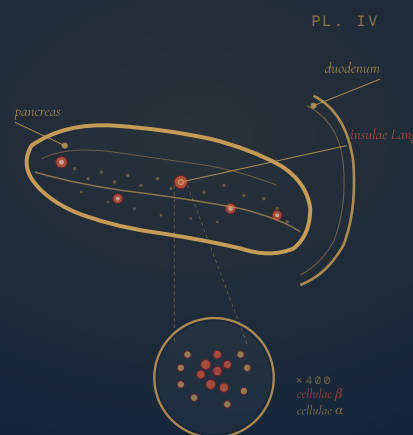


Fig. iv · Pancreas — insulae Langerhans
 α -CELLS · β -CELLS · GLUCAGON · INSULIN

Contents

01 Introduction to Diabetes MNT

Why MNT matters · Types of diabetes · Goals of nutrition therapy

02 Macronutrient Recommendations

Carbohydrate · Protein · Fat · Fibre · Individualisation

03 Carbohydrate Counting

Basic & advanced counting · Portions · GI & GL · Label reading · ICR

04 Continuous Glucose Monitoring (CGM) Interpretation

TIR · AGP reports · Pattern recognition · Dietary troubleshooting

05 Hypoglycaemia Management

Classification · Rule of 15 · Home protocol · Prevention · Nocturnal hypos

06 Exercise & Diabetes Nutrition

Pre/during/post exercise · Carb timing · Type 1 vs Type 2 · Hypo prevention

07 Incretin-Based Therapies & Nutrition

GLP-1 RAs · GIP/GLP-1 · Nutritional side effects · Meal planning

08 Diabetes in Special Populations

Gestational diabetes · Elderly · Renal disease · Fasting (Ramadan)

09 Documentation & Monitoring

10 Quick-Reference Cards

11 Case Studies

References & Abbreviations

15 g Fast-Acting Carbohydrate Options

OPTION	AMOUNT = 15 G CARB
Glucose tablets	3–4 tablets (check brand)
Fruit juice (100%)	½ cup (125 mL)
Regular soft drink (not diet)	½ cup (125 mL)
Honey or sugar	1 tablespoon
Jelly beans	5–6 beans
Dried fruit (raisins)	1½ tablespoons

RED FLAG

Do NOT treat hypoglycaemia with chocolate, biscuits, or foods high in fat. Fat slows glucose absorption. When blood glucose is dangerously low, you need glucose to enter the bloodstream as fast as possible. Use pure glucose or sugar-containing liquids first.

Preventing Hypoglycaemia

- **Regular meals and snacks** — avoid skipping meals, especially if on insulin or sulfonylureas
- **Adjust carbs for exercise** — see Chapter 6
- **Bedtime snack** if on basal insulin — protein + slow-release carb (cheese + crackers, yoghurt + oats)
- **Alcohol awareness** — alcohol inhibits hepatic gluconeogenesis for up to 12–24 hours. Never drink on an empty stomach. Always eat carbohydrate with and after alcohol.
- **Carry fast-acting carbs** at all times — in bag, car, bedside, workplace
- **Educate family and colleagues** on recognising and treating hypos
- **Medical bracelet** — recommended for all insulin-using patients
- **Driving safety** — for patients on insulin or sulfonylureas: check glucose before driving and do **not drive if below 5.0 mmol/L (90 mg/dL)** ("5 to drive"). After treating a hypo, wait until glucose is ≥ 5.0 mmol/L and at least 45 minutes have passed before driving. Carry fast-acting carbs in the vehicle.

CLINICAL TIP

Nocturnal hypoglycaemia is often missed. Signs include: night sweats, restless sleep, morning headaches, and waking feeling tired or confused. If CGM shows overnight dips, review the evening meal (was carb intake adequate?), bedtime snack (was it sufficient?), and basal insulin dose (communicate with prescriber).

PATIENT HANDOUT PACK

The *Diabetes* Handout Pack

FIG. V

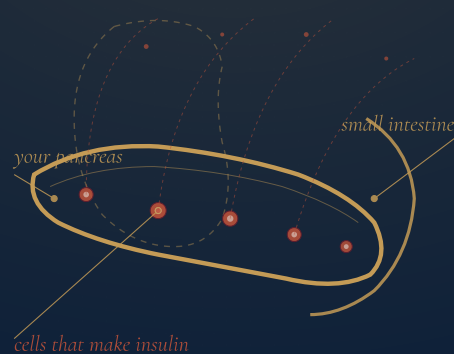


Fig. v · How your body makes insulin
PANCREAS · INSULIN · BLOOD SUGAR

09 Eating Out with Diabetes

10 Alcohol & Diabetes: What You Need to Know

11 Gestational Diabetes: Nourishing You & Your Baby

12 Diabetes Nutrition Myths vs Facts

13 Your 7-Day Meal Plan & Shopping List

14 My Food, Activity & Blood Sugar Diary

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A PATIENT WORKBOOK

Carb Counting *Workbook*

Your Step-by-Step Guide

PL. T-IV



Fig. T-iv · The Carb Exchange

15 G CARBOHYDRATE = 1 EXCHANGE

The *Diabetes* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

11 CHAPTERS · 44 PP

- T1, T2 & GDM protocols
- Macronutrient recommendations
- Carbohydrate counting (basic, advanced, I:C ratios)
- CGM interpretation for dietitians
- Hypoglycaemia management (15-15, severe-hypo)
- Exercise & sport adjustments
- Incretin-based therapies
- Special populations · sick-day rules · case studies

PART TWO

Patient Handout Pack

15 PRINT-READY HANDOUTS

- Understanding carbs & blood sugar
- Carb counting & reading labels
- The plate method
- Low blood sugar action plan
- Exercise, GLP-1 & alcohol
- Gestational diabetes
- Myths vs facts
- 7-day meal plan & tracking tools

PART THREE

Recipe Collection

46 DIABETES-FRIENDLY RECIPES

- Breakfast · lunch · dinner
- Snacks (~15 g carb or less)
- GDM meals · exercise fuel
- Low-carb treats · drinks · plant-based
- Carbs + allergens on every recipe

Bonus 4th file: *the printable Carb Counting Workbook — the teaching tool patients use the day they leave your room.*

\$89

Four files · including the Carb Counting Workbook

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The Dietitian's Vault